Cookware, Toxins, and Thyroid Health

You are here because you care about healing your thyroid. But what if the most overlooked trigger of your Thyroid Autoimmunity isn't the food, isn' t the stress or the supplements, but it's what you cook your meals on.

In 2024, researchers at Flinders University discovered that just one scratch on your Teflon nonstick pan can release up to 9000 microplastics in your food.

And those particles don't just pass through your body, they have shown to disrupt your hormones, cause chronic inflammation in the body overburden your liver with too much toxins as well as create an imbalance in your immune system and all of these underlying mechanisms are exactly the issues that Hashimoto's people are dealing with which means that even if you have cleaned up your diet you gave up that gluten, you give up processed food but the toxic cookware that you might be using meal after meal might the underlying reason which is sabotaging your thyroid health.

So this is where safer cookware matters so much, specifically for people who have thyroid and Hashimoto's disease. This is were I am sharing with you the Chefs Foundry P600 Ceramic Cookware with You.

The P 600 cookwares are 100% free from Teflon Coating PFAs and also plastic coatings. They are made from Swiss engineered ceramic and they are naturally nonstick without any toxins.

And they're specifically designed to reduce the exposure of hormone disrupting chemicals, which destroys your thyroid. This is one of those simplest ways you can simply lower your toxin burden without even changing how you cook your meals.

Here's a special offer for the attendees of this Hashimoto's and thyroid disorder summit. that you can now get 55% off on the P600 cookware and plus they're also offering a 60-day money back guarantee.

Introducing Dr. Tom O'Brien

So what that means you, can try it for full two months and if you don't like it you. Can just send it back for a full refund. Healing Hashimoto's doesn't have to be complicated.

It is about working on those hidden underlying things which has been quietly damaging your thyroid gland. So click the link below so you can get that 55% off on the Chef's Foundry P600 Cookware.

And this way you're taking your first step towards improving your Thyroid health and lowering the toxin burden in your body. Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit.

I am your host, Dr. Anshul Gupta, a world's Hashimoto's expert. And truly what I'm going to share with you now, the speaker over here has been my mentor, The person that I have learned functional medicine from.

He was one of those pioneers who started the whole revolution of functional has taught at multiple conferences and all the biggest institutes of functional medicine.

So I'm really honored to have him over here and share his snippets and also his experience about dealing with autoimmune diseases. Obviously like you know he has already written several books about it and then has helped millions of people.

So really stick together for this because you want to hear each and everything what he's sharing today because that can be very important for you in your Hashimoto's journey.

But let me introduce him first and we will directly go into the discussion. Dr. Tom O'Brien has built his career on one mission. to help you understand the why behind your symptoms so you and your doctor can focus on how to heal.

His philosophy is simple, make it easy to do the right thing and guides every step of his work. An internationally recognized expert in functional medicine, Dr.

Tom is known for advancing research on food sensitivities, environmental toxins and autoimmunity. His best-selling books, global summits, and docuseries have reached millions worldwide.

Often called the Sherlock Holmes of chronic illnesses, Dr. Tom combines complex science with compassion rooted in research driven by results and always delivered with heart to help patients and practitioners create lasting change.

Dr Tom O'Brien, welcome over here. Thank you so much, Dr. Gupta. Pleasure to be with you and to support this very important event that you're doing. Absolutely.

It's pleasure is all mine. As I said, when I started my functional medicine journey, you taught all about autoimmunity.

Hashimoto's as an Immune System Problem

Your book about Autoimmunity came out and I was reading about it. And that was actually one of the major drivers for me to look into autoimmune diseases in a very different fashion.

And then I found my passion into Hashimoto's disease and things. So all thanks to you that, you know, after several years, like we are over here and sitting down and talking and discussing about autoimmunity.

Thank you so much for all the contributions you have made. thank you. so why don't we open up, about this question about, often you say that Hashimoto disease isn't just a thyroid problem, it's an immune system problem.

