



**THYROID
PHARMACIST**



HEALING CONVERSATIONS

with Dr. Izabella Wentz

Episode #5 Why Your Thyroid Needs More Than Just Medication: A Holistic Approach

Dr. Izabella Wentz 00:00:03 Hello, Josh, it's so great to see you again. How have you been?

Dr. Josh Axe 00:00:07 I'm good. Izabella. great to be on your show. So excited to be on here again. And to talk all things thyroid, natural healing and everything else. So thanks for having me.

Dr. Izabella Wentz 00:00:16 Oh, my gosh, it's such a pleasure to have you here. I love everything that you've done for all of us in the community. Anytime I look for information about a condition that I'm trying to learn more about, I love going to your website. And, you know, we've just been such a pillar of great information for for healing. And you've helped so many people over the years. What? for anybody listening that may not have heard of doctor Josh axe. I want to know what got you into natural medicine. Was this always a passion of yours?

Dr. Josh Axe 00:00:53 Yeah. Well, you know, I think this is true for most people, including yourself. And what at least shifted the way that you practice, you know.

Dr. Josh Axe 00:01:00 I had a mom who was very into fitness, but not into not not into health. And at 40 years old, she was diagnosed with breast cancer. And it was really shocking to us because my mom was my gym teacher in elementary school. She was a swim instructor. You would have looked at her or thought she was healthy, yet she had this cancer diagnosis and my family lived in what I'll call the conventional medical model. Anytime we were sick, we took antibiotics, we took medications. We just we did. We didn't know anything about nutrition, anything about natural health. And so my mom went through all the conventional medical treatment. She had a mastectomy. She went through chemotherapy. You know, when my mom went through that, there are a few things I remember. One, I remember, I remember at one point, my mom, I had this vivid

picture of her taking a comb through her hair and all of her hair coming out like chunks of it coming out. And I remember going in the other room and just praying and crying and just saying God, like, why it was so hard.

Dr. Josh Axe 00:01:54 I was 13 years old, and I remember two other things at the time. I said, sort of my internal voice was I said to myself, there's gotta like, I want to help people like my mom. And that's really what first initiated me to be like, I want to be a doctor. And the other thing was, there's got to be a better way, a better way to help people heal than seeing them suffer. The treatment is requires so much suffering. And my mom eventually, overcame her cancer diagnosis, via conventional methods. But afterwards, she seems so sick and tired. I mean, you're going to know this from your experience and working with so many patients, but she was diagnosed soon after with chronic fatigue syndrome. She had hypothyroidism. She was just sick and tired all the time. I mean, she was always a cold, always a flu, always exhausted. And that's a big part of my memory of my mom growing up, because she was just so tired all the time.

Dr. Josh Axe 00:02:47 And years later, I was actually, studying to become a doctor. I was in chiropractic school. I was working on a nutrition degree and certification as well. And I was about I was months away from opening my own functional medicine practice in Nashville, Tennessee, and I got a call from my mom and just she's sobbing on the phone and she says, Josh, I've just been diagnosed with cancer again. What do I do? And I said, I'll be home. I flew from Florida, where I was in school, back to Ohio. We sat down, prayed together, talked about it. We felt really led to take care of her all naturally. And I was really blessed at the time, Izabella, to have some amazing doctors of integrative and functional medicine around me who knew a lot of the holistic treatments, and I listened to them. I did a lot of my own research. I mean, I read, you know, thousands of hours of medical journals and read books about how to help my mom heal.

Dr. Josh Axe 00:03:32 And we decided to have a conversation with our oncologist and say, hey, we want to give it 3 to 4 months of these natural treatments and see what happens. And she said, well, it's not what I recommend, but it's your choice. And so we did that. And some of the big changes we made were like, my mom's diet pretty much went to doing primarily a lot of vegetables. We did a mixture of steamed vegetables, juice, vegetables and some raw like salad. We did. The primary source of protein was we did, fish and bone broth, a lot of salmon. we had her do, mushrooms. We had her do berries. We had her do things like beets and carrots, but that was it. I mean, that was sort of like the basis of her diet. and then we also did a lot of supplements. We did reishi mushroom and cordyceps. We did high dose turmeric. We did a lot of probiotics. We did just a lot of other herbals like Astragalus.

Dr. Josh Axe 00:04:30 And we also really worked on her healing emotions. She had a lot of fear and worry in her life. My mom rode horses as a kid. It's what she loved to do. So we said, okay, every day we're just going to do what you love to do. So she went and rode horses and her and my dad loved the water, so they'd go out boating. And my mom loved walking in nature, so she'd go on walks. she loved funny movies. So her and my dad, when they would watch something, would only be comedies. And she also believed a lot in spiritual healing. So she prayed. She. She recited Bible verses constantly, and we practiced visualization, her healing from cancer. And we followed this protocol very closely. For four months. We went back to her in colleges. They redid a CT scan and I and I'll never forget this. They called the next day or and they said, before even telling us the diagnosis. her doctor was a female oncologist.

Dr. Josh Axe 00:05:20 She called and she said, what have you been doing when you share it? And she goes, well, this is highly unusual. We don't typically see this, but the your largest tumor shrunk by more than half, and she had a tumor on her lungs, and she said, I don't know what you're doing. I know you told me a little bit, but, you know, you can add a few more months and we need to check this again in nine months. Went back nine months later, almost complete remission. And today my mom is in complete remission. She's in her 70s and she's in the best shape of her life. you know, she's bringing her grandkids to Disney World, has great health. And my mom also. This is amazing. Overcame other medical conditions. And with that, my mom also she was on antidepressant and anti-anxiety drug. as I mentioned, she really struggled. She had hypothyroidism. she was sick and tired. Her energy, you know, went through. And so today she's on zero medications in her 70s and has great health.

