Introduction and Speaker Background

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your show host, Doctor Anshul Gupta, world's Hashimoto's expert.

I help people in reversing their Hashimoto's by making personalized functional medicine plans. And today I'm really excited about a discussion because the person I am over here has dealt herself with a lot of issues with hair problems.

And as we know, Hashimoto's clients, all the thyroid disorder people have significant issues with their hair. Hair thinning, hair loss is a major, major problem.

So we are going to talk very interesting points about hair loss and hair thinning today and what you can do to improve it. But let me first introduce our speaker before we go into the discussion.

So Saril Vasquez is a multi certified functional practitioner that has the honor of coaching women on how to uncover their true root causes of hair loss and reverse hair loss.

Naturally, as students rewind the aging clock, feeling more confident about themselves by gaining control and clarity about what turns on or turns off their aging hair.

Her messaging is it is not just genetics. After a decade of service in traditional Western medicine and suffering from alopecia herself for that same length of time, she turned to ancient wisdom, heavenly guidance, and earthly remedies to help her reverse her own hair loss.

After medication, labs and traditional medical practices rendered her hopeless using personalized nutrition, supplements and lifestyle choices. Her flagship course and coaching programs help her students become masters of their body mechanics to reveal their inner belly.

Saril, welcome. Over here. Oh, the pleasure is all mine. I'm so honored to be here with you today. Thank for inviting me. And soul. Absolute pleasure. Pleasure.

So I always like to start, you know, the conversation because almost majority of my people who I'm interviewing, you know, have their own personal story of struggle that prompted them to kind of do amazing things in their life.

So I think, you know, your struggle of going to here issues or it was very debilitating for you. And at some point of time you also dealt with, you know, a suboptimal or subclinical thyroid issues.

So please share your story, what you dealt with and how ultimately what made things better for you in terms of your hair growth and hair loss. So I would love to.

So I was dealing with hair loss since the age of 24. I'm 39 right now and it was difficult at that time. There really wasn't a lot of information and it was just very strange.

It actually started when I got off of the birth control patch. I started having massive amounts of shedding and I was just completely unaware of, you know, why me?

So I was going through a lot of different practitioners, you know, trying to get some answers. And I did notice that in the allopathic realm, I was told, sorry, the only thing we could do is slow it down.

There's not much else we can do besides that. And I was faced with the decision. I was just like, am I going to just

accept that answer? Or am I going to decide that there has to be a better way if it's okay?

Can I show a picture of what I used to look like? Sure. Absolutely. Off of it was it's really, really hard for me, to to live my life that way with, you know, I felt very unhappy.

And I also had a lot of thinning in the crown.

Personal Hair Loss Journey and Thyroid Symptoms

And so in my search, I did go to a integrative doctor, and he recommended one day, and this is probably maybe 5 or 6 years into the shedding and into the hair loss.

And I lost a lot of volume. And he mentioned, oh, it looks like your lab say that you're not quite hypothyroid. I can't really give you that diagnosis based on the lab work.

However, you have all the symptoms and you're not within functional ranges. And so I'm not going to prescribe medication. However, I would recommend that you supplement with iodine topically.

And I was like, what does that mean. How does someone do that. And he said it. It's very simple. You can look it up. But something called the iodine patch test.

But just go get yourself some iodine and start putting it on your skin and see what it does to your hair. And so I said, well, listen, I'm ready to try anything at this point because it was just getting, you know, more and more aggressive.

I didn't quite look like that yet by the time I figured this out. But this was a tool that once I incorporated it into my regimen. And so my health regimen for my self-healing protocol, I saw a difference.

I want to say within a week or so, my hair felt thicker, and I said, I can't believe that something as simple as topical iodine is making such a big difference in my hair and how I feel and relief, and not even just in the hair, but also cold hands and feet and some of the other symptoms that come with having hypothyroidism.

And so I realized that when I would put it on my skin when I started, it disappeared like that. I want to say within a couple hours everything was gone.

It almost looked like I had never put anything on my skin. And the longer I did it every day, putting it on my skin every day, eventually it would take longer and longer and longer for that brown patch to disappear.

