The Real Reason Women Can’t Lose Weight with Hypothyroidism Transcript

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Introduction and Guest Background

Hello everybody. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your host, Doctor Anshul Gupta, and I am really excited for this discussion because I have a great personality over here who herself was able to fight Hashimoto's, overcome it, and now she's on a mission of helping women and other people with Hashimoto's and thyroid disorders to get their life back.

So I am really excited for a discussion today, because we are going to go into the deep discussion about what triggers Hashimoto's, how you can make it better, and why your medications might not be working for you.

So let me introduce her first and then we will go into the discussion. So doctor Heather Stone is one of the nation's leading functional medicine practitioners, with over 23 years of clinical experience in private practice.

During that time, she has helped thousands of women overcome the symptoms of hypothyroidism and Hashimoto's thyroiditis. She is the author of Thyroid Transformation Blueprint and the forthcoming book happy, Healthy and Lean.

Her proven thyroid transformation system has guided more than 10,000 women back to happy, healthy and lean. Doctor Stone also leads one of the largest private Facebook groups, which is known as happy, Healthy and Lean for women with low thyroid and Hashimoto's, and is on the mission to change the face of health care through a private practice, educational programs, and immersive farm to table retreats on a ranch in Texas.

Doctor Stone, welcome over here. Thank you for having me. So I'm really excited, you know, like, because, you know, before we started the discussion, you know, like, I always like to ask all of my guests in terms of if they had their own health journey.

And as you shared that, you know, you had Hashimoto's and you were able to overcome it. So if you don't mind, why don't we start the discussion about telling your story of Hashimoto's struggle and how you were able to overcome that?

Sure. You know, my journey started about 20 years ago or more. I forget I have to keep adding years to that as we, as we continue, through this life. But, a little over 20 years ago, I really struggled with my weight.

I had all the typical symptoms of low thyroid. And for me, I had hormonal imbalances and my menstrual cycles were off. So, you know, I went to, a typical Western medicine doctor and, you know, an ob gyn, and I went with my list of symptoms and this is whenever I was in pre-med.

So, you know, back then it was pre Google. So we had to look through books and I'm like I think I have low thyroid.

Heather Stone's Hashimoto's Journey

So I talked to the doctor and I said you know here's my symptoms. Maybe it's low thyroid. Can you check my thyroid. And he was like sure. So he checks my thyroid and he says, you know, of course I go back a week later or two weeks later, I forget.

But he says, your thyroid looks fine. There's nothing wrong with you. And you know, as he's leaving, he says to me, by the way, you're probably going to have issues with fertility.

So when you're ready to get pregnant, just come back and we'll help you with fertility treatment. And I was like, wait a second. I have all these symptoms.

He's just said nothing was wrong with me, but yet I'm going to have issues with fertility. And I was like, you know, this is not going to be my life. And so, for me, that just set me on the journey of, I have to figure this out for myself.

And so as I figured it out for myself, you know, it took me about, once I figured it out, it took me about a year to lose the weight and really get everything back into balance.

And I was like, oh, my gosh, there are literally millions of women who are struggling with these issues, that don't have to struggle with these issues like they are told.

And so this was what started my mission. And I think the really cool thing is, is I started dealing with this for, at a pretty young age. And as I really understood and knew that I had Hashimoto's and I dug, even deeper, I think we all realize that health is a journey.

It's not like, okay, yes, I lost weight and I can just go back to old habits, but it's it's like, how do I continue this health journey through the different phases, of life as a woman goes through?

And how do I continue to help women throughout their lifespan at all the different phases? It really make it a lifestyle. Absolutely. So I think a lot of women who are listening over here will resonate with your story, because again, in our clinic and again, that has been my experience that, you know, the these women keep on going to the regular doctors getting the blood work done.

They have all the symptoms and, you know, they never listen to them. And sometimes even after starting on the medication, you know, like that doesn't help these people with their symptoms.