Why don' we explain people, what does that mean? Okay, yes, thank you. There are a couple of basic concepts to understand when we're addressing any autoimmune disease.

The first one is that an auto immune disease by definition means that your immune system is activated. It's working very hard right now and most doctors think, well, it's And I would take issue with that for 85 to 90 percent of all autoimmune diseases.

Yes, it's important that we reduce the symptoms so people can function. But when we understand that the immune system is the armed forces in your body, It's the Army, the Navy, The Air Force, the Coast Guard, the Marines, we call them IGA, IGG, IGE, cytokines, many different branches of the armed forces.

But they're there to protect you. That's their job, and it's negotiable that when there is a threat identified, The immune system gets activated to That's why we're still here as a human race is because our ancestors developed this immune system that would protect them from all of the bugs and the parasites and bad food and things that they had 10,000 years ago, right?

But they survived. And a primary component to that survival, which we have inherited today, is an immune that gets activated to protect you. So when we understand that basic concept and don't brush past it, and you really can't, brush passed it if you want to put an autoimmune disease into remission, you have to understand this basic concepts.

Then the million dollar question is, what is your immune system trying to protect you from? And when you explore, when do the right tests, and you identify what your immune system is fighting right now.

For example, you know, with Hashimoto's thyroid, we know that heliobacter infections, the bacteria, helio bacter

may contribute to the development of autoimmune thyroid disease.

when the immune system fights that bacteria, which conservative estimates say 50% of the world population has heliobacter bacteria. And if your immune systems fighting that helio-bacter, those same antibodies fighting the bacteria may also attack your thyroid.

There are six different mechanisms by which that may occur. Perhaps it will do that depending on your genetic vulnerability. But the problem is a heliobacter infection.

And when you address the helio bactor infection, many times the thyroid starts to come down in its act over activity and the number of antibodies. Here's a really good example.

The Godfather of Predictive Autoimmunity, meaning identifying if someone is heading down the path to a particular autoimmune disease. The godfather is an immunologist named Professor Yehuda Schoenfeld, and he's at Tel Aviv University in Israel.

He has many, many credentials. The one that impresses me the most is that last year, when I counted last years, 26 of the medical doctors who went back and got their PhD in immunology from his department at Tel Aviv University, there are many more, but 26 of them chair departments of immunology in medical schools and hospitals around the world.

They're his students. This is the Godfather, right? And when you read his research papers, you go, wow, I never would have thought of that. And he published a paper a couple of years ago on the impact of a sensitivity to gluten.

and autoimmune diseases.

Common Triggers: Gluten, Mold, and Chemicals

And he said that although the nutritional value of wheat is not that high, it's okay, but it is that not high. The immune response is very common. They looked at over 80 research articles on the topic of gluten sensitivity and the auto immune disease and they found that Let me get my numbers straight.

65% of the patients with autoimmune diseases got better on a gluten-free diet, and they were not celiacs. but 65% of the patients got better, and this was confirmed in 78% percent of studies.

So not every study, not ever patient, but certainly the majority get better on a gluten-free diet. And when a doctor explores this with his patients and does the right type of tests to identify if the immune system is fighting wheat, and you identify that there is an immune reaction right now.

And you put them on a gluten-free diet. Professor Schoenfeld said, surprisingly, Hashimoto's thyroid disease was the most common autoimmune disease to respond to a glutin- free diet, and 87% of Hashimoto patients get better on gluten free diets.

They're not celiacs. that there are other mechanisms. So if wheat is a mechanism for someone that is activating their immune system, it may manifest as Hashimoto's thyroid disease, or it made manifest, as rheumatoid arthritis, Or it maybe manifest has multiple sclerosis.

It depends on your genetics. But the point is, what is your immune systems trying to protect you from? So when you take the time to explore what your immune system is fighting right now, not that it's attacking your thyroid, that's of course very important.

Very important and we want to calm all that down. But in order to calm it down, you have to identify what is activating this defensive mechanism from the immune system.

