

**4 Weeks to Healing: Designing Your Hashimoto's Lifestyle**  
**Module III: Stress Elimination**  
**Video Transcript**

Hey people! I'm Marc Ryan, licensed acupuncturist and herbalist from Hashimoto's Healing.com

Welcome to Module 3 of 4 Weeks to Healing: Designing Your Hashimoto's Lifestyle.

Wow! We've covered a lot of stuff so far. Let's review:

In Module 1 we really got a chance to see how complex this all is.

I've had the pleasure of speaking with many of you and we've gone over these forms and I think you are getting how this is so much more than just a thyroid problem.

It's also much more than just an autoimmune problem, too. It's an all over your body problem and the effects reach into to all parts of our beings.

They really do.

As you have also seen, it affects all of these different systems. And some, like leaky gut, were also there at the beginning and are responsible for pushing us into autoimmunity.

And, it turns out, Module III's subject, stress, was also one of the main players in pushing us into autoimmune disease.

In Module II, we looked at the Autoimmune Paleo Diet and how we can use this to accomplish a lot of things.

First of all, it's the foundation of our recovery.

It is great for calming the immune system and eliminating many of the dietary triggers that cause flare ups and push the progression of the disease.

And we saw how it can help to heal many of these systems and problems that have become manifest.

And some of us freaked out a bit. Because this is pretty restrictive. I got lots of questions on "Chocolate?" "Really" "No dairy?" "No coffee?" "Potatoes?" "Just kill me now!"

All the favorite foods that we have to say goodbye to.

And the realization that this is real, this is what we really have to do.

And I've had to repeat a number of times that the most restrictive phase is not forever. And it's not.

But here's the thing.

Hashimoto's is forever and it's happy to just hang out and wait until you slip up and then it will make you pay.

And some of us will pay dearly.

So we need to go back for a minute to remember what is at stake here and that the costs of this thing progressing far out weigh the inconvenience of making some changes in your life that you need to make any way.

And we can do it now, willingly, or further on down the road we will be forced to do it and if it continues to progress, we'll have fewer resources

with which to do it.

So now is the best time and we have to dig deep and find the commitment and the desire to get better.

Because our families need us. And our friends need us. And the people we work with. And the larger world. If we're going to contribute and be there for others we have to first be there for ourselves.

And being there means doing some things that are a little out of the ordinary.

You know, I went through all of this and when my business fell apart and my life fell apart I realized I had to reinvent everything into something that was entirely different because the life I had worked so hard to build was just not serving me.

That realization sucked!

The cold, hard truth was that it was killing me. I hit rock bottom and I decided that I wanted to live and I would do whatever it took to get there.

And that was an incredible opportunity to create something entirely new and something that supported my healing every single day.

I realized that I really have to make decisions based on that.

Does what I'm about to do support my healing? And if it doesn't, then I say "no". And this comes down to little seemingly mundane things.

Like what I'm going to snack on. Am I going to stay up and watch one more episode? Am I going to go to that place?

I think one of the most challenging things about having Hashimoto's is having to accept that there is no end point in dealing with this disease.

We can make tremendous progress in getting it under control or, hopefully, in remission. However, keeping it there requires daily commitment, discipline and vigilance.

And when you slip up, you pay.

And (forgive my language) sometimes the payment puts you on your ass and you are reminded, painfully, of what you can not do.

The point I'm trying to make is that this is a journey and while you make stops along the way, like any trip, you'll never arrive at that place with no consequences.

This is true of regular life, but it is especially true with Hashimoto's. What you do has special importance because of the challenges your body already faces.

What you eat, what you think, how much stress you have, what you drink, you name it, it all matters.

And this continues to be a work in progress.

And one of the areas that I still need a lot of work is in dealing with stress.

And that's what we're going to cover here in Module III. And I'm super excited because I need it as much as you guys do.

So, let's get a little context here and really look at what stress does to our bodies and how having Hashimoto's adds a whole other dimension to stress and how it's not enough to just be aware of this.

We need strategies and we need plans for dealing with it.

So first, let's look at what happens with stress and Hashimoto's and then we're going to bring in my guest for this week, Adam Timm, author of the number one bestseller, *Stress is Optional*, who's going to teach us some great techniques for what we all need to do about stress.

Because if you have no plan, you plan to fail, people!

So first of all, the part of the body that is the epicenter of stress is the adrenal glands.

The adrenals are two little glands, about almond size that sit on top of the kidneys.

These produce a number of important hormones.

These hormones are all made from cholesterol (See? Good fat, people! It does good things.) and are critical to every day function.

Of the adrenal hormones, cortisol is the star. Right? So we're going to focus on it.