So why don't we start with the discussion over there? Why? You know, the thyroid hormone treatment doesn't work for these women. You know, like what is exactly going on with Hashimoto's disease, which you think, you know, is the main reason?

Yeah, sure. So typically what we see and what the research is showing is that 90 greater than 90%, some research shows up to 98% of women who have been diagnosed with low thyroid actually have an underlying autoimmune condition that is causing the low thyroid.

So what happens? We go to the doctor and they say, okay, you have low thyroid. You're going to take this thyroid replacement hormone for the rest of your life, and everything is going to be great.

And if that was the case, most of us would be like, okay, great. I just, you know, something's going on with my thyroid. I just need to take thyroid replacement.

And if I feel great and everything is good, then it's all fine. Nobody would have a problem taking the medication. But unfortunately, because most of us are dealing with this underlying autoimmune condition, the taking the thyroid medication, addresses a very, very small, piece of the puzzle.

And I think that we get our hopes up. I think we are led with false expectation that taking these hormones are going to change everything and taking thyroid hormones, it is important and it is a piece of the puzzle.

But because we are just told that this is the only thing that needs to happen and the only thing that needs to be done, we, get extremely disappointed because rarely does it ever fix any of the symptoms.

And so when we take the thyroid medication temporarily, a lot of patients will feel better. And but it is not long lasting. And so I think we really instead of trying to find the magic supplement, or the magic, formula or the magic, medication, because everybody always asks me, should I take synthroid or should I take levothyroxine, or do I take T3, or do I take armor?

Or which one do I take? Like there's some magic medication and the magic dosage that they should be taking. But I think we have to really back out of this.

Why Thyroid Medication Often Falls Short

And understand that most women who have low thyroid are actually dealing with an autoimmune condition, and it is not actually a disease of the thyroid.

The thyroid is a victim of the immune system. And so we have to start taking a bigger, broader approach in order to actually, get better results. Absolutely.

And I think this is such a very important point because, you know, like, again, everybody gets this question, what is the best medicine for thyroid out there?

What is the best supplement? Tell me that best diet that will fix my problems. And you nailed it very correctly. There is not just one solution. It is a complex situation that people are dealing with.

So you have to handle it by addressing everything which is going on. So tell us like why this immune system starts attacking the thyroid. You know, why.

One day you know body's immune system thinks that the thyroid is the enemy and I want to destroy it. What is going on? Well, you know, I don't know if we know definitively exactly why autoimmune diseases turn on or why we're starting to have this huge epidemic of Hashimoto's, or is it just becoming more well known?

But what I will say is that most of the time I see Hashimoto's turn on in women after we have big hormonal fluctuations and hormonal shifts. So I see it when, girls go through puberty, most of the time it turns on after the birth of a child, and then it can turn on if it hasn't already.

When we're going through Perry and menopause or the symptoms get exacerbated during that time. But usually it's, at a time of a big hormonal shift. We could certainly get into all the other stresses that the body has, is dealing with that maybe makes it trigger much easier.

But typically I see this turn on after big shifts in in hormones for females. So I think that also comes to this conclusion that because the hormonal systems of females are more complicated and they're fluctuating, that's the reason this Hashimoto's is more common in females as compared to males then, right?

Yeah, for sure. And you know, I do see Hashimoto's in males. But the interesting thing is that I, I if if I'm thinking through the male patients that I've ever seen, it almost always turned on after a really big stressful event.

Right. So, if they lost a job or they went through a divorce or, you know, some major stressful event, that's usually when they can, think through, like when everything kind of started falling apart.

But for women, it's not necessarily a huge stressful event. However, hormonal shifts and as the body is changing and moving through these phases are probably more stressful on the body than what we realize.

Absolutely. You know, like, you know, these hormones are teeny tiny things, but has very big impact, you know, on a on a females or males body too. So absolutely, that makes sense.

So you talking about obviously there are other stressors, you know, which can lead to the triggering of Hashimoto's. So hormonal shifts, whether it is stressful situations, you know, or whether it is just hormones, which is happening, you know, for different parts in the females, what are other stressors that you have seen contributing to Hashimoto's?