And so I started getting very curious, and I did some research, and I realized that I, I actually was doing what we call the iodine patch test. And this is what we've known since the 1930s that iodine was is able to be absorbed transdermal once we apply it on our skin and throughout the years there have been different studies where they were trying to understand, well, can we actually say that when we put iodine on the skin, the disappearance rate is a reflection of how deficient someone is?

And so the literature or what a lot of people in functional medicine are trying to conclude is that the faster this disappears, the more deficient you are in iodine.

Okay. So that's the the theory. Now, there has not been a specific test that says, okay, we're going to put iodine on the skin, and then we're going to test the difference in how much we've seen the the serum iodine increase.

Right. That would they would have to do something specific. Really acknowledging that. But studies have shown that when we put in I can tell you what the studies are.

If you want to get into all of that. Sure. Yeah. I mean, we definitely do that, but so basically what you're coming at is that, you know, there is this is a this is an iodine patch test.

And topical iodine made a huge difference in terms of, you know, improving your hair growth. So that's a very interesting take on it, because most people think iodine is only responsible for improving thyroid hormone production.

And in fact, you know, some people are confused whether iodine is good or bad for Hashimoto's disease. So that's obviously like, you know, an controversial topic that, you know, a lot of people go through.

But but, you know, with your research and things, first, tell us, like, you know, how can like, you know, iodine, be responsible for hair growth. So tell us more about that.

So people have a better understanding of that aspect. And then we can talk about that iodine patch test you know and then like what is the literature behind it and how people can use it.

Okay. Fair question. So but but I the thyroid is responsible for creating T3 and T4. This is common knowledge. We all know this. The only difference between T3 and T4 is literally the amount of iodine molecules.

And so extrapolate that iodine is extremely crucial when it comes to the functioning of the thyroid. And and the thyroid is responsible for metabolism, metabolism of how quickly you lose weight, how often you go to the restroom, how long and thick your hair growth, how long your nails grow.

And so what we're noticing, or what the medical literature says, as far as the responsibility of people 93 when it comes to hair growth, is that if you have sufficient amounts of these hormones, then your hair is going to remain in the stage of hair growth, called the antigen phase, where it is able to grow thick and long.

And so the hair cycle has multiple stages. And so I just mentioned the antigen stage. So this is a stage where the hair stem cells travel down into the dermal papilla, which is sort of the little cave where the hair is grown and conceived.

And it has to be germinated with oxygen, with nutrients, with blood. Right. So all of these things, trace minerals, organic matter. That's why when they do a hair mineral analysis test, they will find selenium, zinc, but they also find arsenic lead, they'll find trace minerals and heavy metals because this is actually part of the way the hair is created.

It's used. It's these things create help create the strand. And so we have the hair growing in the antigen phase when it's in that phase and it's receiving directly the blood nutrients oxygen.

That's how it is able to grow all the way down the back side. And grow very thick because it's connected to a blood supply through life. The minute it moves into the next stage, which is the telogen phase, this is the phase where it is simply resting on the scalp, is no longer connected to the blood supply, to the life supply.

How Iodine Supports Thyroid Function and Hair Growth

And so it's not going to grow longer, it's not going to grow thicker, and eventually it is going to fall out, which is the oxygen phase and exits out of the scalp.

And the the hope is that beneath that hair and there's another hair follicle that is growing and it's able to replace the one that was ejected. But when we don't have sufficient T3 and T4, what happens is the hair, instead of being in the antigen phase for 2 to 8 years, it won't stay as, as long as it could.

And so that means your hair is going to look thinner. It's going to feel thinner. It's going to be drier. It's it'll be more brittle. It'll have these changes because of the fact that you don't have as much hair as you could in the antigen phase, because the you don't have the T3 and the T4 to support the process of that metabolism at the right pace.

Absolutely. So basically, you know, like what we are coming out over here, as you were saying, was that iodine helps in the thyroid hormone production.

You know, especially the T4 as well as the T3, which ultimately helps, you know, with the hair growth. So and keeps them into the antigen phase so that, you know, we have, you know, better quality of hair as well as, you know, it improves the hair growth and things.

Is that kind of, you know, good summary of what you were trying to out. Yeah. And and we can see differences in the hair based on the type of hypo function or this function, I should say that the thyroid is experiencing.

