Your Thyroid Tests Look Normal. But Are They? Transcript

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You can look at the underlying root cause, which usually is an auto immune condition, Hashimoto's. The thyroid gland itself, the main purpose is to produce T4 hormone and a little bit of T3.

All other thyroid physiology happens outside of the thyroid. And so when you start to dissect a person in front of you, when start you really pay attention to the details, the symptoms tell you that something is not right.

Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Welcome back to Take Back My Brain. I am your host, Laurie Hammer. And today I have Dr. Heather Stone with me, and we are going to dive into all things thyroid because Dr Heather is a women's thyroid expert.

So I can't wait to pick her brain. All of you are like, oh my gosh, I cannot believe we're having a thyroid talk because we haven't had one in here for a long time.

Dr, Heather, thank you so much for being on the podcast today. Thanks for having me. I'm excited to be here. Wonderful. Because thyroid seems kind of boring.

There's so many endocrinologists out there. Almost all my clients come in with some type of thyroid. Half of them at least are on a thyroid medication.

Like there's thyroid dysfunction everywhere, and it doesn't seem like people actually understand the thyroid, How did you decide that would be your area of expertise?

Like what happened in your life or in practice? Yeah, so for me, it's a personal story like so many other practitioners. Many years ago, I think more than 20 years, ago I was really struggling with weight, and I go to the doctor and this was when I in pre-med.

So this is before Dr. Google, right? So you had to look things up in a book and the very little bit that I knew, I was like, I really think I might have a thyroid problem.

He's like yeah, it sounds like that. So we'll run the test and just come back in a couple of weeks and we will go through the results. At the time I didn't know what he was running.

I thought that they would just run whatever you're supposed to run to see if you have low thyroid. And so I went back and he's yeah you don't have Low thyroid, everything looks good.

and I at that time was not having a menstrual cycle. Well, I think that the reason that you don't have a menstrual cycle is because you exercise too much.

And I thought, what? So I knew that at that time, because I had run track and I know that when girls, their body fat got below 10%, they would stop menstruating.

I'm like, that is so not where I am at. Like I have 50 pounds overweight, and do not run that much, And I'm like, well, he just doesn't make any sense at all.

And as he was leaving, He's like oh, by the way, you're probably not going to ever be able to get pregnant on your own. So when you are ready, just come back and we'll do fertility treatments.

For me, at that time, I wasn't grateful. But now I look back at the moment, and I am so grateful that I had that experience. Because I thought to myself, this is not gonna be my life.

I don't believe what he's saying is true. and i have to go figure this out. You know, it took me a while to figure it out. But once I figured it and I lost the weight and all the symptoms are gone and hormones are regulated again, I just thought, oh my gosh, there's so many millions of women who are struggling with this.

And I think that we get brushed off and blown off, and you know just kind of like shushed out the door. It's a real thing and it's major issues that deal with, especially if it goes unaddressed.

Absolutely, very misunderstood women out there for sure. What do you think is the number one misunderstanding when it comes to the thyroid when women like yourself have said, this is what's happening to me, you go to a doctor, what are they not understanding?

Well, I think in conventional medicine, the thing that they're really looking for is they are looking a high TSH. And if the T SH is high, it means that you have low thyroid hormones theoretically.

The tool that the have is the same tool they've had literally since the 1800s is to give thyroid hormone. So that's what they have been doing for centuries and we are still doing the exact same thing.

And I think where they're really missing the boat is that more than 90% of the time when we are diagnosed with low thyroid, we actually have an underlying autoimmune condition that is causing the thyroid issue in the first place and it gets brushed off because there is no drug.

that they can give us. And that autoimmune disease is called Hashimoto's for the ladies that don't know that. So when you're dealing with an auto immune disease, you are not dealing a primary thyroid issue.

When you don' t address it, You are more at risk of developing more auto-immune diseases. That is so true. How do you know if you have an Autoimmune Disease or not?