Cortisol is stimulated by ACTH from the pituitary. This is very much like the relationship between TSH (also secreted by the pituitary) and T4.

TSH is produced by the pituitary and it stimulates the thyroid to produce more T4.

ACTH and cortisol are the analogous hormones of the adrenals.

What does cortisol do?

It regulates blood sugar levels, increases body fat, defends the body against infections and helps the body adapt to stress. It also helps to convert food into energy and is anti-inflammatory.

What doesn't it do might be a better question.

And stress is really kind of like the femme fatale of the body. Just trouble.

Ok, so let's take a look at few different ways that stress causes hypothyroid symptoms.

We're are aware of the obvious forms of stress that affect the adrenal glands: these cause all these responses in your body.....

...impossibly full schedules, driving in traffic, financial problems, kids, divorce, losing a job, moving, losing a loved one...

.. and the many other emotional and psychological challenges of modern life.

But other things you don't normally think of, also place just as much of a burden on the adrenal glands.

These are also forms of stress.

These include blood sugar swings, gut dysfunction, leaky gut, food intolerances (especially gluten, dairy, soy), chronic infections, environmental toxins, autoimmune problems and inflammation.

All of these conditions sound the alarm in our body and cause the adrenals to pump out more stress hormones.

So really, stress can be thought of as anything that disturbs the body's natural balance (or if you like, homeostasis).

Adrenal stress is one of the most common problems encountered in modern clinical practice, because nearly everyone is dealing with at least one of the things I just discussed.

And weak adrenals can cause hypothyroid symptoms alone without any problem in the thyroid gland itself.

### **For example, Adrenal Stress Can Lead to Autoimmunity**

The GI tract, lungs and the blood-brain barrier are the main immune barriers in the body, we talked about that in Module II.

They prevent the bad guys from entering the bloodstream and the brain.

Adrenal stress weakens these barriers, weakens the immune system in general, and promotes poor immune system regulation.

Cortisol can impact this in both directions. Too little cortisol causes the immune system to rev up and can lead to an over aggressive immune response.

Too much cortisol can weaken the immune system and make you more vulnerable to attacks or unable to defend yourself.

If this happens over and over again, the immune system gets thrown out of whack and we become more prone to autoimmune diseases – such as Hashimoto's.

### **Adrenal Stress Leads to Thyroid Hormone Resistance**

In order for thyroid hormone circulating in blood to work, it must first activate receptors on cells.

Inflammatory immune cells called cytokines have been shown to make thyroid receptor sites less sensitive.

With insulin resistance, where the cells gradually lose their sensitivity to insulin, we see a similar pattern. There it is insulin, here it is thyroid hormone.

It's like thyroid hormone is knocking on the cell's door, but the cells don't answer.

"I hear you knockin' but you cain't come in."

A perfect example of this in practice is the Hashimoto's patient who is taking replacement hormones but still suffers from hypothyroid symptoms – often in spite of repeated changes in the dose and type of medication.

In these patients, inflammation is depressing thyroid receptor site sensitivity and producing hypothyroid symptoms, even though lab markers like TSH, T4 and T3 may be normal.

Sound familiar?

### **Adrenal stress reduces conversion of T4 to T3**

93% of the hormone produced by the thyroid gland is T4, it is inactive in that form and must be converted into T3 before it can be used by the cells.

The inflammatory cytokines I just mentioned not only disrupt the HPA axis, they also interfere with the conversion of T4 to T3.



The enzyme 5"-deiodinase is responsible for the conversion of T4 into T3 in peripheral tissues such as the liver and the gut.

Some of these inflammatory cells and proteins have been shown to suppress this conversion of T4 to T3.

In patients with thyroid disease, as levels of IL-6 (a marker for inflammation) rise, levels of serum T3 fall.

These inflammatory immune cells also make T3 and TSH levels go down and reverse T3 levels go up.

I stumbled on a study about this last week. These immune proteins and cells actually produce produce TSH and T3. It's crazy.

So, adrenal problems lead to poor conversion and adrenal stress due to inflammation can lead to this, as well.

Giving us a lovely double whammy because both are present with Hashimoto's.

### **Adrenal stress causes hormonal imbalances**

Cortisol also acts on the liver. When it is high, caused by chronic stress, this decreases the liver's ability to clear certain hormones, like excess estrogens from the blood. Ladies.

Excess estrogen increases levels of thyroid binding globulin (TBG), the proteins that thyroid hormone is attached to as it's transported through the body.

When thyroid hormone is bound to TBG, it is inactive. Meaning it doesn't work.

It must be taken from TBG to become “free” before it can activate the receptors on cells. (These are the free-fraction thyroid hormones that you see on lab tests as “free T4 [FT4]” and “free T3 [FT3]“.)