Dr. Josh Axe 00:06:12 And so that's really a big part of what, really what the impetus for me becoming a doctor, but also the way the reason that I practice, the way I practice is I always wanted to go and find a way to first do no harm and to help the body heal as naturally as possible and actually get to the root cause of disease. Something I know that you share with your patients and the people you work with. And so that's a big part of what led me to, you know, also starting doctor and a supplement company and everything else. but it was through through that experience.

Dr. Izabella Wentz 00:06:41 Wow. Well, first of all, she's so lucky to have you. And we're we're so lucky to have you to sharing your experience with the world. I just find that what an incredible thing can happen if we the body can heal. It's capable of healing. If we take away those things that trigger the disease state in our bodies, and we give the body what it needs to thrive, it's just beautiful.

Dr. Izabella Wentz 00:07:07 Thank you so much for sharing your experience and doing this incredible work in this world. I want to ask you a little bit more about how do you actually get to the root cause of disease. We talked about, you know, you talked about cancer. We talked about hypothyroidism. We talked about depression. All of these things seem to be unrelated, right?

Dr. Josh Axe 00:07:30 Yeah.

Dr. Izabella Wentz 00:07:31 but there are actually root causes to each. Right.

Dr. Josh Axe 00:07:34 There are. You know, what I like to do is something that is as old as Socrates and that is do something called the five whys method. And so keep asking why until we get to what we truly believe and know is the root cause something that we can control, something we can impact ideally. And I'll give you an example of this with, you know, diabetes is an easy one. But because we're, you know, because you're the thyroid world's leading expert, let's talk about thyroid health. And so when I think about hypothyroid and this one's more challenging than diabetes, let me do diabetes first because thyroid is more complex than doing this.

Dr. Josh Axe 00:08:08 So what I like to do with the five whys is first say, well, why do I have diabetes? Well, okay. First, why is well it has to do with you've got your A1. C levels are very high okay. Which is related to blood sugar being high. Well why is that happened? Well okay. The next layer down might be somebody could discover that. Oh, it's because my insulin receptor sites aren't working well with insulin. They're quote unquote burned out. And that's the really issue around type two diabetes. Okay. Well, why are those insulin receptors burnt out? Well, it has to do with excess carbohydrates and sugar in the bloodstream. That's too much for it to handle. It burns it out. Okay. There's too much sugar in the bloodstream. Okay. Well, how do we get less sugar in the bloodstream? We eat less sugar. Okay, well, why why why is somebody eating so much sugar? Well, they just don't know. Maybe even where sugar is hidden.

Dr. Josh Axe 00:09:03 They don't know that there's sugar in pasta sauce and salad dressings and in lunch meat. And in cereal. And they may not realize that bread and, you know, and potato chips and all these things break down into sugar. And so they don't even realize that they're overconsuming carbohydrates. And that's a big, you know, reason behind this. And so now we know, okay, well, what do we need to do. The root cause is educate people, help people follow a diet at the time protein fat fiber and nutrients okay. And what does that look like. So so we keep going layers deeper to find the root cause. Now there might be other root causes with type two diabetes. Of course there's nutrient deficiencies. There's toxic load those sort of things. So doing a very

similar thing with hypothyroid, Thyroid. What you'll tend to do is okay. Well, and of course it's going to be different for Hashimoto's hypothyroid and graves disease. But you're going to do that okay. Well what's going on here okay.

Dr. Josh Axe 00:09:54 Well you know we're looking at TSH and T3 and T4 and these markers are off. So that's or we're looking at thyroid antibodies okay. Well that's where our diagnosis is coming. But then let's start going layers deeper of you know like with hypothyroidism for instance. One of the things you might notice is that part of a diagnosis could be well, my body temperature is low. Okay. So well why is the body temperature low. And then you start getting into that. And so I think you just continue to go with these five whys downstream further and further and further. And one of the forms. So what happens is you're going to have a few like at the top, you're going to have things break off and you're going to say there's gonna be multiple causes. One of those might be nutrient deficiencies. Right. So in my research, you know, what I've really found with hypothyroid is there's a lot of B vitamin deficiencies. I know when you were on my podcast we talked about B12. I also think, thiamine, I think riboflavin.

Dr. Josh Axe 00:10:49 I think folate, you know, a lot of these things that are tied to methylation. So maybe there's another one. There's a, you know, a genetic component that is exacerbating the issue, making it harder for you to fully convert, some of these B vitamins that then support, you know, thyroid hormone production. Of course, there's iron, there's zinc. And I think probiotics, to me, that's a really big one, is that, you know, if your gut microbiome isn't healthy and you know this as well as anyone, oftentimes when we're finally asking the five whys and saying, why is my thyroid off? Why do I have antibodies? Or why am I not converting T3 to T4? Why is this not happening? Oftentimes, we find our way down to the gut in the adrenal glands, right. So we oftentimes end up with those two organ systems. And so now we need to say okay now why are those not functioning properly. So why is my body pumping out so much cortisol and adrenaline.

Dr. Josh Axe 00:11:43 Or why do I have leaky gut syndrome? What are the root causes there? And ultimately, you know, we're going to get to diet with a lot of these. Now it tends to be diet lifestyle. And then of course emotional stress, spiritual, you know, stress, those sort of things. Those tend to be lumped in there. And so then you can start to say okay, what are some what are the foods that are going to cause this and this, you know, to produce antibodies. And what are the foods that are least likely to do that. Okay. You mentioned on my show to repeat this again. We know gluten. We know, A1 casein is a primary protein found in cow's milk dairy. those are those two proteins we're going to find that are the biggest offenders. And then there's other things. Of course, I think foods are very difficult to digest. Raw vegetables like raw cruciferous

vegetables, raw nuts and seeds, I think can be hard sometimes for a lot of people to with gut issues.