So if someone has hypothyroidism that hair like I said is is going to prematurely move into the telogen phase. But but it'll stay there. It'll stay there as long as it can or it should.

And so this person is going to have diffuse shedding, and they're just going to notice their hair is growing slower, is growing slower, because that metabolism, that process that enables the growth has been compromised.

Like what is needed for that to happen efficiently is not there. So so we're seeing that it's more like a diffuse thinning. However, if someone has overactive thyroid, like a hyper thyroid ism, they might see excessive shedding that might present more like chronic telogen effluvium or telogen effluvium because they're that process of hair growth is happening so fast, and it's happening prematurely.

And so the hair is falling out so that a new hair can grow. And so there's, a mismatch with the time frame that, that, you know, should happen. So there's a shorter growth phase there.

And if someone has Hashimoto's or grieve these, what we're looking at, that's an autoimmune condition. And once you have one autoimmune condition you're more likely to have other autoimmune conditions.

And one specifically that is related to alopecia is alopecia areata, which is when you get those patches of hair loss on your head. And so that's more autoimmune in nature.

And the fact that there's an inflammatory process happening that is specifically damaging the hair follicles, or at the very least, inhibiting their ability to function as they should in the process of inflammation.

There's so many things that are happening, especially the oxygen that is required for the process of inflammation is thing to the point where you won't have enough oxygen for the hair that's non-essential tissue.

The body will prioritize resources to the hair because inflammation is so much more important and it requires a lot more oxygen. And so even, we can see this, especially with Hashimoto, patients like they might have a third of their eyebrow gone, or maybe they have less eyelashes.

And that tends to happen more often with Hashimoto's patients because of the the systemic the systemic effect of this whole, immune related process that that's involved in Hashimoto's in here.

Absolutely. And that's what we know. I also tell a lot of my clients is that inflammation is very important, trigger or root cause, you know, of hair loss or hair thinning and Hashimoto's disease, because it's an autoimmune condition.

And, just, you know, like, you know, working on hormones and things might not be enough unless you address that underlying inflammation. So thank you for kind of, you know, pointing that out that, you know, that is a so important piece in terms of the hair growth.

A lot of people are not aware of it. And as well as this important piece of iodine that you're talking about. So seems like, you know, that is great because you know, again, testing for iodine again.

Everybody is different. Some people do the blood test, some people do the, the urine iodine test. And now obviously this patch test, you know, which is a skin patch does that you were talking about.

So now why don't we talk about a little bit more about this iodine patch test and what studies, you know, that you were talking about. Well, with supports that, you know, this iodine patch test is relevant and how people can do it.

So we share about that.

Sure. So it was in 1932 and the Rutgers College of Pharmacy that they started noticing when they would put iodine on patients, whether to clean a wound or whatever the case is, they would start noticing, oh, wait, the iodine has increased within this person, so clearly it's being absorbed into the skin.

And so following that, there were there were multiple studies. I'm only going to speak about 1 or 2 of them, but there were multiple bodies where people looked into this a little bit deeper and they wanted to understand what exactly could we, know to be true from this observation?

So in 1989, there was a study where they took patients and they would administer radioactive forms of iodine, for it to be ingested orally, small amounts, not enough to kill you or to destroy the thyroid, but just just enough to conduct the the study to be able to trace it.

So they gave them the radioactive form of the iodine. And at the same time they put the topical version of iodine. So they used iodine and they put it on top of thin skin, the abdomen, to be more specific, because they noticed.

Well, that was one of the things they wanted to prove. Could how thin or thick the thin the skin is have an effect on what's happening with the person in response?

And what they realized was when when everything was said and done. By the time the radioactive form of the iodine was trying to be absorbed by the thyroid, it was being blocked, so the uptake of the iodine was being inhibited.

And then one would ask, why? Why is it that the body is rejecting the radioactive form? Well, it was because it was saturated enough already by the topical form.

And that reduction, how much it blocked was 82%.

Research Behind the Iodine Patch Test

So 82% of the radioactive, you know, trace iodine was blocked because of the fact that the transdermal iodine essentially had gotten there first. Which makes sense, because when you're ingesting something, well, you have to swallow.