Yeah. So I think it's really important to understand that when you're dealing with Hashimoto's, first of all, it's autoimmune. That means that the immune system is tagging the thyroid tissue for destruction.

Hormonal Shifts and Hashimoto's Triggers

And when you have one autoimmune disease, you're at risk for developing other autoimmune diseases and thyroid cancer. That's why it's really important to get the immune system stable and not just ignore the symptoms or ignore that we have an autoimmune condition and just think that we have a thyroid, condition and hope that we get the right combination of thyroid medication.

But it is about stabilizing and balancing the immune system. And like you said, it's a much more complex disease process than, oh, you just have low thyroid hormone.

And so in order to balance the immune system, you have to handle all of the underlying triggers. And those triggers can be, like we mentioned, a fluctuation in estrogen and testosterone.

Those are the two like key hormones that can be a big triggers but also blood sugar imbalances and insulin surges. Now this is huge because I don't I can't recall a single patient that's come to my office that did not have some kind of dis glycemic or blood sugar imbalance.

So when we have blood sugar imbalances and insulin surges, it causes the immune system to attack the thyroid. When you've got Hashimoto's, other triggers can be stressful events.

It can be heavy metals. It can be muscle toxins, it can be environmental toxins, food sensitivities, underlying infections like bacterial infections, viral infections, parasitic infections and inflammation.

Really, all of these things start to contribute to this immune issue. And so it's never one thing I have a lot of patients that are always like, okay, what is my trigger?

And it's never a trigger. It is usually a combination of many different triggers that are throwing the body out of balance. The body is pretty amazing.

And as as you know, the body is self-healing. The body is born to heal. But when we continue to knock it out of balance and knock it out of homeostasis, and we have a lot of chronic stress on the body, it has a hard time getting back into balance.

And so usually there's, a multitude of different triggers that each person is dealing with in order for them to be in a state of autoimmune, in a state of, I have, you know, low energy, I can't lose weight, I'm not sleeping well.

I've got anxiety and depression. The body is really screaming for you to help it get back into balance. So I think those are like, you know, a number of triggers that you're talking about.

And people listening over here might be overwhelmed. Okay. Well, you know, there's so many things which might be causing this issue. So like what is your way of dealing with it?

You know, do you tackle all of them at the same time? You know, do you have people do some testing or like what is your process of starting? Let's say, like a person who shows up for Hashimoto's disease and want to, you know, seek some help for that?

Yeah. So for me, my process is first we have to do testing, right? Because for me, as a functional medicine practitioner, we have a whole host of those triggers.

Right. And every single person may be different. Now we're going to have a lot of the same imbalances because we have a lot of the same symptoms and disease processes, but we won't have exactly the same imbalances.

So instead of just guessing what a patient might be dealing with based on symptoms, we do very extensive testing. So the testing does a couple of things.

The testing number one tells us what the problem is. Right. And then secondly, what why do we have the problem. Right. So let's just take blood sugar for an example.

Autoimmune Triggers Beyond Hormones

For me there's 12 different markers that I look at to evaluate whether someone has dis glycemic. And that word glycemic just means that your blood sugar is out of balance.

It doesn't mean necessarily that you've got prediabetes or diabetes. It just means your blood sugar is, out of balance. It could be unstable. It could be moving up and down.

But looking at those, 12 markers tells me, do you have a problem? Okay, now we have to do further testing to figure out. Well, where is the problem coming from?

Or why do you have the problem? Because if you were just talking about blood sugar, you could have a blood sugar problem. Most people think, okay, you've got a blood sugar problem because your diet's not right. And that could be the case.

It could be one of the reasons why your diet's not great. But beyond that, we've got to look for infections will trigger blood sugar problems. Adrenal dysfunction and chronic stress will trigger blood sugar problems.