And when you explore that, it might be mold, which is so very common. People are living in moldy houses and they

can't tell sometimes. Or it may be chemicals that have accumulated in the body over time.

It might be a food sensitivity like wheat. There are many different triggers that can activate the immune system, but if we don't explore what is activating the system then it's extremely difficult to put an autoimmune disease into remission.

So what you're explaining is that, you know, we have this protective immune system and something, like our body's trying to protect us from certain things around in our environment.

And in that process, the immune systems starts attacking their own body and the whole cascade of inflammation and auto-immunity starts. So we, people have to kind of look into deep, what we call as root causes of what is, your immune is protecting against.

Yes. five or six root causes or like, you know, big categories that you say that people has to look into, what those big category of root cause would be?

Yes, of course. And I would make just a slight tweak to what you said that I don't believe in the concept of Root Causes of Disease. I think there are many causes, but there a Roots Mechanisms.

to disease. And the CDC, the Center for Disease Control, tells us that 14 of the 15 top causes of death are chronic inflammatory diseases. It's always inflammation.

So it's an immune system that's been activated. So the question is, what is the trigger activating this mechanism that's manifesting as Hashimoto's thyroid or as any of the other autoimmune diseases?

So I just want to… tweak that a little bit because people can get confused and they say, oh, I found the root cause and it's mold, you know, so they do an anti-mold protocol and feel better, but they're not really well yet.

So that can be defeating in a way because there are many, there're many causes to why the immune system gets activated. Rarely is it just one. Rarely, but the most common ones, as Professor Schoenfeld showed us, 87% of Hashimoto's thyroid patients get better on a gluten-free diet.

That was, and there were three autoimmune diseases, with Hashimotals being the MOST responsive. The next one was psoriasis. And the third one, was inflammatory bowel diseases.

Crohn's or colitis. Those three were very high response. foods are the first of these mechanisms that can be triggered in the body. That's a most common one.

I often say the most commonly source of inflammation is what's on the end of your fork. And so it really is, we need to become conscious of not only the type of food that we're eating, but also the quality of the food.

because our technology has improved so much now that one of the things we're doing with every patient, I won't talk to a patient if they don't do these five tests.

I just need to know what the likely triggers are so I can help them as opposed to theorizing. One of tests is called the total tox burden. for toxic and it looks at 18 heavy metals and 28 mycotoxins.

That's the exhaust of mold and 34 different chemicals that can accumulate in the body. And we often find that people have a whole lot of mould in their body and they don't know it.

They don' know. It and They have A lot Of BPA. the the phthalate that's used to mold plastic. Because we store our food in plastic containers and the next day that food, that leftover chicken, now has phalates in it from the plastic container.

And you eat it and you can't taste it, it's minute amounts, but it can accumulate in your body. So the first category to

your question is foods. The most common source of inflammation is what's on the end of your fork.

That's most commonly. Next, chemical accumulation in our body because in many parts of the world we have these chemtrails, these chemicals that are being sprayed in the air that you can't taste it, you cannot smell it or see it but they accumulate in your body, some of these heavy metals and things.

Next, very common is mold. When we run the total tox burden, I would say, and I haven't kept count, but I'd say probably 80% of the people we ran the tests on have mold levels very high in their body and they didn't know.

And that certainly can affect your brain function or your kidney function, or lung function. Very common to see. So foods would be first. Molds, I suspect, would second.

Third are the organophosphates, the insecticides and pesticides that we're all exposed to in our food. And I'd like to give you an example of how important that concept is about the organic phosphates.

So this paper, this published paper came out about five years ago now, and it didn't get any press at all, which is just a shame because it came from Harvard and was published in the Journal of the American Medical Association.

And the editors of The Journal made a comment. They said, This is an elegant study using sophisticated biomarkers to demonstrate their point. Now, Dr.

Gupta, you're from Cleveland Clinic. You know very well, the editors of the Journal of The American Medical Association don't say that very often. They don' give that stamp of approval to an article, but they did with this one.