When TBG levels are high, the percentage of free thyroid hormones drops. This shows up on labs as low T3 uptake and low free T4/T3.

So, what do we do?

Here’s the tricky thing about adrenal stress: it’s almost always caused – at least in part – by something else.

These causes include anemia, blood sugar swings, gut inflammation, food intolerances (especially gluten), essential fatty acid deficiencies, environmental toxins, and of course, chronic emotional and psychological stress.

Sound familiar?

These are also all the things that make Hashimoto’s worse.

You can’t ignore them or pretend like they aren’t there like so many doctors do. We have to deal with all of them.

Here’s the thing, we have maxed out our stress cards.

We’ve emptied our accounts and now we have to reinvent our lives and this means what you do everyday.

We have to start putting relaxation and fun back into our accounts.

Seriously, you have to replenish this account. It’s not enough to say “Yeah,

I have nothing in that account.”

Because just like your bank account if you aren't putting money back in and you're always just taking money out, what happens?

Eventually, you go broke and you got all these creditors after you and lose your house and your car and eventually, you wind up on the street.

Talked about stressed out!

That's what's happening in your body. You wind up homeless inside your own body.

Because your body is your temple, your home.

No bueno, people!

Ok, let's bring on this week's guest, Adam Timm and let's take a look at what we're going to do about all of this.

Marc: Welcome Adam!

Adam: Thanks Marc, Ad lib

Marc: Aww, thank you. So, you specialize in helping people and companies incorporate effective practices for dealing with stress.

Can you share your story with us and give us some background about your own personal story and how you came to be so passionate about doing this work?

Adam: Ad lib story.

Marc: That's so true. Ok, let's get into some of the details here today.

Firstly, you've got 5 common mistakes people make when dealing with stress in their day to day lives.

And really this seems to be like we have plenty of opportunities to take positive actions regarding stress during our days, and often these wind up being missed opportunities and actually lead to more stress. Would you agree?

Adam: 5 Common mistakes

## **AWARENESS**

1. Working through lunch
2. Using your break time to vent and complain
3. Doing too many things at once
4. Not asking for help
5. Denying there's a problem

Marc: Those are all so important. I might add that with Hashimoto's, we have to be aware of our limitations. We have to learn the judicious application of "no".

That means "no" to kids sometimes, no to spouses, no to bosses, no to situations.

No to the guilt that forces you to say "yes" when you shouldn't. No to the impulse that says you have to push yourself and not get enough sleep to

make up for something you didn't do.

And Adam you're also going to share 3 secrets with us, so what are they?

Adam: Ad lib: Which 5 mistakes are you making?

## **ACTION**

1. Breathe - breathe correctly, consciously, and create a practice of taking time for yourself and being still

Guided meditation

2. Balance - work/play balance, let your inner child play!

3. Be committed

Marc: Awesome! So really, for me, one thing I've found is I need to schedule this stuff. I really do, because I schedule everything else.

But I always forget to schedule down time and fun. And as a result when I get busy, that's what doesn't get done.

Ok, so what are some action steps we can take?

Adam: Ad lib

- Start your sitting practice. Develop a practice of being still for some time each day
- Commit to it for 2 weeks.
- Craft a vision for the next 6 months – how would a life of less stress

look, feel, be?

Marc: Wow! Great stuff. So let's recap!

Adam: Summary

- Awareness of how stress affects us each day is the start
- We can then take action to decrease our stress levels and increase our resilience
- Commitment is key – fun is the answer

Marc: Fanatstic!

Ok, so this week. That's your homework. Start some type of sitting practice. I'm doing it too.

I have one, but I'll be honest, it has slipped since I started this program because I've had all this extra stuff to do and that's what suffers.

This practice is you refilling your relaxation account so that you have money in the bank when stress comes. This is your reserves, your fire wall, your insurance, your stress retirement fund.

Let's make a promise to each other to do this for the final 2 weeks of this program.

And let's create the healing intention for the next 6 months. Really imagine, feel and project that so it becomes a reality.

Set the intention and take the action and it becomes manifest. I do this

over and over again in my life. In good ways and bad. And it used to be only bad.

I'd dwell on that, it would become my intention and bad stuff would happen.

Then I realized, we all have this power. You can use it for good and in the last couple of years, I've been doing that and it really, really works.

Ok, so, we're going to go live now to the Q & A where both Adam and I will be here answering your questions.

Thank you so much for joining us and sharing with us Adam!

Adam: Ad lib

I'm Marc Ryan, Licensed acupuncturist and herbalist from Hashimoto's Healing.com

Be good, be kind and remember to have compassion for everyone including yourself.