Mold, toxins and environmental toxins can trigger blood sugar problems. So for me, doing the appropriate testing so that number one, I can figure out what is the problem and then number or problems.

And then number two why do we have them. And then once you have the testing then you can analyze and really get a comprehensive diagnosis. And then you have to choose the highest priorities.

So it can be very overwhelming. Like I could look at someone's labs and say, okay, we have 15 different things to work on. And so it's like, oh my gosh, where do you even start?

It becomes overwhelming. It's like, I can't do that. And some people would start before they ever start before they ever even got started. But here's the key is that if you will start with the highest priorities that move the needle, the most, the amazing thing is that your body's born to heal, so you don't have to put your hand on every little imbalance in every little thing.

If you will work on the highest priorities, it almost snowballs in the right direction where the body starts to heal and the symptoms start to go away.

But the key is the testing and the analysis so that you're not just guessing at what the problem is. And honestly, that causes so much frustration. With all of this dealing with Hashimoto's, if we're just guessing at what the problem is. Absolutely.

I mean, I think you put up a very important point over here about the term risk lies here, right? Because, you know, you said that is very much prevalent in a lot of Hashimoto's clients, but they would have done their fasting sugar levels or the glucose levels were quote unquote, let's say in the normal ranges, but they still can have the as glycemic.

So why don't you shed a little bit more light? Because seems like that is very important for you. And then, you know, that might be one of those driving factors which can be a key player in Hashimoto's.

So tell us about this crazy Mia. Even though the fasting sugar levels are normal, what are there markers that might point towards that and how people might know if there are any symptoms associated with that also.

Yeah. So the really interesting thing, is that first of all, when someone has an issue with their weight, whether it's really difficult for them to lose weight or either gain weight, most of the time there is blood sugar involvement.

Okay, I don't know if I've ever seen a person who had who had a hard time losing weight that did not have a blood sugar problem, so that's the first key.

Now, the other thing that's really interesting is that when you have this glycine Mia, it can cause fatigue. It can cause insomnia. Whether it's hard to fall asleep or stay asleep, it can cause anxiety, depression, and weight issues, all of the same symptoms, literally exactly the same symptoms as low thyroid.

And so maybe when we go to our doctor and they keep telling us that our thyroid labs look normal, that everything is good, maybe it's because the thyroid hormones do look good and you've got a blood sugar problem that's being overlooked.

So I find that really interesting. And that's one of the things that I think is really important, is that we get locked in this box of low thyroid symptoms, but those are also disguising your symptoms.

Those are also adrenal dysfunction symptoms. And so that's why it's so important to do the testing. Now yes we look at a fasting glucose which most people get.

And if you're fasting glucose is not outside of the lab range then it's really going to get overlooked. And yes, of course we'll do a hemoglobin A1, C and that's for the listeners is about a 90 day average of what your blood sugar might be.

And then we always want to do a fasting insulin. And I think it's really important to understand that we're not just looking for disease, for example, like fasting glucose.

Testing and Root-Cause Analysis

If it's below 65, then yes, you've got a severe hypo or low blood sugar issue that's going to be diagnosed as a disease. If you have hypoglycemia where your blood sugar is over the lab range in the one hundreds, then your doctor might say something about that.

But it's the magic happens within the ranges where there's actually optimal functioning ranges where we really should be when we're functioning optimally, and learning how to analyze that so that we can properly understand where we might have a blood sugar problem outside of the disease state.

So yes, we're going to look at your A1. See we're going to look at fasting insulin. I'm going to look at your leptin levels. We're going to look at the acute phase reactant like C-reactive protein.

We're going to look at homocysteine levels and your cholesterol. So those are the big ones I think. And cortisol is a really big one as well. The other two that are really important to understand if we have a blood sugar variability issue, is glycol mark and fruit toss amine.

So when I say blood sugar variability we really want blood sugar to be stable. And we want blood sugar to just be a slightly rolling throughout the day when we're eating no big ups and downs.

We want it to be stable at night time. No big ups and downs at night time. But when we're looking at glycol mark and fructose, I mean, it tells me how many ups and downs do you have?