Yeah, and if it's specific to the thyroid, there's really three markers that you run to see if you have autoimmunity. Two of them really are for Hashimoto's, so the thyroid peroxidase antibody and the thiroglobulin antibody.

If you have low thyroid and either of those are outside of the lab range, it would indicate that you were dealing with Hashimoto's. Now there is another autoimmune condition associated with the thyroid, but you would be more in a hyperthyroid state, and that would Graves' disease.

And there's another antibody, the Thyroid-Stimulating Immunoglobulin, is the other marker that when you can use to diagnose Grave's, But you could also use the thyroglobuline antibody as well.

Why do you think they haven't changed the treatment and why are they only running the TSH, maybe the free T4? Why is that? Well, I think first of all, when you are in the conventional model, it's a disease drug therapy model.

Right. So there's it certainly there is a time and a place for that type of care. But when your in a diseased drug, therapy, model you apply a drug. They either drug it out, burn it, out or cut it.

out. so when that is the method, It's like, okay, we wait until there. Is a. Disease that we can label or name, then we apply the solution, which is. A drug or a surgery.

And that is what that system is and what it is set up to do. So they're not looking for, well, why do we have this disease or this label? Why do have low thyroid?

What's the underlying root cause of the thyroid. There's so many ways that you can look at thyroid, meaning You can look at the underlying root cause, which usually is an autoimmune condition, Hashimoto's.

But then beyond that, the thyroid gland itself, main purpose is to produce T4 hormone and a little bit of T3. All other thyroid physiology happens outside of the thyroid.

And so when you start to dissect a person in front of you, not literally dissect them, When you start to really pay attention to the details, the symptoms tell you that something is not right.

In the conventional model, when you have all the typical symptoms of low thyroid, you can't lose weight, your tired, fatigue, depression and anxiety. You might have some constipation, hair falling out, nails thinning.

And they get your thyroid number looking right, your TSH, and if you still have all of these symptoms, they'll just say, well, that's what it's like when you have low thyroid, like get used to it.

But really, the thyroid physiology has to be off if your still having those symptoms. And so really digging deeper and going beyond and looking, actually looking at someone's thyroid physiology and figuring out where are the underlying issues and then working to bring the body back into balance is what the conventional model is really missing.

Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. Very, very much. They are missing that.

Did you say there wasn't 90% of the cases are autoimmune? At least that 90 to 98%. Yeah. So what triggers the autoimmune? Yeah, that's a really good question.

That is how you actually address and the whole purpose is to calm down the immune system and even put auto immune diseases into remission. But in order to do that, you have to look at all of the underlying root causes or triggers to this whole auto-immune issue.

So the things that we really look at are blood sugar stability, right? Insulin resistance and insulin surges are triggering to the immune system. The next thing we look is your adrenal glands and your stress load and how well the body is managing and handling stress.

We look for hormonal imbalances, especially estrogen and testosterone surging. we looked for underlying infections. I mean, so many people have underlying infections and they have no idea.

And it can be viral, it could be bacterial, parasitic infections. Then you've got to look at your toxic load. A lot of women with autoimmunity are dealing with mold toxins, heavy metal toxins and environmental toxins.

We also have to take a look into the gut. for looking, obviously we've got to have a diversity in the microbiome, but we also want to make sure that we're not dealing with food sensitivities and inflammation in a gut.

So putting it all together and looking at each person's individual triggers and bringing those back into the optimal ranges and optimal function is really where the secrets lie to helping someone with low thyroid.

I love that. I was on your Instagram the last few days and I loved what you posted today that cow milk is for cows. So when you're talking about good sensitivities, that's a huge trigger for autoimmune conditions in the body.

Would you love to elaborate on that? Absolutely. So there's like five major ones that I always talk about. Dairy is a big one. And it is really big with people who have low thyroid and Hashimoto's.

There's all kinds of growth hormones in there. If you think about dairy, just think of the purpose of dairy. The purpose is to grow a baby. Right? So if we're talking about a cow, the purposes is grow an 80 pound cow to a 1200 pound in a few months.