So what did they do in this study? They looked at women at infertility centers and They ruled out all of the known risk factors for success with fertility, alcohol consumption, cigarettes, weight, socioeconomic class, food selections, all, they ruled them out in an elegant way and looked at one thing and one only.

How many servings of fruits and vegetables is the woman eating a day during the implantation period? How many servings? And they divided them into fourths, the lowest number, second, third, and up to the highest number.

And the results were shocking.

Testing for Toxins, Gut Health, and Oxidative Stress

Those women in the high category of fruit and vegetable consumption per day compared to those women in the lowest category of fruit and vegetable consumption per day, those in highest category had an 18% less likelihood of successful implantation.

And if they were successful in getting pregnant, they had a 26% likelihood less of a live birth. They had more miscarriages. Wait, wait, what? The more fruits and vegetables you eat, the worse the outcome?

Yes. And you can't argue with the study. I mean, The Editors of the Journal put a stamp of approval and this came from Harvard. You can argue it with a study, but no one pays attention to it because the interpretation of results are so Uncomfortable.

Well, what does that mean? They happen to have a group of women in the study who are eating organic. And in that category, the results were the exact opposite.

The more fruits and vegetables, So what does that mean? It means that the minute amount of fruits and vegetables, of chemicals in the fruits, and we eat that are conventional fruits.

And vegetables. The lettuce, the tomatoes, broccoli, raspberries, strawberries, The minute of amount chemicals that accumulate in your body, as we're eating them, that people must be, these women must, be so high on the threshold of how many chemicals have already accumulated in their body that the more fruits and vegetables they

eat the, more inflammation against those chemicals and the worse the outcome.

when they're spending tens of thousands of dollars to try to have a family, you know. So, I mean, when you think about that, wait, what? What? And then it gives you an appreciation of how important it is just to test and see.

How many chemicals have accumulated in your body that may be activating your immune system right now contributing to your autoimmune condition of Hashimoto's thyroid disease?

It just makes sense that you test. There's no dogma here. Well, everybody should do this or everybody. Should do that or no, but everyone should just test accurately to see is this a problem that you need to address?

That is such an important concept. when you're wanting to put an autoimmune disease into remission is to ask the question, what is my immune system trying to protect me from?

Absolutely. I mean, I so agree with it because time and again, we also see this in our clinic with our patients is that they will come in, they have no idea what is going on with them and they feel that, you know, there might be no chemicals or anything like, in their body.

And suddenly you do this test and so many chemicals, mold and plastics and everything shows up and have idea how that has been accumulated. But the total toxin burden, if it is high, definitely it affects especially your thyroid, your hormones, you're a whole bunch of things.

So I'm so thankful that you are also doing this testing into your practice and kind of sharing this important information that people should be aware that first of all, this kind testing is available and how important it is.

It is critically important and we've never paid attention to it as practitioners very much. We've all said, yeah, I eat organic whenever I can. But the level of chemicals that are accumulating in people's bodies because the world is so much more toxic now than it was 20 years ago.

So the amount of the chemicals in the water The amount of chemicals in the air, the amount chemicals and the food is like never before in human history.

And I'm not a fanatic about, you know, being organic, but when you see the results, when do test after test, after tests, and you how many toxins are in people's bodies, then we educate them on how to get this stuff out, how do avoid the, for example, Glass storage containers are critically important in your kitchen.

You can't use plastic containers because the plastic leaches into the food when it's in the refrigerator. Whoa, that's nonsense. I don't taste any plastic.

Well, you don' have to taste it. It's minute amounts that accumulate in your body. So you get glass storage containers. And then people write to me and say, but there's a plastic lid on the glass-storage container.

Then I respond, well, don''t turn it upside down so the food touches the lid. Just leave it this way. But you're doing better. You're on t right track, right?

And you just have to start thinking about these kinds of things. The plastics, they're called phthalates. That's the category of chemicals. Phthalate and nail polish are in your bloodstream in four to five minutes.