Dr. Josh Axe 00:12:34 And then we look at those things and so we could keep going here. But but just to say what I like to do is sort of continue to go down those five whys. And sometimes it's seven whys, sometimes it's three, but generally going down to find, okay, what is really the root of the issue. And with someone like yourself again, you end up really discovering so much of it is diet related. It's lifestyle related. and then when we when we can address those, it's like, it's not it's not that you don't have enough metformin or insulin, you know, necessarily just it's not a metformin deficiency. It's not a synthroid deficiency. There's a deficiency or a toxicity somewhere in the body. And let me give, give you this is my sort of the way that I think about cellular health and organ health. I think that we tend to have a lack of cellular energy, a lack of cellular nutrients, and a lack of or too and too many toxins. So disease is caused by toxicity, deficiency and really not enough energy.

Dr. Izabella Wentz 00:13:40 I love that. You know, it's. It's amazing that you bring up this way of thinking. I, you know, my training is I'm a pharmacist, so I was trained in diseases. Right. And it was like, okay, if you have this disease, then this is the medication you take. And when we think about it, the medication is so far away from the root cause. Yes. And sometimes we do need medication when the person's condition is like really severely advanced enough. Right. Yeah. The medication might be the thing that saves their life or this might be the thing that they really, really need. but the lifestyle changes are oftentimes for many conditions. They're going to be the things that can turn the condition around. I know when I was in pharmacy school, we did a little bit. We talked just a tiny bit about lifestyle changes. And diabetes, like you said, was one of those conditions where we actually had a pretty significant section talking about the lifestyle changes in diabetes.

Dr. Izabella Wentz 00:14:40 And, you know, just being a pharmacy student, it was very eye opening to me because I was like, we have all of these medications for diabetes, but lifestyle is actually the key. And I'm talking about type two diabetes, right. And so it was just very shocking to me that I, that I was like, this is a lifestyle induced health condition. Why are we not talking to people about lifestyle? Why like when they're ten years old, 20 years old, 30 years old, 40 years old? Why am I seeing all these people coming to my pharmacy when they're 50, 60, 70 years old and they have to be on all these medications and some of them have, you know, have had to have amputations, and they're dealing with all of these health consequences. And so, you know, for me, funny enough, I was trained, I started working in public health, and that's when I got my

root cause analysis training was in my public health job, but we weren't looking at the root causes of disease.

Dr. Izabella Wentz 00:15:41 We were looking at the root causes of why health care systems were dysfunctional. And it was interesting because I was like, okay, we can apply this to health care systems like hospitals and clinics and so on and so forth. But why can't we apply this to the human body? And that's how, you know, just kind of looking through that lens, I was I was turned on to functional medicine and I got into, you know, trying to figure out I kind of finally got a name to what I was doing because I was trying to find the cause of my Hashimoto's when I was working in public health. And I was like, wow. Could there be a root cause to this? So thank you so much for sharing that process. I think a lot of people are very quick to say, okay, if you have this disease, this is the drug, or maybe this is the supplement, but if you keep asking those questions like what caused this? Right? What caused this? A lot of times we can get to that lifestyle component now.

Dr. Josh Axe 00:16:39 and as I know you've mentioned to I mean, oftentimes there's multiple causes. I do want to mention one because you talked about medications here. You know, there was a there was a study in the British Medical Journal, and it was done on over 5000 women, and it was on birth control. And they found that if a woman has been taking birth control for up to ten years, their chance of getting hypothyroidism goes up by 283.7%. So we're talking about dramatically. And so one, one of the things and this surprised a lot of women I mean, if you're a woman listening to this and you have taken birth control and then after that a year later, five years later, ten years later, you were diagnosed with hypothyroidism. There's a good cause that that was the main drivers. People don't realize you can. There is not a single drug or medication that doesn't pull nutrients out of your body, or doesn't cause your body to use excess nutrients. Birth control pills specifically. According to this study, deplete your body of vitamin B1, B2, B6, B9, B12, zinc, iron, vitamin C, and probiotics and many of.

Dr. Izabella Wentz 00:17:46 The things we need for thyroid function.

Dr. Josh Axe 00:17:48 Exactly. Those are all the things you need for thyroid function. And so, you know, this drives me crazy to when physicians go and recommend. I mean, there's another study. The CDC just came out and said that doctors are prescribing, at least 50% too many antibiotics each year. And, you know, many doctors prescribe antibiotics. And that does a very similar thing to birth control, even a little stronger. Now it's a shorter time. So but it's depleting your body of a lot of these B vitamins and nutrients that are critical. but they almost never then recommend a follow up high dose regimen of probiotics, which always blows my mind that they wouldn't, at the very least,

do that. You know, to at least try and replenish some of what's been taken. But all that being said, I think that is one important thing for me to aware of. If you're on a medication, you can go and find this information, go and look up antidepressant nutrient depletion.

Dr. Josh Axe 00:18:47 You can look on an I tool like chat GTP as well, or just do a Google search and find what nutrients are depleted from this medication. And then you want to go and take those like metformin statin drugs. You know, those deplete the body of coenzyme Q10. But again, I really think so many people today have these B vitamin deficiencies, along with iron and zinc in particular, that are depleted through taking things like birth control and antibiotics.

Dr. Izabella Wentz 00:19:12 My gosh, that's such a great point. we were chatting a little bit earlier, but the is birth control sabotaging Your thyroid health was the very first blog post I wrote on my website, Thyroid Pharmacist in 2013. Yeah, and now there's even more science and research behind this. So, you know, we know that proton pump inhibitors and birth control and antibiotics can really impact our thyroid health. They can also lead to conditions like irritable bowel syndrome, and they could lead to food sensitivities that can cause us to have infections such as H. Pylori become more active in our bodies.

Dr. Izabella Wentz 00:19:50 I wanted to ask a little bit more and shift into cellular health and cellular medicine. So what exactly does that mean? And can you tell us a little bit more about this unique approach to healing?