It has to go to the stomach, has to go through your colon, and then it has to get, you know, out into the bloodstream. So that takes time. Whereas when you put something on your skin and it's absorbed into your skin, well, that's immediate access to the bloodstream. Right.

And so they also noticed that the serum iodine. So in the blood they were checking for, what happened with the serum iodine that increased as well. And there was a correlation between the amount of iodine that was applied on the skin and how thick or thin the skin was, like what site was used, whether it was, you know, the abdomen, skin or the inner arm.

Skin is also very thin, but you might have thicker skin like the outer arm or your thigh that's going to be, harder for the body to be able to uptake the iodine as well.

And so, you know, we can we can look at that data and understand that clearly, there is an effect as far as the body being able to absorb the iodine and use it for the thyroid and the creation of both hormones.

So there was another study that was done in 1995, and that was just for them to notice, what would happen when they put the eyes on, on the skin that it just stay in the skin?

Or did it also leave or did it get, evaporated and whatnot? Because that's always the argument of, well, is it all getting into the skin or is some of it evaporating?

And so we can say that, yeah, some of it is evaporating. And we're noticing from that study that they, they put iodine on the skin and they did it anywhere from 20 to 60s before taking it off.

And they would notice within 12 to 24 hours there was still iodine in the body and iodine was in, in the blood, but it was also leaving through the skin.

And so what determined the difference of the concentration was the in the blood was how long it stayed on the skin, the thickness of the skin and the concentration of the iodine.

So again, we're noticing here there's a correlation between, the strength of the iodine being used where it's put on the skin, how much it's put on there, directly correlating with the amount of iodine in some in someone's body or, or if, if it's escaping the body than it has to be in the body. Right.

So so the amount of eyes in someone's body 12 to 24 hours later, so, so one can take that information and let's say we're going to take that information and we're going to couple it with real world data.

So we'll take myself an example because I have my all my clients do this test. But in my situation where we're looking at myself, we're seeing my lab work.

We're noticing that I'm subclinical hypothyroid, not sick enough for a medication, but still having those symptoms not in optimal ranges. I start using the iodine transdermal, and though I didn't do that urine concentration test, my symptoms went away.

So we can extrapolate from that that the body was utilizing the iodine that I was putting in there and putting it to use to correct some of the insufficiencies that I had.

Now, is it directly showing that I was deficient severely so that the iodine would disappear in a couple of hours now, like, does that carry any weight?

Is the question. Well then my my question is in response to that, how come the more I use the, the longer it took the iodine to disappear? How come my symptoms improved more and more over time And sometimes we got very wrapped up in the quantitative data which is the measuring things, which is great.

And it has its place. And you know everybody, we need that data to be able to make some choices. But at the same time we sometimes we tend to ignore what did the patient actually get better?

Or we actually see a difference. And you know, we we don't want to ever want to get to the point where we're negating that and dismissing that because we're not having direct numerical values that speak to it.

Yes, of course there's a placebo effect, but when it's happening across multiple people, you know, in multiple cases, then we can start to understand perhaps there is a correlation between the deficiency that someone has and how quickly it's being absorbed into the bloodstream, and how their symptoms change versus their symptomology when the patch is being on their skin longer.

So typically like, you know, years you said you started using it and within a week or so you started noticing a difference. So typically then you did you continue using the iodine on the regular basis.

Or then you took it for some time and then stopped it. Like you know, have you made some sense of like how long people have to use it? That's a great question.

And so I typically tell my clients, just use it every day until the until 24 hours later, the patch is still there. So I'm kind of brown, you know, something.

And then also look at your symptoms. Are your hands and feet not as cold? Has your hair setting decreased? Does your hair feel thicker. And so we're looking at these different things.

What's going on with the sleep and some of these other symptoms. And we're trying to gauge okay. Maybe since it's on there I passed that 24 hour mark.

Either we need less of it or we need not use it until a couple of days later. Or are the symptoms getting worse? And then this is also where at that point it might make sense to get.

Maybe your supplement doctor is so good that, the thyroid balance, which I recommended to some of my clients because there you have a small version of IV line that's easily absorbable.

You're not you're not going to overdose on it. But we know we need some. We know we don't often get enough from our diet. And so maybe once we pass the test we can move on to something like that.