Wait, what? Well, that's what makes the nail polish hard, is the plastics, the plasticizers in them. And so when you learn that, like in my book, I give you three URLs for organic nail Polish, and you go order organic Nail Polish that doesn't have phthalates, And you order glass storage containers that don't Have plastic, right?

And the lid, fine. Don't turn it upside down. You know, and you just start to learn the little things that you can do. And this is the other thing I would want to make sure to mention is in my book, You Can Fix Your Brain, number one in seven categories on Amazon.

I'm very proud of that. The subtitle of the book is just one hour a week to the best memory, productivity and sleep you've ever had. when you're wanting to change the direction of your health.

It doesn't matter if it's your brain or if its your thyroid. The secret, because you are going to learn so much good information in this summit. So it is overwhelming.

Its just overwhelming! So what do you do? You tell your family every Tuesday night after dinner. or every Saturday afternoon, don't bother me for one hour, I'm going to spend an hour to learn a little more how we can be healthier.

And then you go back to the summit, the thyroid summit and you listen to that Lecture that you really enjoyed again and you start taking a couple notes, right?

And then or you go back to my book You can fix your brain and there's 36 to do's in there. Here's three URLs for glass storage containers here's 3 URLs For nail polish organic nail Polish or cosmetics And then you go online and, oh, those are OK.

And you're going, Oh, I really like those. and you order the glass storage containers, three round ones, two square ones. One for the pie. You pay with your credit card.

you hit send and You're done. It took you an hour. But never again will you poison your family with minute amounts of phthalates because you were using plastic storage And then next week you do…

Cosmetics and then next week you learn about houseplants and which house plants NASA says Absorb the toxins in the air so that your family is not breathing so many toxins and the next Week you look at food tests to see what foods you might be sensitive to every week one hour and in six months You're going to church or to services and you see someone you haven't seen it go What happened to you?

You look wonderful. You looked so young. Have you lost weight? Well, let me tell you. I came up with this idea because I watched this Thyroid Summit and, you know, I got rid of my plastic storage containers and I've got organic nail polish and organic cosmetics and have got house plants in every room of the house and blah, blah.

And your friends go, oh, yeah, they're just overwhelmed. but you did it one hour a week. It was manageable. And that is the secret to success. Anytime you want to arrest and reverse the direction your health is going.

is you allocate this much time every week, just this, much because it's really overwhelming. You've got so many great speakers on this thyroid summit with great information that people don't know what to do.

And they hear this one, oh, I need to that, but then they listen to, Oh, need do that. They just don' know how to start, right? I think that's so important.

I just want to pause over here is that people think it's like a 100 meter sprint. Well, I take this supplement or do this real quick and everything will be gone.

It's the consistency. You have to realize that the reason you landed up in this situation right now is not what happened just yesterday. It was a process which kind of brought you over here.

So to get out of this, you have to follow a processes and it has to be simple, right? Simple swaps of simple things. And that's the beauty about your books or your things that you've shared is that, kind give them actionable things, which are so simple that people can easily do it.

You give the right resources and bingo, like you just spend some time, follow those things and you're done with that. Yes, I really like that process of, you know, making it simple with no small actionable steps.

So again, that is great advice over here. Oh, thank you. Yes. I believe that that. Is the secret to success. And I don't know of any other secret. To success, there's no fountain of youth.

You know there is no magic pill that's going to fix your thyroid. There are, of course, wonderful protocols that help. But if you don' reduce the inflammation, that's cause of 14 to 15 causes of death are inflammatory diseases.

If you don't reduce the inflammation, you're going to be chasing your tail of the symptoms, right? Absolutely. So now you were mentioning that, there are certain tests that you love, like one of them, obviously you mentioned was a total toxin burden or a Total Toxin Loan.

What are some of some other tests which you'll really love and which each and every Hashimoto's patients should look into? There are many, many good tests that are very beneficial, but these tests, I believe, are the ones that set the foundation of what direction we're going to go.