I don't know about you, but I'm not trying to be a 1200 pound cow. There's all kinds of growth hormones and I am not talking about any hormones that they're using or putting in or anything like that.

i'm just talking, about the natural hormones, that are needed to grow a baby in And so I think that we usually don't think about things like that. And the other thing is there's a protein in dairy called casein.

Casein is very inflammatory and we lose our ability to digest caseins by the age of five. Why? Because we're weaning from our own mothers and we should not be continuing to drink breast milk really after the age of five.

So if we start to take in that cow's milk, there's about 32 times more casein in cow milk than there is in human breastmilk. Not to mention the fact that we lose the ability to digest and to break down that protein.

And so it's just creating tons of inflammation in the body. So goat's milk has less casein. Sheep's Milk is almost the same as human breast milk. and camel's milk is below.

But either way, it's the casein that's in the milk that we are really not able to digest, and it has really nothing to do with lactose. A lot of people think, well, I'm not lactase intolerant, so I can handle dairy products, but we don't have the ability to digests that caseine after the age of five.

and it literally can become addictive. It has an opioid effect and that's why so many people are like, oh, I just cannot give up cheese because it's so delicious.

I'm like yeah, we all love cheese. You're getting a high from it. how much inflammation that causes in the body. And then when you have that inflammation, it just triggers so many other things within the buddy, not just looking at the gut.

But again, like you said, It'll trigger autoimmune issues. Right. So you're not a proponent of raw milk either. No, I would say raw milk is probably better than if you were doing the pasteurized milk.

But again, the natural growth hormones in milk, it's really giving us hormones that we aren't intended to have at this stage of our lives. I mean, think about it.

We are the only mammal that I know of that drinks another mammal's milk and beyond when we are developing in our lifetime, right? So I don't know, I just don' think that it works in nature, but is raw milk better?

Yes. And is there some nutritive value to that? I'm sure that there is, But overdoing that is it's just not great for inflammation. Right. And it's hard because everybody loves cheese and the Westin A price movement and raw milk.

There are people that see some good benefits. I don't know if you can hear my dog's barking, but sorry about that. Anyway, the raw-milk movement to build a healthy gut and stuff.

Is there ever a point in time when Hashimoto's goes into remission that you could have some of that? I feel like I've noticed that it's most dependent for people at that point in time, once your body is well enough to tolerate some, or do you tell people never, never to have dairy again?

I think it does depend on the individual because dairy can be a cross-reactor to gluten. If you have Hashimoto's, you had a gluten sensitivity. You say that one more time so everybody understands.

Actually, there are studies that show that all Americans are sensitive to glutens, 100% of us. I am going to focus on the people with Hashimoto's because there is a really specific link that when we eat gluten, it will trigger the

immune system to attack the thyroid because of what we would consider molecular mimicry.

So the gluten molecule looks very similar to the thyroid molecule. And so when eat it, you know, cause the system attack thyroid and these Antibodies stay in our system for 90 days.

So when someone says I went gluten free and it didn't help me, I always dig a little bit. I'm like, okay, what does that mean? Like, does mean that you did it for a week and you didn' see any results so you went back on it?

Does it mean you that did mostly for 30 days but you didnt notice a huge change so went you back it. Just the antibodies can stay circulating for ninety days or longer with one exposure.

So you really have to get off of gluten when you have Hashimoto's. Now, there's 20-something other foods that will be a cross-reactor to gluten, meaning it doesn't have gluten in it, but when eat it your body sees it like you're eating gluten and dairy can be one of those things.

So I tell my patients to limit it. Like for me, I can tolerate a little dairy every now and then, but I mostly try to do like Manchego cheese or any kind of like sheep's cheese just so the casein is lower.

And I don't see that it like throws me completely out. But I will say, if I see like gaining a few pounds, i'll just double check. Where am I at? Okay, way too much on the dairy or I need to reel it in.