So we don't have to continually do the test or if you're someone who doesn't want to continually take supplements and you rather minimize the pills and continue to do something topically, then you can do that as well.

So I typically just check, you know, every maybe once a week or a couple times a week, and I'll just see, how long does it take for the stain to go away.

And if I notice that it went away quickly and I'm doing an inventory of my symptoms of my body, like, oh gosh, you know, what? Had I been having more going?

And we will have been having more shedding and I'm just observing these things and I'm trying to connect the dots and realize, okay, I'm going to put more on the next day.

And then when I get to the point where that I have, you know, that that black hue, that brown hue the next day, then I feel I can take a break from that for some time.

So let's talk about actually this iodine patch test, okay. Because a lot of people might be confused at you know, what you know, we are talking about over here is that, you know, putting it on your skin and watching, you know, whether it is getting, you know, like absorbed or whether you are seeing a brown patch.

So tell us a little bit more in detail about it. So people have quite understanding of this iodine patch test which you are talking about. Yeah, sure.

I went, to a health retreat and I read the book of the lady that was hosting, and she had in great detail the directions there. I was already doing it.

And, and I actually have a sheet that I'm going to give to the people who are interested. Barbara wants to, take advantage of my iodine patch protocol.

I did create something for you guys that you can take home and follow step by step directions so you can make sure you're doing it the right way. But.

And the book that I read, she was mentioning and her name is, I don't know if it's okay with being Barbara O'Neill, but. Yeah.

How to Perform the Iodine Patch Test

So I, I know there's some sometimes controversy about her, but in her book, she says to use 6 to 10 drops of iodine on your skin, and whether or not you're using 6 or 10 will depend on the disappearance rate will depend on the symptomology.

So you can kind of decide you, you you can start off with six, see how quickly it went away. You can increase. And the gauge is based on the disappearance rate.

And so you put that on your skin and then you dry it because it it can same thing. It can stain your clothes a good thing your purses I would not put these pads, these, drops of iodine on top of a beautiful table.

I would definitely do it over the sink so that if you get some spillage, it's not ruining anything. So I always do it over my kitchen sink. And so you put the drops on there, and when you.

And when you put and when you put the drops on there, I take the edge of the dropper and I turn it vertically, and I use that just to rub it in so that it creates a patch.

Okay. So I create that part and then I'm blowing on it, or I'm using my air cleaner which I have in every room in my house. So it's I try to dry this as soon as possible.

So now I have a dry patch on my arm, and there are certain things that will expedite the absorption of it. For example, you go and you take a shower, you're going to open your pores and more will get absorbed.

Maybe some will evaporate, but you definitely will be opening your pores and more will get absorbed. That being said, the the argument here is whether or not the body is intentionally not absorbing all of it because it doesn't need all of it yet.

And so what I've noticed is I'll have clients apply the patch before they take a shower, but after it dries and they will still see some of the brownness there, it won't all disappear.

It doesn't get washed off, it doesn't all get absorbed. There's still some of it there and throughout the day they will start noticing it's getting lighter and lighter and lighter.

And then the goal is for them to know when did they apply it, at what time of the day, and then they go check the next day at the same congratulations, you won, you passed.

You can collect $200 and go to the monopoly game because you can you can go, but if not, then repeat, rinse and repeat. Do it again guys. Do I want to increase the amount.

So I want to go up to eight drops and then keep and just keep doing that. And you will get to the point where eventually the body says, okay, it's been my hours and I still have some residue, so I think I'm good to go.

That's awesome. So that's very, clear understanding or instructions you have given. Obviously we will have the link in into the description, you know, of the, the handout.

You know, this pattern has, you know, which gives you these like, step instructions. So very interesting way of looking at things. You know, the iodine, doing the iodine patch test to kind of know where things are with you and how you can utilize, you know it for your hair health.

So that thanks for sharing that. But, you know, you said that iodine was one of the things that helped you with with your head health, but there were other things that also did.

So can you share maybe like in a brief, things. What other things? That you will say that people can benefit from their hair health to share? I found it very beneficial to also do a zinc assay test.

So this is similar to the iodine patch test. And ironically, I actually have a home study course that has 12 at home tracking test. And these are two of them.