And there may be other tests you have to do, But these set stage. The first one, total tox burden. the second one is called the wheat zoomer. because you zoom in on the problem.

Testing for wheat historically has been looking at one or two markers, but there's 62 markers. that 62 peptides of wheat that can activate your immune system, they're immunogenic.

Why are we only looking at one or two? You know, 50% of celiacs do not have elevated antibodies to gliadin, which is the most common test. But wait, we know celiax always about wheat sensitivity.

That's the only autoimmune disease we known for sure. but half of the people don't test positive for a problem with wheat. Well, it's a test! The test is not comprehensive.

Good test for half the celiacs, but the other half are reacting to omegaglidins, not alpha-glidans, or gluteomorphins or amylase trypsin inhibitors. They're not responding to the alpha glidon that was the first test done.

So you want to do a comprehensive test of wheat. and that is the wheat sumer. Also, that test includes the most comprehensive measure of leaky gut. And leaky gut is the gateway in the development of autoimmune diseases.

So you always want the measurement of what's our starting point here. Patients have an auto immune disease, you've got leakey gut. We know that. Well, why do I have to do the test?

Because we need to know your starting, how bad it is. When we recheck it in six months, we can see, yes, your feeling better, good. And yes you're improving, 35 points outside of range.

Now you're only 11 points out of the range, but you are still out range so keep it up. But I feel great. Good. Keep it so that we can make it even better than you can imagine.

If you don't have the test to measure the improvement People are likely to ease up on the hard work they're doing that's helped them to get better, right?

So that the wheat zoomer. That's the second test. The third test is the gut zoom. Very comprehensive test, what's going on in your gut? And we know all diseases begin in the gut.

Professor Fasano has helped us understand that over the years. So, and it's a very comprehensive tests looking at not only the good bacteria and the bad bacteria, but the inflammation in you gut, the leaky gut it is very comprehensive.

And so that's the third test. The fourth test is called the oxidative stress profile. Now most people have heard that an atom has an electron going around it or they've seen a drawing somewhere about this electron that goes around the atom.

And when you're exposed to radiation, as an example, like when your flying an airplane or something, the electron gets knocked out of orbit. Now it's inside the cell, but it is like this, bouncing around inside of the cells.

And it can damage your DNA. Well, what does that mean? Well your dna is the blueprint. of the cell, and every cell in your body regenerates, every single cell.

Some really fast, some really slow. Well, how do they regenerate? Well they've got to have a blueprint.

Brain Inflammation and the Inflammation Equation

So if the blueprint gets damaged, when that cell reproduces, it can reproduce as a mutant cell that's where cancer comes from. And also increased aging comes from these free radicals that are bouncing around out there because of the foods we eat or the radiation we've been exposed to or mold that we're breathing.

They all cause knocking these electrons out of orbit. So the oxidative stress profile measures How much of this is going on right now where they're knocked out of orbit and it's damaging your DNA?

It looks at 18 different, no, 24. 24 genetic markers that make you vulnerable to these electrons being knocked of out orbit. Okay, that's good. The genetic tests, okay.

But it also looks 18 markers if those genes are activated causing a problem right know. So that's what's so beautiful, and this is gonna be a little geeky, but for the doctors that are listening, for example, 8-hydroxydeoxyguanosine, a well-validated marker of DNA damage.

That's one of the 18 biomarkers that it looks at. So when you do the oxidative stress profile, you're looking to see how much damage is going on right now in your body.

How much of this going is on? And to give you a visual on that, I will go to our friend and mentor, Dr. Jeffrey Bland. And Jeff came up with this visual back in 1988. I've never forgotten this.

If you take an American football field, and you lay a mouse trap, you know, mouse traps about the size of your phone, right? You lay mouse a trap on the football field and fill it up with mouse straps laid side-by-side.

It takes 976,000 mouse-traps to fill up an American football-field. Now, only Jeff would figure that out, but, and he said, if you cock each mouse strap, Okay, now put a ping pong ball on each mousetrap.