You just have to see where you are once you get to balance though, because so many people are way over here and they don't do it strictly enough to get back into balance and so they can't ever feel amazing and then they start cheating a little bit and never really get it back to normal.

I have a lot of clients where we take out all the grain and all of the dairy, no nothing for a while, and then they'll add it back in. They're like, I was fine until you made me do this.

I'm like no, this was your norm prior and now you're so much better so that your body has a stronger reaction to it. That's exactly right. It's a hard one.

Dairy I think is harder than gluten for most people. I would agree. Gluten is like, I'm not even tempted. This is really cool. So for me, I have made gluten like in my head.

It is like rat poison. Like I am not tempted to eat gluten at all. And I feel not so great when I eat it. So I could literally have a bowl of chocolate chip cookies on my desk and I wouldn't even touch it now.

Cheese. I might be like, yeah, Yeah. But I do feel better even if I don't eat cheap cheese and stuff. So sometimes like you were just saying, you just take it out for a while and give your body that whole reset.

And I didn't need a ton of it to start with. You also mentioned things that affect or trigger the autoimmune would be like a toxic load or you mentioned infections.

I love talking about infections, can you elaborate on that a little bit? Yeah, so I would tell you, Mae, I'm just estimating about 70% of the people that we see have some kind of underlying infection.

And it's not like an acute infection where they have a fever and they're like, oh, they can't go to work. When we're dealing with autoimmunity, the immune system is out of balance.

And a lot of times we'll have these underlying chronic low-grade infections that we don't realize we're having because the symptoms we have were fatigued or we are not losing weight or, we just don' feel great.

It's almost like when you have the flu. and you're getting over the acute phase and your kind of like on the mend, but you still don't feel a hundred percent.

A lot of times we get stuck there and we don t realize that our immune system hasn't fully resolved these underlying infections. But I see a lot viral infection patterns.

I See a lots of underlying UTIs and gut infections that you have. No, you can have gut infection like this overgrowth of what we would think of as bad bacteria.

then you have no earthly idea. You may not have any symptoms in your gut, but you'll have these underlying infections that your immune system didn't take care of.

There's growing evidence that we're all dealing with parasites. And I pretty much, myself personally, I'll do a parasite cleanse at least once, if not twice a year, because I live on a ranch.

So I'm always around animals. It's for sure that I have parasites or I come into contact with them. But these underlying infections, they create this low-grade inflammation, right?

And it can impact your blood sugar. It can affect your moods. it creates all kinds of anything that you could think about with inflammation. These low grade infections can cause that.

Yeah. Do you ever check for cavitations? One thing I have my clients go do all the time is go get that cone beam x-ray and see if you have cavitation.

Because I recently had a client and she's all of the things you're talking about, the thyroid, autoimmune, fatigue, gut stuff. She just felt really bad and it all started with another tooth issue in her mouth.

And I said, did anybody check to see if you have cavitations? It's like deer in the headlight. Look, what are you talking about? And, I explained what cavitation were that when either it's from a root canal or your wisdom teeth are removed and your bone never healed, it is like this tiny little incubator there.

And that's for all these viruses and bacteria and fungus and stuff going on in our body. And she's like, no way. I said, yes. So she went and had it done, and she had four cavitations.

And so they fixed all the cavitation. As she was just here a couple of weeks ago, she goes, I can't believe how good I feel. She's already lost 15 pounds in the last six weeks, And her energy has gone up.

she is sleeping better. Those hidden infections can wreak havoc. That's just one example. Yeah, I don't think that most people equate their dental and oral health with their systemic health.

It's such a huge, it's really a big deal. And I think, you know, we have a group of functional dentists that we refer people to, but it is really, really important that you don' miss the mouth.

Yes, because that can prevent the basic, the rest of the healing. You can only get so far, but if you still have an infection going on in your mouth, there's some good studies out there showing Epstein-Barr virus is a connection to Hashimoto's and thyroid refuse.