Dr. Josh Axe 00:20:04 Well, you know, I really think cellular medicine is going to be the future of medicine in terms of what we're looking at. You know, when you look at the things that would fall under cellular medicine tend to also, I would say many of them be connected to functional medicine and regenerative medicine. thinking about stem cells, thinking about natural killer cells, thinking about exosomes, thinking about the mitochondria and ribosomes and epigenetics. And so I think a lot of these things fall under the umbrella of cellular medicine. You know, our body is made up of around 35 trillion cells. And if you want to get well, you got to heal the cell. It's really, really important. And make sure that that's functioning properly. And so one area of that could be tied to something like methylation. You know, I think that's really a big part of our cellular health.

Dr. Josh Axe 00:20:50 And here's another thing just to consider. On average, our organs and glands are new about every year. The liver, for instance, is new every 150 days to 500 days. Okay, so it's about every year these organs, the tissues are

completely new. The problem is, is that our thyroid, our ovaries, our pancreas, our organs are not creating new healthy tissue. They're just continually being damaged. Or the tissue itself is not it's not creating healthy tissue. And so what you really need to do is focus on how do you promote cellular regeneration. So you have a new thyroid next year. And the way that you do that one is, is by bolstering your cellular energy. Now the or the organ is that's the most tied to this is going to be the adrenal glands. And this is something in Chinese medicine I'll never forget. I went to my first well I went to a doctor who was a Chinese medicine doctor and acupuncturist. And I was working so hard in practice, I was worn out.

Dr. Josh Axe 00:21:52 And he came and he said, he he said to me, he's a man from Taiwan. And he said, he said, you know, your body battery should be at five. He goes, it's at two. And I said, okay. And he said, that's your problem. And what I was having was, is I was having actually leaky gut. it was my second year of practice and I'm like, I'm eating perfect. I am literally eating perfectly. What's going on? And I made changes. Boom. All of a sudden, three months later, gut was, you know, as good as it had ever been. But one of the things I realized is, is that, you know, my just like on our. Imagine you've got your phone in front of you and you've got a battery there of about 40%. Well, your body prioritizes things and so your body's going to first prioritize survival. And it'll do things to help you survive. So if you're in a fight or flight state, your body will start storing fat.

Dr. Josh Axe 00:22:44 It'll cause certain hormones to go up like you probably cortisol is going to be high more often. Melatonin might be low more often. I mean, these things start to shift and happen in the body. I mean, this happens a lot with fertility as well. If you have a 40% battery, your body is going to say, I don't have the energy and resources to create a new human being. I mean, so so this is what happens. So you really need to focus on boosting up your cellular energy is really important. And this is really tied to the cellular something called your mitochondria. The mitochondria is the engine of your cells. It's what produces supports your body in producing something called ATP which is cellular energy. Now if you go back and study Chinese medicine, There's a word called key. It's key. And that is the word in ancient Asian medicine that's been used for thousands of years. It's really tied to the cellular energy concept, which then is tied to this idea around ATP. In the organ system.

Dr. Josh Axe 00:23:39 Again, it's most closely related to is going to be the adrenal glands. And so if you are low in cellular energy your body just doesn't have enough energy. And the practice that is the most tied to cellular energy, this is you're like, well, duh. But it's sleep. If you're not getting good quality sleep, your body can't regenerate and heal. That's why, I mean, sleep is one of the biggest things you can do to heal your

thyroid. Reverse autoimmune disease, heal your body. But he let a cellular level so you have to sleep to build up that battery and not just sleep. You want to get good quality sleep. You know, you want to get a combination of REM and deep sleep as well, and wake up feeling rested. And I think a lot of times this doesn't happen because your body has been producing so much cortisol, so many stress hormones that even when you sleep at night part of the night, you're not fully rested because you've been living in this emergency state.

Dr. Josh Axe 00:24:29 So to boost up your cellular energy, one is you want to get sleep. The other component is, you need to have the right. It's not just stress. Sometimes people say, well, I need to just get rid of stress. Stress isn't all bad. In fact, sometimes when you go through a stressful, relationship or a stressful time in life, you can grow in character, you can grow stronger. Imagine your body lifting weights and after a good workout, now your your muscles are more lean and defined. You're, you're a better runner because you pushed yourself on that last workout. That's good. If you have the right perception of stress and you just don't have too much of it. So, hey, have a little bit of stress in your life. Just don't live in a stress state 24 hours a day. I want to share with you as the most stressed I've ever been was probably. And I. Well, let me say this it was probably one of the top two. To, I remember the last presidential cycle, and we're not going to get into politics here, but just saying, I really paid attention to the news probably more than I'd ever had.

Dr. Josh Axe 00:25:30 And there was this ticker on CNN and Fox and every CNBC, everything showing the amount of people that were dying per minute. And I was really kind of focused on what's going on. And I realized I did it for about a month or two. I was watching way more news than I ever had because I wanted to, you know, know what was going on politically. And I realized why I am so stressed right now. I'm not sleeping well. I'm tired. I can tell, like my skin. Certain things I just don't feel well. And I just stopped watching the news in that alone. And listen, it's not that I never kept up with the news at all. I just decided every other day I'm going to check for five minutes just to know what's going on in the world. And then I'm not going to sit here and I'm not going to scroll down, you know, social media, you know, rabbit holes and do all this. And it it made a big impact. And so the other thing is me, this is for me spiritually.