What is the variability of your blood sugar in the crazy thing is, is it you could have really severe, ups and downs and variability, but your average glucose can look completely normal.

And so when we're looking at all of these other markers, it's very important. And with all of my patients, we now use a continuous glucose monitor, so that we can really see how their blood sugar is doing, how food is impacting them, because, you know, people will react and respond differently to foods that we think are completely fine.

I had a patient once, when every single time she ate chicken, her blood sugar would go into the two hundreds. And I was like, this is really crazy. So clearly she had a sensitivity to the two chicken, and it didn't happen when she ate any other animal protein.

And so I'm like, okay, well, let's just get rid of chicken for now. But that's why looking at these numbers and really evaluating tightly blood sugar because this is foundational.

This is fundamental. And I feel like when patients have gone to many different doctors, if we go back to the basics and there's a glaring blood sugar problem that never was addressed, and that is such a foundational piece, if people would fix their blood sugar, a lot of the symptoms would clear up and they would be able to kind of calm down this whole auto immune response, it will be impossible to calm that down if you don't fix blood sugar.

So I think, why don't we just kind of give some actionable tips now to people, right. Because you said, okay, well, this guy Samia is almost like, you know, existent in all the Hashimoto's clients because, you know, weight issues is very prevalent, you know, fatigue.

Almost everybody has a brain fog. All of the symptoms that you mentioned of this glycemic almost each and every Hashimoto's clients have up. And so what they can do today, obviously everybody knows.

Well cut down on the sugar and things. You know, they will be aware of it. But I think what else has worked, you know, specifically for Hashimoto's clients.

You know, like, you know, that could be useful for them. Well, I think, huge is to get rid of gluten, and grains. Right. So gluten is very inflammatory for autoimmunity and Hashimoto's.

And every time you eat gluten, not only does it trigger an autoimmune response, but it also will raise your blood sugar all right. So, gluten and grains.

So grains, we're not all sensitive to grains, but every time you eat grains it also raises blood sugar. So if we could really stick with animal protein, lots of green veggies, that would be ideal.

And also getting in movement. So movement is absolutely imperative. Now we could probably talk for another 30 minutes on on movement. But it's important that we get motion and we get movement because that triggers your, mitochondria to make energy and ATP.

It also helps your body use glucose more efficiently. But the key for especially for autoimmune patients, Hashimoto's patients is not to overdo it. So you want to move the body and exercise to whatever your tolerance is.

Sometimes I tell patients if you really are in a lot of pain and you, you know, every time you exercise, it puts you down for three days, you know, that you overdid it.

Blood Sugar Imbalances and Hidden Symptoms

So even if it's just walking to the mailbox and back, even if it's just walking around your house or going up stairs, you do what you can do. So that it doesn't cause you setbacks.

The next day, you should be able to do it again the next day. So getting in movement, is really important. And if you can, getting in resistance training, because the more muscle mass you have, the more efficient you're going to be at utilizing your glucose, and it's going to increase longevity and overall health.

I think that's one of the, biggest predictors of longevity is your muscle mass and how much movement you get. And then, I also think people don't realize that stress will trigger, or cause blood sugar imbalances.

So the other day, really quickly, I was at the mall shopping with my mom, and I was wearing a continuous glucose monitor, and everything was good. There's no, you know, no major ups and downs.

I ate lunch, we were walking around, and, I was on a time crunch, and I forgot to look at the time, and I looked down. I'm like, oh, my God, I'm 30 minutes late.

And so I, we ran, you know, and my mom was taking a little bit longer time and I'm like, try not to be like rush her too much. I'm like, mom, I'm really in a hurry.

I have a podcast that I gotta get on and she's like, okay, I'm hurrying. And so, we get in the car and I look at my blood sugar, and it was up to 160, and I did not eat anything.

And there was no loh or anything like that. And I was like, oh my gosh, this is such a good example of how stress will raise your blood sugar, regardless of how perfect your diet is.