And a lot of people are like, I never had mono. What do you say to people who said, well, you never have mono? Well, it's interesting because Just because you don't have the classic symptoms of an infection doesn't mean that you never had the infection.

Like, there's a lot of people who have hepatitis. They have no symptoms, they've never been diagnosed with hepatitus, but they actually have an underlying hepatosis infection, which is really crazy.

So, you know, just because your immune system didn't respond to the virus like in an acute way, it doesn' mean you didn' t have a virus or you did'nt come into contact with it.

Yeah. I always tell people if there's 10 of us in a room and we're all bitten by the same tick that contains Lyme, but

50% of the people have an acute reaction, blah, and then the other 50%, over time, they start developing all these issues and they never connect it back to that tick bite.

But when you test them for LyME, all 10 have LyMe in their system. So it just shows up different people and the thyroid is the Yep, exactly. And I think that if you got an Epstein-Barr viral infection, you associate it with the textbook symptoms.

But like you said, we don't all have those exact same symptoms, and half the time we have a clue of what kind of virus we might be dealing with at any given time.

Right. And it's just that the train in your body, how is your going to express when these things come about? You have seven pillars of thyroid transformation.

I would love for you to talk about those seven pillar and maybe tease out one or two of them for the audience. Yeah, so these pillars are really important.

So it's a blueprint to really get you on the path to transformation. Now, the first pillar is that you have to have a constant pursuit of your goals. All right, we have not only just set goals, they have be specific and measurable, but we also have the motivation behind why we want to achieve the goal.

That's what really allows those goals to stick. It's not like a New Year's resolution. Literally, New Years resolutions are broken or forgotten by mid-February.

Six weeks in the year, we're done. We're don't even remember them and we are back with our regular life. So we want specific and measurable goals, but you have to dig deeper to figure out why are these goals important to you.

Everyone wants to lose weight. 80% of America is overweight. So that's always, we're not doing a very good job by that just being our goal. But if you think about, you know, why is this important?

You want to be active with your grandkids. Maybe you want a prevent or reverse diabetes. Alzheimer's and dementia and all those neurodegenerative diseases.

So you have to have really deep rooted motivations that allow you to get through the ups and downs of your health journey. A lot of people think like health just goes like this.

Like once you decide to make some change that it's all going to go the right way. But the body, you know, is very dynamic and there's things coming at the bottom that is dealing with it.

You have no idea. But those motivations help you get through the valleys so that you can actually experience the peaks. Now, pillar number two is you have to have comprehensive testing.

And I think a lot of times people might think they have Comprehensive Testing. They're like, yep, my doctor checks me. Like what we talked about earlier, I said you go into the doctor, they might check your TSH and that's how they determine if you hypothyroid.

and then you have the label and they go on your merry way. But there's actually 12 markers that make up a full complete thyroid panel so that you can actually not only just see, do you you a thyroid problem?

What are the other issues going on with thyroid metabolism? But going even beyond that is saying, okay, well, now we know you've got like Hashimoto's or autoimmunity, we've gotta dig deeper.

Like, what are underlying triggers to auto immunity? And if you got a blood sugar problem, causing the blood sugar problem, like really getting down to and doing the testing that will allow you to go several layers deep on truly getting to the underlying root cause.

What are those markers? Which ones? The 12 markers you're talking about? For the thyroid? Yeah. So let's see if I can do it off the top of my head. And then you have your TPO antibodies, your thyroglobulin antibodies.

If you're evaluating Graves' disease, you would do a TSI. And also you'd have reverse T3. I think I'm missing one somewhere in there. That's most of them.

Okay, great, go ahead, I didn't mean to interrupt you. Oh, that's okay, all right. So then in pillar number three, you have to have comprehensive analysis and diagnosis.

And so what most people don't realize is that you don' just look at your blood work and then go and look what the lab indicated was high or low. That means you're in a disease state, but we want to really look and evaluate you from optimal state or optimal ranges.

And when you're looking and evaluating from this state, you look at patterns, underlying root causes, not just looking for diseases or the highs and the lows of the lab markers.