Dr. Josh Axe 00:26:19 I started focusing more on God, reading the Bible, reading spiritual growth books. And when I did that, all of a sudden it was like, well, God is for me, not against me. I've got a God that loves me and cares for me. And when I started realizing that and focusing on my relationship with God, my family, the things that matter the most in my life, all of a sudden the stress went away and again my battery started getting more and more full. So the most two most important, important things you can

do for cellular energy is going to be sleep and balancing out stress in your life, typically by doing the things you love to do. And then there are a few other components. There are certain nutrients that are really required for cellular energy. B12 is a big one. There are certain herbals. The family of adaptogens are the biggest used in Chinese medicine. But also today you look at an herb like ashwagandha. when you look at again, my a big part of my background is Asian medicine and a little bit of Ayurveda.

Dr. Josh Axe 00:27:18 And in Chinese medicine they call hypothyroidism a key and yang deficiency. So she is really tied to adrenal. They say that is actually more than the thyroid typically oftentimes is part of the root cause. And then the secondary thing would be yang, which means your body isn't anabolic enough. So it's not regenerating enough. And so the typical so like ashwagandha is the is a key and yang boosting herb. And that's why it's probably, at least in Ayurveda, the most prescribed herb for hypothyroidism and in Chinese medicine. Another part of that would be there's an herb called donkey. This helps address low ferritin or iron levels, and also supports getting those cortisol levels under control at the same time. And there's other herbs. They also recommend ashwagandha. There's a Rhodiola rosea, cordyceps mushrooms, reishi. Those are the one of those are typically prescribed in ancient Asian medicine for helping bolster up and recharge the battery. It's interesting. It's a little different for graves disease. I do want to mention it's not a key in yang deficiency, like in hypothyroid and Hashimoto's.

Dr. Josh Axe 00:28:26 It's a chi and yin deficiency. And so with that in Adaptogenic, the herb that's typically prescribed is Romania or lemon balm or things that are more calming to the body instead is really what the focus is on more there. for that in particular. So the first component for healing of the cell is going to be we got to boost up the cellular energy, sleep stress, those things. The second thing is reducing toxicity. And this is everything from environmental toxins like, glyphosate for forever, chemicals like you find in Teflon pans, all the chemicals in our food supply. But medications that I mentioned earlier, medications prescribed correctly even by your doctor. These will pull nutrients from your body. They're toxic to many of our organ systems. So now your body has to deal with that. acetaminophen, like aspirin that's toxic to the stomach lining in the kidneys and the liver. So these are toxins that start to build up on our body. And I also believe a part of a component of this has to do with.

Dr. Josh Axe 00:29:30 Emotional toxicity. Having really negative thoughts anger resentment envy towards others that starts to build up and affect your body as well. And then just food that that maybe isn't toxic to other people, but it's toxic to you. Some of those food sensitivities A1 casein found in dairy, gluten in much higher doses. It's not broken down via a fermentation process that now you can't digest properly. These all

act on toxins to our body. So big thing there is you need to remove those toxins from the body. And sometimes you might need some general some gentle support from herbs like, you know, milk thistle and others, you know. But but that's that's what you want to do there. And the last step for cellular healing is addressing the Addressing the nutritional deficiencies. And this is very, very common. I think that, one of the issues with hypothyroid and Hashimoto's and Izabella, you know, this as well as anybody is there's not like one primary deficiency. There's a lot of them. I mean, if somebody is deficient in any of the B vitamins, especially B12, that can affect the thyroid, B2 and folate are primary responsible for methylation that can affect the thyroid, iodine, zinc, selenium, iron.

Dr. Josh Axe 00:30:48 I mean, there are numerous deficiencies there. Amino acids like tyrosine. I also think glycine and glutamine are important more for the gut, but than how those affect the thyroid. So there are a lot of these deficiencies. And so one, you want to make sure your diet is as nutrient dense as possible, but also is easy on the immune system and gut is possible. This is why I like bone broth and a lot of organic meat. Those are very easy to digest generally for the body, especially in a soup. in fact, that's what the recommendation. Medicine is typically a lot of soups as a grain. They don't recommend many grains, but the one grain they do typically recommend for thyroid issues is rice that's cooked in a slow cooker for like 24 hours. So it's just mush. So it's almost broken down into nothing like a basmati or a jasmine. and then some healthy fats, they typically recommend seafood, especially a lot of wild salmon, those sort of things as well. And, and that's the basis of a diet.

Dr. Josh Axe 00:31:44 Very easy to digest, some good fats, maybe a little bit of rice. It's cooked for a long time. And and that's sort of the basis of the diet there. But nutrients I recommend a really good B vitamin B complex would also recommend maybe a multi or something that has again things like selenium and then some herbs that maybe help with some of those deficiencies as well. We mentioned ashwagandha donkey probably being two of the top there for most women. I could go, but just to say, I think it's really all of those components we want to look at when it comes to healing the cells of the thyroid and of course, the adrenals too, that we mentioned.

Dr. Izabella Wentz 00:32:19 My gosh, I love that. You know, it's it's amazing to see there's so many different healing modalities out there. But they all sort of meet in the middle. I wrote a book about the adrenals a few years ago, and a lot of people were saying, well, adrenal fatigue doesn't exist. It's actually a mitochondrial dysfunction.

Dr. Izabella Wentz 00:32:35 And I'm like, yes, but do you realize that all of the things that you take to support your adrenals, they also support your mitochondria?

Dr. Josh Axe 00:32:44 Yes.

Dr. Izabella Wentz 00:32:45 Support your cellular energy. And so, you know, and even try traditional Chinese medicine might call the condition something else, right? We we might call it adrenal fatigue or a conventional medical doctor or a psychologist might call it burnout. Somebody might say it's mold toxicity or, you know, that's just extreme stress or sleep deprivation. But all of these things happen when the body feels drained, when the body doesn't feel safe, whether that's coming from an infection or a lifestyle or you know that everybody in 2020, I think we all went through this extreme fear, this extreme traumatic situation, and part of it was driven by watching the news so big. Part of what I recommend is actually like a news diet, right? You're eating up your regular diet, you're eating clean foods, and you're filling your plate with highly nutrient dense food. Why not fill your life and I guess your ears with uplifting content, whether that is podcasts that you enjoy or scripture or songs or funny movies.