So you guys feel lucky because I don't really share this publicly. I'm doing this as a favor to and tool because especially if you're watching this, I know you're dealing with hair loss and you're interested in this.

So I want to be able to help you as much as I can in our short time together, or as long as you want to stay in my energy. But back to my what I was describing.

The zinc assay test is essentially a test where you are drinking a liquid suspension. Okay. It's, you can get one on Amazon. The brand I like is, Premier Labs.

And so you take a tablespoon or actually a teaspoon is fine of zinc and you put it in your mouth and you're just holding on to it in your mouth, and you're checking, you're checking to see if there a metallic taste.

If there is a metallic taste, then congratulations. You have enough zinc. Your body is telling you I don't need this. This is that. This is nasty. I'm. I have sufficient think.

If you do not have sufficient zinc, then you won't taste anything. It'll just be sitting in your mouth. It'll feel like a liquid. And then the teeth will start intensifying.

So you keep it in there for seconds. Maybe you start tasting something five, six, seven seconds. The taste intensifies. And so you'll notice the longer it takes for you to get that metallic taste, then the more efficient you were.

And zinc and zinc is essential not just for the thyroid, which is the reason why I'm bringing this up, because along with, you know, zinc, there's selenium, there's iron.

And these are all very essential for thyroid function. But think is also a supportive in your gut lining. And a lot of us, especially you have Hashimoto's or grazes.

Either you're going to have an autoimmune condition, which means that you have leaky gut. So you know, the zinc will support you in, the gut lining so that, you know, you have building blocks for your gut lining, think is going to support your immune system.

And hello, when we're talking about inflammation, the immune system, well, think health of the immune system. So that of course is going to be critical to try to modulate that inflammatory response.

So inflammation is not a bad thing. It's bad when it's chronic. It's bad when the body's the know how to turn it off or turn it down.

Other Root Causes and Supportive Tests for Hair Health

And something that happens when it comes to hair loss and balding is you'll have the inflammation there and the body will start overproducing collagen.

And then, you know, you'll get to this point where you're having fibrosis. And that's suffocating that dermal papilla, that that cocoon, that little key that was growing the hair follicle.

And it's it's like burying it, so to speak, so that the nutrient, the blood, the oxygen, can I get to the follicle. And then that's when you start seeing the miniaturization and you start seeing that they had just disappeared.

And so I like to say, I'm not going to say that that hair is dead, that it's gone. I'm going to say it's just dormant, it's sleeping, it's it, it's, mummified.

And so if we're able to use different modalities to support that, that process of reparation, you know, to kind of cleanse some of that out and restore integrity and function as much as possible.

Then we can have regrowth in areas that we thought that wasn't possible. So things that I did to help my hair, the big thing that I don't think those are two things that your clients can or whoever's watching can go into right away and start seeing are hopefully the same thing happens to you.

That happens to me literally from just that, my hair got bigger. And there are very few things that I will say. I saw a difference just from this one thing, and I know that in this hair loss industry, it's $1 billion industry.

There's a lot of magic concoctions and it's like, oh, you know, try this, try that. And I will say that some of them do work, some of them do work. But by not getting to the root cause, then we're really doing ourself a disservice.

So we just do the hair formula thing and we think that that's going to save us. Then what we're doing is putting a Band-Aid on a bullet wound, and that we're just creating an environment where things can get worse and worse and worse.

And so, those two things were helpful. But also diet also addressing some of my immune triggers, I had more of that I had to deal with. I had also dust was a huge trigger.

A who would have known that this could have been such a huge trigger for hair loss and shedding? I can tell you that in my practice, my clients sometimes do not get results until they do a deep cleaning of their home.

Get rid of all the crevices with the dust because we think to ourselves, oh, that's harmless. The worst that will happen is often the somebody thinks, but what they're not understanding is that dust was not it didn't float in from, you know, organic, soil that was full of nutrients.

It's synthetic polyester from your sock. And, cells and whatnot. That and now, so you're breathing that in, and you're not going to pee and poo dust. Your body has to recycle that.

Your body is taking a hit every time it has to recycle something. You are putting wear and tear on your body. You are putting mileage on your vehicle, okay?

