**“Hashimoto’s Protocol Questions” Sept 2016- Sept 2017**

1. How did you become interested in the thyroid?
2. How common is Hashimoto’s?
3. What are the symptoms?
4. How does one get tested?
5. What is the conventional approach?
6. What are some of the common root causes of Hashimoto’s?
7. You’ve now worked with over a thousand people with Hashimoto’s and figured out that you can accelerate healing and symptom reduction within one to two weeks, even for people who have been suffering for years. How do you do that?
8. What are the elements of liver support?
9. How is liver support different then detox?
10. Is there a particular diet that you recommend that is better for people with Hashimoto’s?
11. How big of an effect do you feel that food sensitivities play in not only developing Hashimoto’s, but also in hindering remission?
12. What are the some of the main nutrient deficiencies in people with Hashimoto’s?
13. Stress can negatively affect your adrenals. What are some coping mechanisms that people can use so that stress doesn’t compromise their health?
14. Can you talk about the gut and thyroid connection?
15. If someone has leaky gut, then how are supplements supposed to help? Wouldn’t malabsorption be a concern?
16. Are there supplements that would benefit most people with Hashimoto’s?
17. What role do infections play in Hashimoto’s?
18. What role does trauma and stress play in Hashimoto’s?
19. What are some unconventional triggers for Hashimoto’s that no one else is talking about?
20. Is it possible to get Hashimoto’s into remission?
21. Can thyroid tissue regenerate after it’s been damaged by the immune system?
22. Is there a cure for Hashimoto’s?
23. Where can people get more information on your work?