Dr. Izabella Wentz 00:33:48 Right. So these things can really transform our lives. we talked a little bit about your mom's healing journey, and I know I, I always come from my own healing journey. I always share whatever I've been through. And I try to, I guess, create a resource in the world for others so that they, I guess, have a shorter learning curve and that they can they can really accelerate their healing. and it's always kind of surprising to me, I guess. You know, you try to live the most healthy lifestyle and your best, but still things can happen, right? Yeah. I know that you recently, you almost died a year ago.

Dr. Josh Axe 00:34:33 Yeah.

Dr. Izabella Wentz 00:34:33 Can you tell us what happened?

Dr. Josh Axe 00:34:36 Yeah. Yeah, it was kind of crazy. Izabella, this was actually. So. So this all started a few years ago. I injured my back lifting weights. I was doing something that I was just trying to do. Too many heavy weights too fast. And I ended up bulging and herniated two discs in my back.

Dr. Josh Axe 00:34:53 L5 s1 0405. And I did a lot of things to help myself heal. I, did physical therapy, I did chiropractic care, I did cold laser, I did exercise, I did everything, and I got probably 50 or 60% 5,060% better, but I didn't get all the way better. I still had chronic back pain every day. And so then I got turned on to a therapy called stem cell therapy, and I went and got my bone marrow draw. I got it injected, and after that I felt probably 90%. I mean, I was amazed at how effective it was and that helped for years.

And then I went back because I had a little bit, even though it was close to 100, it was more like 90%. And I still had this nagging issue in one spot left. And I thought, if I go get stem cell one more time, I will probably heal 100%. Well, I went and got it done and something didn't feel right afterwards. And for the next few weeks I felt worse and worse and worse.

Dr. Josh Axe 00:35:46 And finally I had to wear a back brace. It was so bad I thought, gosh, I must, I must have really re-injured it somehow. And I didn't know what I did though. And finally, one day it was so bad I could barely walk one day. And then the next morning I woke up and I couldn't walk. I mean, the pain was so excruciating. We had to call an ambulance. My family and I were living between Nashville and Puerto Rico, so we were in Puerto Rico and I'd have an ambulance come pick me up, bring me to a hospital. When they took an MRI, I got the report back and it said, I have a spinal infection and osteomyelitis. And so then it was. And it wasn't. Here's the problem. It wasn't just. It was in my disc. It was in my L5 vertebrae. And it had gotten out into the spinal canal. There was an abscess by my spinal cord with the infection as well. So I had to take a flight of private flight from, you know, like they had to have an ambulance picked me up, put me in a plane, like, fly me to Florida.

Dr. Josh Axe 00:36:40 I went and met with an infectious disease specialist there, and he sat down with me and he said, Josh, this is really, really, you know, serious. He said, you know, I want to give you your prognosis. He said, your best case scenario is you're going to have chronic pain the rest of your life, and you'll be the first person to know when bad weather is coming through. He said that's best case. He said. Worst case is this is so spread in your vertebrae it could kill you. And there's a really good likelihood you're going to be permanently disabled. Now, Izabella. I had heard that and I this is about a year and a half ago. And I was just really struck. I mean, I it was crazy to me was I didn't have to get this injection done. I mean, I had a little back pain, but it wasn't that bad at all. I was throwing my two year old daughter, you know, eight, eight feet in the air in the pool.

Dr. Josh Axe 00:37:23 I was cycling, I was swimming, I was running, I was deadlifting and squatting. I mean, I was in really good shape. And then to be told by a doctor that I, in all likelihood, would be permanently disabled, maybe have to have rods put my spine. I mean, I, I so I had about 48 hours there where I was just there. Let me just say this. There were emotions I had never experienced before. Like I had never really experienced what it felt like to be truly hopeless, like there was just no hope at all. I had never experienced despair. Like feeling like, okay, no matter what I do, I can't. I can't fix this now. I can't go back in time. And so I just felt really depressed and just horrible for a couple of days. And then I was just, I just I decided I got to lean into God and pray, and I

just prayed and I just really felt like I realized something that that wasn't serving me and that I have a God that's bigger than my diagnosis.

Dr. Josh Axe 00:38:14 And so I decided that I was just going to focus on getting back to 100%. And the doctor, I met with him again the next day, and he said two days later and he said, okay, I'm going to recommend a round of not around. He said, I'm going to recommend likely that you're going to need to be on antibiotics for three months.

Dr. Izabella Wentz 00:38:33 Wow.

Dr. Josh Axe 00:38:34 Six weeks of IV in six weeks of oral, he said. Because the the disc has in bone, has almost no blood supply, and it just takes an incredibly long time to get that there. And that's and and so then I thought, well, gosh, not only am I back going to be, you know, could be a wreck, but my gut and my cells. And so I said, I'm going to do my own research and also figure out. And by the way, I'm not stupid. I'm going to do some medication. Now. I'm not taking a medication outside of maybe a half a pill one time because I had a procedure years ago, but I really have not taken a medication since I was 19 years old when I got my wisdom teeth removed and I only took it for like two days then because I just didn't ever like to take medication.

Dr. Josh Axe 00:39:15 And so I was 40, and so I hadn't taken medication like almost 20 years. And so then to be told, hey, you know, you have to be on these antibiotics. And of course, I've studied gut health my whole life and be told, you got to be on this for three months. So I started doing research and I said, okay, well, I'm going to do antibiotics because I have to, you know, I've got to do everything I can. And if my gut is injured, I'm going to do my best to rehab it. Exactly. But I said, I want to see if I can cut down on time. Is there any research? I came across this amazing study on hyperbaric chambers and they had a group of people. It was on like 20 people. I believe that all had osteomyelitis, that infection in the bone, and they were able to take their antibiotic time down to one month from three months. And so now they were in a hard chamber for like an hour, two hours a day.