And then pillar number four is that you need customized care. You can see, if you don't go in order, Like then, a lot of people really fail at this whole health thing when they say, okay, I have a symptom and I a goal.

Now I'm gonna go apply a solution and they're gonna try to create a treatment plan or a solutions for a symptoms, but they have no idea what's causing it.

And so then if the solution works, then they just got lucky. But most of the time, it's not going to work unless you address the underlying root cause.

And then pillar number five is you need a coach to help you through all of this, right? It's like this world can, you can go on crazy rabbit trails and you go from one influencer to another influencer and this is, they're saying this over here and now they are saying over there and I shouldn't have been doing this all along.

So then it just creates so much confusion. Even I'm like, what are they even talking about? So we have to remember that, you know, on Instagram we're looking for followers and we are looking at shares and for likes.

So, we need to do novel things that catch people's attention and that's really not where you're going to get really good, solid healthcare. Yeah. And then, yeah, the last two pillars are you have to have continued testing.

So I see people that got testing originally and then I'm like, three years later, I am like you haven't had testing for three year, you are still working on the things that you were working three-years ago.

The body heals and if you're really looking at it from a functional perspective, once you fix the underlying root cause you don't have keep working it.

Like you get to move on and you work with a body and keep going deep, layers deep so that you truly get true healing in the body. It makes such a big difference.

So what I am hearing you saying is when you follow all these steps and you allow your body the time to heal that, you can reverse your thyroid. issues.

Am I understanding you correctly? Yes, you can eliminate the symptoms that you're dealing with low thyroid and you could even put autoimmunity or Hashimoto's into remission.

We don't typically say reverse Hashimoto's, we say you put it into Remission and I do think that that's really important because it means once you have Hashimao's in to Remition, meaning all your symptoms are gone, everything is very stable, antibodies are low and stable or completely normal, If you go back to all of your old habits, then you're going to have another flare up or your immune system is going attack the body again.

So when you put it into remission, it means that we still have to be diligent about taking care of ourselves and optimizing our health and paying attention to how we're treating our bodies.

Right. Is there any harm done for somebody who's listening and they've been on a thyroid med for 10, 15, 20 years. Is there any harm done to their thyroid?

Can their thyroid, everything that we're talking about today, if you apply these principles, can you put that hypothyroid Hashimoto's into remission, even if he'd been on meds that long?

So I would say there's always a possibility, but there is always the possibility. But we also have to remember that when you take thyroid hormones, or any hormone for that matter, there are feedback loops where you're taking thyroid replacement hormones.

So you are replacing the thyroid production. The thyroid does atrophy. Just last week, I had two patients. They're like, they're so worried. Dr. Heather, and I went and had an ultrasound and they said my thyroid is so shrunk, it's barely there.

I'm like well, you've been on thyroid meds for 20, 30 years. You've, been taking over the thyroid function and the body is very smart. It doesn't keep putting in energy when it isn't needed.

So, you will shrink the thyroid if you take thyroid hormones and you replace thyroid hormone over time. Also, with Hashimoto's, the immune system is killing the thyroids.

And so, can it recover from Hashimoto's? It could, but I don't usually make that as a goal. I just want to make sure that we are on adequate amounts of thyroid hormones if that's necessary and it's stable and we're handling all the other things.

What we don' realize is that the thyroid is so important. If you have low thyroid hormones, and you're like, I don't necessarily feel any better on the thyroid hormone, so I'm not gonna take them.

When you are in a hypothyroid state, it actually triggers the immune system to attack the thyroid, but also everything is slowed down. Your gut motility is slow down, your metabolic rate is slower down your brain function is slowing down everything slowed if you had low thyroids hormones.

So I go for, let's get your thyroid stable, that's good on the lowest possible dose of thyroid hormones so that you are still at a really good healthy level.

And if it happens that, you can get off thyroid hormone amazing, but I just don't want that to be a major goal. For me, I have Hashimoto's and I caught it really early.