Now you have 976,000 moustraps on this football field, so the football looks like it's covered with snow. Everything's white. That's all you can see are the ping-pong balls, right?

Walk along the sideline with one ping pong ball. Throw it out there on the field. It hits a moustrap, pop, Now there's two ping pong balls in the air.

The one you threw out there and the one of the mousetrap that just popped. They hit two moustraps. Now, there are four ping-pong balls there. Eight. Sixteen.

That's oxidative stress that damages your DNA. Because of lifestyle we're living, the environment that we are in, all of this is going down all the time, and it has caused the autoimmune disease you're currently dealing with.

So we want to measure how much of this is going on right now. So that in six months, when you test again, oh, look how better your oxidative stress is.

Still a little too high, but so much better than it was. Oh, and I feel so better. Great, great. But look. How much you're doing. And then once you get it to normal ranges, maybe you check it every two to three years to see.

Is this all this coming back? Because this is where cancer comes from and autoimmune diseases that doesn't stop. So now we have the technology and the test called the oxidative stress profile will allow us to measure what's your current status.

This is what caused the disease you currently have. But now, we know how much of that is going on for you. And now we'll start our protocols, everything you learn on this summit, you know, all these great steps in the foods and the environment and all that.

And then we will check it in six months and we see how much better it is. So people can understand that, they understand, oh good, so this is not just a good idea that we have hard evidence, okay?

So when you first do the test, You know when people come back after a first test result for us or for And after our first visit and they do the test they're always nervous Always, you know for test results and I'll look at them and i'll say well, this is really good news.

You're a mess You mess look this will take two months to fix this'll take about eight months this may take a year to a Year and a half, but look it. This is why you feel the way you do and it's all Reversible.

Oh, so it's empowering for people when they can identify not just how much of a mess they are right now, but here are the protocols to change the direction of where your health is going.

And that's what functional medicine is. Dr. Gupta, you're one of the best dealing with thyroid on this. You have an excellent reputation for this, But that the concept people need to understand.

is that to make it easy to do the right thing, you have to figure out what the thing is to DO. Well, how do I figure it out? You have figure what's going on in the body.

And where's it coming from? Mold, heavy metals, toxic chemicals, gluten. Where's that coming form? If you don't identify all that, then you just watch the movie of the dog chasing its tail.

Right? You keep chasing the symptoms. So. Yeah, absolutely. So that is so great that, you know, I totally believe that and so empowering for a lot of my patients too.

When they come and said, like, all the testing with, with all of our doctors, nothing shows up, but I feel miserable. My disease is not getting better.

And then suddenly I present to them, okay, well, let's do this deep dive, these different testing, which your regular doctors unfortunately don't have access to.

And they said, well, I'm sure nothing is going to show up. I said trust me, like, you know, something will show us over there. And then as you said suddenly, they're eyes pop open, once they are reviewing those tests results with them.

Wow, there is so much going on inside my body and I had no idea about it. It's really good news. it's very, very good. News when we find out you're a mess.

That's a good point. Now you know exactly why you're feeling this way and now all of these things we can work on to get you better. And truly they feel empowered.

That time they said, Dr. Gupta, after a while, I know what is wrong with me. I knew deep down something is going on, but I didn't knew that. So finally, these tests are showing me that.

So absolutely. I agreed to all the testing that you showed over here, discussed with that, you know, it's so important to do. And I think that people should try to find these test, like a great functional medicine provider like you or anybody else who can do these testing and do that So there's one more test I've given you for the fifth one is the neural zoomer plus that it looks at 54 markers of inflammation in the brain.

Now, people, I think the most terrifying disease that people are afraid of is dementia. And it's becoming more and more common, unfortunately, at earlier ages.

So you want to identify if is going on in your brain right now. And so this looks at 54 markers of inflammation in the brain. Now, the. Brain weighs about 2% of the body weight about, but it has 16 to 18% percent of.