Dr. Josh Axe 00:40:06 And I said, I'm going to find this. I went and I did that. I also went and did IV, so I got on this IV antibiotic at the same time I went and I got in a hyperbaric chamber for two hours every day, a hard chamber, which is a lot stronger than a soft chamber. I then also did IVs, I did IV daily of silver, of ozone, of a Myers cocktail with glutathione and B vitamins. I also did when I wasn't doing the IV. I did the IV in the morning. At night I did very high dose probiotics. This might shock people. I was doing 1 trillion probiotics a day.

Dr. Izabella Wentz 00:40:38 Wow.

Dr. Josh Axe 00:40:39 Then and after. And, and then also I was doing a lot of B vitamins, and other nutrients like liver. And so I followed this protocol for, for and the first two weeks I didn't feel better. The first ten days finally, or around ten days. Day ten I was like, I feel 1% better, and then another 1% the next week.

Dr. Josh Axe 00:40:57 And another 1%. I didn't walk in total for a by myself for a year. I didn't walk at all for ten months. And then I was on a walker for two months. So this time last year, I was just about. I was still on a walker, that we're doing this interview and, and I'm glad to say this, and I want to I'll come back to it. Just a few other details, but I am now probably at, I'll say, 80, 85%, I'm better than the best. He told me I would be. I don't have chronic pain. Every day I'm back lifting weights. I can carry my daughter. and I, I think I'll be 100% by the end of this year. Like, I mean, I just keep getting better and better. So all that being said, I think it's just so important for people to understand, like, you might be listening to this and you have a diagnosis and maybe you were told you have to be on this pill the rest of your life or your condition is irreversible.

Dr. Josh Axe 00:41:47 Or you might think, I can only heal maybe by 25% or 50%. The reality is your body has an amazing capacity to heal. If you get your body in the right healing environment, it can heal from almost anything. Now I am aware, like sometimes there are just issues that are very, very hard to correct. That could be genetic or, you know, structural issues. But again, there are stories of so many people that have reversed hypothyroidism, Hashimoto's autoimmune disease, my mom with cancer, myself with a spinal infection, being told that I might be permanently disabled. And so, I learned so much from that. You know, I really think, and God always does this. He takes our pain, and if we allow him, he'll use it for a purpose. I know more now about cellular medicine, regenerative medicine, natural healing than I ever have. I mean, I in longevity. And so I've really studied this this stuff a lot. And by the way, my gut, I had almost no symptoms.

Dr. Josh Axe 00:42:43 The only symptom I had was constipation because I wasn't I wasn't moving, but even afterwards I never once had loose stool. And I think it was because of this protocol that I followed, which again, was very high dose probiotic. and high dose B vitamins. Along with that. Well, and let me say high dose B vitamins, I did B vitamins, but I also did a lot of organ meats, which was like a B lover, B level A, B, B supplement as well. And and then the hyperbaric chamber I think was tremendous for healing as well. And so but that was a big thing for me. You know, I think in terms of like my healing process, was, was doing was doing those things.

Dr. Izabella Wentz 00:43:24 Thank you for sharing that incredible story. I know sometimes we're faced with things that are incurable, right. Or we think they're incurable or that's what conventional medicine says. And I don't think, you know, you are necessarily an infectious disease spinal expert. So you could have given away your power at that time and been like, okay, this this is my destiny.

Dr. Izabella Wentz 00:43:47 I'm just I'm giving up and I'm going to listen to them. I'm going to just do this. But you chose to take charge of your own health and to trust. Trust in yourself and trust in God, and trust in your body's ability to heal.

Dr. Josh Axe 00:44:03 And you know, there were so many lessons that came out of that. One other thing I want to mention is I think our mindset is so important for healing. I mean, I think the biggest battle I had was my mindset. I mean, I, you know, I the hopelessness, despair you'll never hear. I mean, I had this limiting belief that came in, crept in that, well, you can heal, but not 100%. You could probably only get back to maybe 70%. And you'll never get back to lifting, you know, heavy weights or, you know, throwing your daughter in the pool. You know, you'll be able to walk but not be able to like. And then I just had to take that thought captive and say, you know what? That's not true.

Dr. Josh Axe 00:44:38 And I had to also be very aware. And you're aware of this research. The placebo effect is amazing. So is the nocebo effect I mean, the placebo effect. You know, going back to World War One, there were soldiers who had these, incredible injuries of losing limbs and just serious pain. And the drug they were given is morphine. And one of the practicing physicians at the time, they ran out of morphine, and he felt like he had to give the patient something. These fallen soldiers. So he literally gave them sugar pills. He gave them nothing. Here's the craziest part about this placebo. 30 to 40% of them had the same amount of pain relief as if they were taking morphine.

Dr. Izabella Wentz 00:45:18 Wow.

Dr. Josh Axe 00:45:19 Think that your brain can create chemicals that are as powerful as morphine for numbing your body, and more powerful than any drug, it actually regenerating and healing your body. I read this great article by a PhD on how to amplify placebo. And he said, here's what you need to do if you want to heal via your mindset.

Dr. Josh Axe 00:45:38 Number one, you need to be very certain about what is it that you want. Like for myself, I wanted to throw my two year old daughter in the air again. That's what I wanted to do. And so I pictured myself doing that. I pictured myself out

cycling and swimming and doing those things I love to do. Date night with Chelsea and running around chasing my daughter like those are the things I pictured. So I was very, very clear. And then he said, the next thing you need to do is experience emotionally that certainty, right? That that you have in the future. Experience those emotions as if you're you're in that state right now. You're doing that right now. So I would picture myself throwing my daughter up in the air, laughing, her hugging me, the joy, the excitement, just those emotions like that's happening right now. And he said, do that daily for five minutes. And then he said, and then you need to create a very specific plan and protocol for how that will become your reality.