So I think it's really important that yes, diet is important, but also making sure we're exercising enough, but not overdoing it and also managing, the stress that that we are dealing with.

Absolutely. This is such an important thing. Each and every client that I also see, I tell them you include a de-stressing routine, whether it's a hobby, whether it's meditation, deep breathing, something is so much important because you know, your adrenals, your thyroid, everything is going to help them out.

So I'm so glad that you shared this live example because, you know, as you said, people will not understand that, you know, stress can be directly affecting, you know, your blood sugar levels.

And this was just instant, right? You know, it was not okay. Well, you stress out and it will take like 5 hours or 6 hours. This was this happening in real time.

So that was a great example. Yeah. Yeah I think that's why it's important to to always, you know, be checking looking at how you, how your body is responding, how it's functioning.

And I think a lot of people get really frustrated because they try to make sure that they, their diet is perfect. And if the diet they put so much weight on that and then patients will ask me, well, my diet's been perfect for like a month, why is my blood sugar not right?

Like, well, there's other things that are probably contributing to your blood sugar being high. So let's just go down the list and let's just make sure that we are addressing all the contributing factors while you still keep in your diet.

But I do think that, you know, a lot of women get frustrated and they give up because maybe their diets really good and they are not seeing the results that they want. And so then they go back to old habits.

But your body's always talking to you. It's always trying to communicate. And so you just have to keep going down the list to get down to all and handle all of the root causes or the triggers that are contributing to the symptoms in and a blood sugar issue.

If it's the case, I think again, a very important point, because again, majority of the people you know who are dealing with autoimmune diseases, they have, you know, watched or like Google things up and they want that perfect diet.

And everybody wants the perfect diet in the following multiple diets. But they're still not seeing the results, not realizing again that you have to address all the triggers, not just one.

So again, very, very important thing. I think everybody, you know, want to kind of, you know, listen to this. It is multiple triggers that you have to address, not just diet.

So work on each and everything. So that's thank you so much for sharing that.

Diet, Movement, and Stress Management

Anything else like you know, except for you know, obviously the diet stress management and exercising, any particular supplements that you love or like to use in your patients, you know, for specifically to rebalance their

sugars or for Hashimoto's?

Well, I think when you're looking at blood sugar, I always give my patients adaptogens. Right. So to help, support adrenal function, which directly helps you manage imbalanced blood sugar, the other thing that's really important for blood sugar is antioxidants.

So I like to use liposomal glutathione. I also use liposomal resveratrol. You can always use alpha lipoic acid. And there's several other herbs that we like to use as well.

The one thing I think that's important and we've been talking about this, but most of ladies that I see and before we I had a virtual practice, I always knew when a lady had Hashimoto's or a thyroid issue because she would bring in bags of supplements before I ever looked at the chart.

I'm like, okay, that you can't supplement your way out of this, right? So supplements are important. Supplements are they can be a really big piece of the puzzle that it is a piece of the puzzle.

And so you yes, your diet has to be pretty dialed in for you. There's not a magic diet. Yes. You've got to get your body moving in motion. You've got to manage your stress.

And then looking at all the other things that might be contributing to blood sugar. So we name some of them that are directly related to, blood sugar.

But if you have an underlying infection, you got to get that handled. If you have a really high toxic load, you gotta work on that as well, because all of those things will contribute to a blood sugar issue.

And so yes, important to support blood sugar with supplements. But again, always looking to get down to the root cause so that you're not always taking supplements to manage blood sugar for the rest of your life.

My theory, my philosophy is that if we're truly practicing functional medicine, we want to get down to the root cause. And if you're dealing with the root cause, you shouldn't be on loads of supplements.

Now, should you be on some supplements? Absolutely. Should you be on, like all of the essential vitamins and all the antioxidants because of the toxins that we're dealing with?

But you should not have to be on loads of supplements. If you're really getting down to the root cause. Absolutely. Again, like, you know, balancing each and everything is so much important.