The body blood at any one time. OK. So what does that mean? Well, if 14 of the 15 top causes of death are chronic inflammatory diseases and the inflammatory molecules are in your bloodstream, where do you think they're hanging out longer than anywhere else?

Right? They're hang out in the brain causing damage. So you want to see how much damage is going on right now. Because when you find out you've got 18, 22, 26 markers of inflammation in your brain, it explains why your memory may not be as good as it was a few years ago.

But then you start turn all of that around. And when you turn it around in six months or a year, you're thinking so much better. You've calmed down all that inflammation and you know you are on the right track.

So those are the five tests that we begin with. Once again, there may be others that need to be done. There may, but those five, and they're on our website, those 5 are ones that give us a good starting point to develop a comprehensive overview for the patient of what to do.

Absolutely. That's so great. We can keep going on and on for a long time about this discussion, which will take a complete day to get into the details, but we're running out of time.

So in the context of the time, we will kind of try to wrap up our session over here. So when you shared, you know, like why people are feeling this way, they have to look for the underlying triggers, which are mechanisms, Which are very important.

And I think, and you create this docu-series too, You know like last year interviewing the world's expert, about inflammation and things. So tell people about it, because I'm sure that it's so useful for people to know about Inflammation and they will love to kind of see that too.

Oh, thank you. Thank you, yes, I traveled the world last year. I went to seven countries and interviewed 64 world experts like Professor Schoenfeld in Israel.

And this will give you a sense of what it's like to talk to these very, very smart people. So I saw him and I said, Professor Shonfeld, how are you? And he looked at me and said.

We are born 99% human. and we die 90% microbial. And he didn't say anything else. He just waited to see how I was gonna respond to that. For those who are listening, some of you have heard that there's 10 times more bacterial cells in our body than human cells.

Yes, that's true. 10x more of them than us. But when you think about that, and Professor Schoenfeld's statement was, wait, what? And so then I said to him, so sir, does that mean that the dance of life is learning how to live with the bacteria mostly in our gut?

Precisely.

Final Advice: One Hour a Week

But but in the inflammation equation It was conversations like that that I had with world experts to help us think a bigger picture about why is my immune system activated and so I'm sure if you would put a link in your show notes for this and Yes, yes, we will do that.

And as Dr. Tom was saying, the name of that is the inflammation equation. That's the names of the doctor series. We will put all the links into the description.

But yes. Check it out. I think as you mentioned before, it's free for anybody to watch. Yes, it's free. It's at

TheInflammationEquation.com and it is all free and what I suggest to every doctor is just watch five minutes.

If it doesn't grab you, turn it off. But usually in the first couple of minutes you say, wait, what, why? Like the study about pregnant women, or not pregnant, but women at infertility centers and conventional food versus organic food.

It's that kind of like, Wait, What? What! And that gets us thinking about how we might have to change how live our life if we want our bodies to be healthier.

Absolutely. So please check out that docuseries. Definitely highly recommend it. You know, like Dr. Tom has put up a lot of effort for you guys going world over and then, you know like, getting these experts to kind of, share their information.

Please check it out. Dr Tom, what parting words you have for people over here? The secret to success is one hour a week and have patience. And if you understand that basic concept, you'll be able to take the information from this Hashimoto's Thyroid Summit and apply it in a way that's very successful.

and you'll look back and be very grateful to Dr. Gupta and all of us who are on this docu-series that we gave you some information that helped lead you and your family to a healthier, longer life.

Absolutely. Again, such wise words with hope to a lot of people and a clear, simple blueprint that each and every person out there can follow. So again, thank you so much for doing that, sharing your knowledge and spending some time with us today really means a lots for me as well as obviously for everyone who is watching over you.

Thank you All right, guys, this is it for me. Yes, you would like to listen to this discussion more than a couple of times so that you can take all the show notes and then obviously follow all of the links that we share for Dr.

Tom because he has tons and tons of information for you and resources. So please do that. I will see you next time. Till that time, take care, bye-bye.