And unlike the car you drive at home, you can't exchange this car. This is it. You have one car. The whole life and you just have to take care of it. And so the less that we can expose ourselves to things that are toxic in nature and can cause, harm to our body, the the the more we preserve the resources for things that are non-essential, like our hair.

And so it's like I have I didn't even just tell you this quick story about how I was sleeping in the bedroom with my husband, and while he was sleeping, I wasn't it.

And I was like, oh, he's sleeping. I'm going to go turn on the air cleaner because I like white noise. I grew up in New York City, you know, there's just a lot of noise all the time.

The quiet outside. I feel like I'm a danger. Well, my husband, like he grew up in Lithuania. I'm a pastor, that's all quiet. It's just like a whole different life.

He cannot have noise. I need the noise. So he's sleeping. I'm like, I'm going to go. I turned on the air cleaner. He starts snoring and my heart starts racing.

And I said, my goodness, clearly that was a stimulus. I'm not going to ignore this. What in the world happened? What's causing this? Because that's not normal.

And then I said, when was the last time I changed the filter on my air cleaner? So it had not been recent enough. And by turning on the air cleaner, I filled the room with particles of dust.

And it affected my husband's breathing and it affected me by putting me in a stress response. Because what happens when you move from a parasympathetic state?

So it's sympathetic thing. You get the cortisol rising and you get the elevation of the heart rate. You get the. So the those were the signs of that I was experiencing.

And then I was like, crap, I thought I was going to fall asleep easier and now can be harder because I a reason breathe out of this. Absolutely. environmental exposures that are contributing.

So the hair loss issue. Absolutely. So we can keep going on these topics for a long time. But you know we are running short on the time. But thank you so much for sharing your personal journey, your personal experience, you know, with what helped you out and what you have seen, you know, helping others.

So thank you for sharing that. You know, so tell more people about like where they can find your work or where they can find about you. Oh, I would love to.

Thank you so much though. Just a reminder about that handout, the iodine patch stuff. I normally only give that to my clients. I hope you guys would take it and use it and see some some changes I'm going to have where you can get the iodine and step by step directions.

Just some extra things that make it clear for you. So definitely grab that with the link that will be provided. And besides that I have a Facebook group.

It is called Reversing Hair Loss naturally. And I go in there regularly for answer questions for the community. So if you're just like, gosh, I just want to ask you this one thing about my hair, go to my Facebook group and post the question in the community.

And when I go on the next live, I'll answer the question for you in a thoughtful manner, more than just a quick little comment response. So that's going to leave you with more questions.

And then besides that, of course, my website, which is bellchanics.com Be l l c h a n i c s Bell chanics, which means someone who matters her body mechanics to reveal her inner bell like bell chanincs Bell mechanics the knot mechanics of the volcanic.

So that's what I was going with. That is a bellchanics.com. And you can go there. I have quizzes, I have a book, a free book. I have lots of resources there, or pictures, you know, you name it blogs, so you guys can go there and get more information as well.

Where to Find Saril Vasquez and Final Advice

Awesome, wonderful. Please check out our page and all the Facebook groups. You know that is going to be very, very useful. So Saril again, thank you so much for coming over here and sharing all this great knowledge that you have.

We really appreciate that. Any parting words you have before we hang up for today? I want to just speak to the woman who's been in my hair loss and thinning right how devastated you feel, how hopeless you feel.

And I just want to tell you, you are going to get what you believe. Your beliefs will dictate your reality. So if you believe I tried everything. There's nothing I can do.

It's pointless. I'm just wasting my time and money. That's what you're going to get. But if you align yourself with what you deserve, which is to live a life where you're not stressing out about it, where you were getting to the root cause, where you're working with practitioners like actual healing your thyroid, dealing with some of these real world cause issues, and you stand in that with confidence.

The more you continue on with the action steps, the closer you're going to get, and it will happen for you. If it hasn't happened yet, it's because you haven't found the right resources.

But I tell you, people are seeing miracles. Everything. You saw my picture when it comes to reversing her life naturally, and I just pray that it will happen for you.

So awesome. That is great parting words. You know, for most of the people who are giving that hope to them. So thank you so much, Saril. Again. So thank you guys.

This is it for today from my side. And Saril. So thank you again. And then we'll see you later okay. Take care. Bye bye.