And again, this was a joke in our practice when, you know, when I was in a physical practice, too, that people will just put on the desk. Okay, these are supplements I take, you know, like, oh, my God, this is going to take me half an hour to start all of these supplements.

And then how did you, you know, pick up so many supplements? You said, well, I watched this video and I googled it up and somebody said, you know, start doing this.

I said, oh my God. So absolutely, yes, supplements are essential. Everybody uses them. But, you know, there is a way and there is, you know, a need, for them.

So thank you for sharing that also. So, you know, we touch base a whole bunch of things. You know, if you have to give some actionable steps that people can do, start doing it today.

What will that be for people like? Okay. Well, at least a few things that okay, well you can do these things to start your journey of healing on Hashimoto's.

Yeah. I think first of all, really focusing on animal protein and green veggies. That's one of the things that you can start doing right away. And of course, minimizing any of the processed foods and sugars and grains and all that

good stuff.

And then, the other things that I talk about is getting in exercise. But you also mentioned you've got to do something to really work, to bring your body back into more of a parasympathetic state.

Supplements and Practical Healing Steps

So whether that's sauna, whether that's meditation, whether that's walking out in nature, getting some activity, you want to really start to what I call habit stack.

So start doing one thing and then as you get good at that and you work it into your lifestyle, then you can add another thing and another thing and really work not to try to do everything that you learn on Instagram all at one time, but like do 2% better because a lot of times we become all or nothing kind of ladies.

And if we can't do it all, then we don't do anything. But as you start to work through this, if you just will do 2% better every single day and start to stack your habits, I talk about if you look at my lifestyle in my health routine, you know ladies that are just starting would be like, oh my God, I could never do that.

It doesn't feel like it's a lot to me because I've been doing it for 20 years. I don't even think about it. But where I started was starting to get sugar out of my diet.

I started with then starting to get grains out and really focusing on animal protein and moving the body and really working on some of those, de-stressing, activities.

It really moves the needle, a lot. And then we also don't want to forget about hydration and making sure that we're getting plenty of water. And usually I recommend, half your body weight in ounces of water.

So if somebody weighed 150 pounds, we would typically recommend about 75oz of water per day. And then of course, it's really good if you drop in some electrolytes or, you know, some sea salt so that you actually absorb the water that you're drinking.

I think those are great tips, you know, and then we can keep going on with the session. But, you know, I think we're coming to the end of a time. So I'm sure people would like to know more about you, where they can find information about you or where they can find you.

So tell us a little bit more about that. Yeah. So you can find me on Instagram at doctor Heather Stone. Or you can, find me on Facebook. I have a really large, Facebook group.

I think we're about, by the time this airs will be at about 170,000 ladies on Facebook. And it's just for ladies with Hashimoto's and low thyroid. And it is a really great community, that we support each other.

And I'm always in that Facebook group. Awesome. A Facebook group is. Yeah, it's happy, healthy and lean. I'm sorry I didn't say that. Absolutely. Thank you for doing that.

So again, thank you so much, you know, for coming over here and sharing all of these wisdom pearls.

Where to Find Doctor Heather Stone

I'm sure a lot of people will connect with you because your journey was very similar to theirs. And, so much important tips, you know, that they are going forward from here.

So any parting words you have for people? Well, I would say this is that a lot of women start to lose hope when they're dealing with this condition because they come into a lot of dead ends.

They don't get a lot of help. But I want everyone to know that their body was born to heal, and the body is always

reaching towards survival, regardless of what age you're at, regardless of what phase of life you're in, your body is always trying to heal until the last breath that you take.

So what I've seen is that women can heal in their 40s, 50s, 60, 70s, 80s, 90s. But the key here is to not lose hope and to always keep moving forward because your body was born to heal.

Absolutely. Again, great words of wisdom. Thank you so much again for coming over here and sharing your information. This is it, guys. For now, check it out the other episodes.

We'll see you later. Thank you so much. Bye bye.