So I've never had to beat on thyroid hormones. Now, do I support thyroid and am I diligent about everything else? Absolutely. If you catch it early, you could get your thyroid to function again, but it's just not a really good goal that I had for most of my patients.

Do you ever address the pituitary gland as you're working with the thyroid in the adrenal issues? Yeah, absolutely. So I had two patients last week, actually, and she has a pituitary tumor that we found.

She's been dealing with this thyroid issue for so long. And she's a patient for a while. The first blood work I saw, I'm like, oh, you have a puttuatory issue.

What? None of my doctors ever said that. I was like you had a particular issue, meaning like her TSH was low. but her T4 and T3 were also very low. I'm like, something is definitely not right with that.

And she fluctuates a lot. Her TSH will be 80 and then it'll go all the way down to not measurable and she's not changing any of her thyroid meds. So it's those huge swings.

Then we did do a lots of testing and we found a pituitary tumor. Another lady, she came to me and I said, your pituitary is not functioning. Super low TSH, super low t4, and super-low t3.

And she said, well, my doctor told me that's just what happens when I'm on thyroid meds. I was like, no, that is NOT what happened when you're on thyroids.

So for her, I don't suspect a tumor. She doesn't have huge fluctuations, she just has superlow pitutary function. Absolutely supporting the pituatory is going to be a no-brainer.

Yeah, I love the fact that you work with that. Where can people find you? Yeah. So I have a really big Facebook group called Happy Healthy and Lean. At this time, we're over 300,000 ladies in that group.

Yeah so it's a great community. I put all my podcasts in there. And I host master classes in their and I do Thyroid Thursday. Then people can also find me on Instagram at Dr.

Heather Stone. I love your Instagram, but I didn't know about your group. You said happy, healthy, and lean? Yep. Okay. Well, I'm going to jump in your room.

And of course everybody, as always, all that information will be in the show notes. So wonderful. Is there anything else you want people to know before we sign off today?

Well, I think it's really important that everybody knows that their body is born to heal. We are a self-healing organism and so sometimes we just get pushed out of balance and the body needs help coming back into balance.

That's how the Body Communicates is to give us symptoms. And I know it can be really frustrating for so many women because When you're in the disease drug therapy model, they're not really addressing underlying root causes and working to get the body back into balance.

But it doesn't matter what age, it does it matter, what phase of life you are in. Your body is always trying to back to normal, get back optimal until the last breath that you take.

So don't give up. There is definitely hope out there. I love that. One more question for you. How do you feel emotions play into thyroid health? Well, emotions play deeply into your health in general.

I was just kind of awestruck when I heard this or when i learned this several years ago. It kind of makes sense, it's like, duh. But the thoughts that you think actually trigger hormones and stress hormones in the body almost instantaneously.

And so when we are in a state of anger, stress, fear, guilt, all of those things are creating the energetic environment that your cells and your genes are responding to.

I would say there's an 80-20 rule. The 20% is all the stuff we've been talking about, like the diet and all of the underlying root causes and the actual physiology.

But the 80% are the thoughts that you're thinking. The 80 percent is really your headspace and your mindset, and that's what really moves the needle the most.

I so agree because what life and death is in the power of the tongue, and as a man thinks, so is he. So I love that. Our thoughts, our words affect everything from head to toe.

Well, Dr. Heather, this has been an amazing conversation. I loved talking about the thyroid. I love the work that you're doing. Everybody listening, all of Dr Heather's information will be in The Show Notes.

And I want you to join her group and keep following her because she is on an amazingly mission. Thank you for being here. Oh, thanks for having me. It was a really great conversation.

There was, it was really fun. And thank you everyone for listening. I appreciate you so, so very much. If you're interested in knowing more about Dr. Heather, again, check the show notes.

if you want to know more About amino acid therapy and calming the brain, make sure you check out the Show notes for that too, because I'm offering a new course and it's down below.

So God bless you. Thanks for listening to Take Back My Brain. If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review, and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's Powerful.