Dr. Josh Axe 00:46:29 Because, he says, sometimes your nervous system in spirit and mind don't believe you. It's like toxic positivity. You can say, I'm great, I'm wonderful, but you don't really believe it, he said. If you lay out a plan of saying, this is how this will happen, or you see someone else's plan, or you work with a doctor, they'll say, this is how you'll do it, the chance of you experiencing that miracle. It goes up, you know. And actually placebo your body creating these new neural pathways. And your body's sending stem cells there. Your body actually healing goes up dramatically. It'll do that. So just to know if you don't believe you'll heal your body will actually send less healing things like stem cells to the area. Versus if you do believe you're going to heal and stay more positive in your mindset, you actually have a better chance scientifically of healing. You know, there's this case study. Again, this is one single case study, but there are multiple of these of something called the nocebo effect.

Dr. Josh Axe 00:47:25 There was a man who was diagnosed with liver cancer, and he was told he had three months to live. And he died about three and a half months later. They did the autopsy. And he didn't have liver cancer. He had a small benign tumor on his liver. He could have lived another 30 years. And one of the things that came out of that, and this has happened many times, there's there's case studies on this, whereas if you believe you're going to die. You can likely die. And there are again medical research on this. And so just to know the power of your mindset is so important. I mean, again, if you want to heal Hashimoto's, think about what it's going to feel like like what is that state you want to feel? You wake up in the morning and you're energized. Your hair is thick and full. You don't have dark circles under your eyes. You can go out and run. I mean, your mood is high, your energy is high.

Dr. Josh Axe 00:48:14 you know, you feel great. Be certain about it. Experience those emotions. You know, again, you're you're you're hiking Mount Kilimanjaro. Whatever it is you want to do, you know, experience that emotion and then create a very specific plan your food plan your supplement plan, your lifestyle plan. Implement those habits in

order to make that a reality. And you have a greater chance of healing via the power of the mind.

Dr. Izabella Wentz 00:48:38 I love that. You know, it's it's really does start with mindset. You are just you're just such an inspiration. And thank you so much for sharing your story and everything that you've gone through. I know this will help so many other people. and you know, everybody listening. I know how hard it can seem, especially if you're coming from more of, like, a conventional medical advice. I was told the same thing with Hashimoto's. You're you're probably not going to be able to get this condition into remission. And I was working in pharmaceutical sales at the time.

Dr. Izabella Wentz 00:49:07 And so I would look in the mirror every day and I would say, I'm Izabella Wentz and I'm in charge of my own destiny. And I would say every day, in every way, I'm getting better and better, and I would just keep saying it until I believed it. And I started taking action. And just like you, Josh, and it's like everything like, you know, sometimes I think as experts, we have our expertise in a certain certain framework where like, yeah, we diabetes is easy to reverse. We know all about that, right? Or we know how to do Hashimoto's. I know recently my husband had ulcerative colitis many years ago and we were able to get that into remission. You came back from an incurable infection, right? So it's just all of the same principles apply for healing. It starts with mindset and creating an action plan. The steps might be a little bit different though, right? Yeah.

Dr. Josh Axe 00:50:04 Yes. Yeah. Absolutely agree again everyone. You know I'm a big proponent of personalized nutrition.

Dr. Josh Axe 00:50:10 Everybody needs something customized for them. And I learned this in practice. I mean, the diet I would give for a cancer patient was not the same as an inflammatory bowel disease person. I mean, someone with cancer. Oftentimes I would do some raw foods, with inflammatory bowel disease. I never recommended raw foods, ever. So again, yeah, you really need a plan that's customized for you if you're going to be as healthy as possible. And sometimes you can learn that via yourself. But sometimes you need a practitioner, you know, to to help you do that.

Dr. Izabella Wentz 00:50:42 I love that. I know we talked about personalizing things, but are there things that everybody should be taking like top supplements in your in your opinion?

Dr. Josh Axe 00:50:53 Yeah. Let me just hit on statistically the biggest deficiencies that I see and the ones that I believe that help almost everybody. And then we'll narrow it

down to thyroid specifically. there is a great, you know, there's this, study, I think it was at the University of Oregon State, and they looked at dietary intake along with, I think, actual blood work deficiencies.

Dr. Josh Axe 00:51:13 The biggest deficiency by far is vitamin D, and we know that we probably hear about that, but it's by far the biggest deficiency you have. by far almost everybody I want to say that they now what they did, they they didn't do the it didn't go on the recommended daily intake or the recommended blood work in terms of them saying, well, you should be above 20 and that's normal or sometimes 30. it was no, this is really what it was should be. And generally it was like 94. It was 92 to 94% of the population is not in there, does not have ideal vitamin D levels. I mean, it's suboptimal for actually your health. And so it's very high. The second nutrient this might surprise some people is actually choline. Now what's interesting is choline used to be known as vitamin B4. It was the B vitamin. And then they stripped of its B vitamin recommendation partly because it was only found in animal products. They almost did that with B12 as well. But all that being said, choline was known as vitamin B4 and it is really more in that family generally speaking.

Dr. Josh Axe 00:52:20 And that's really critically important for methylation or methionine anyways. It's important for methylation and for the conversion of certain nutrients into other nutrients, which is important for thyroid health. You only find choline in organ meats, in egg yolks, for the most part, that's where you're going to find. That's where you're going to find. Choline is in those animal products. And then from there, there's other key nutrients as well. I would say B12 is really critical for most people. I would say that zinc is one another one that so many people are deficient in, with, along with magnesium. and then people's sodium potassium ratio tends to be pretty far off as well. potassium deficiency. You don't want to supplement with potassium though. You really want to get potassium ideally. Now you can if you're doing a electrolyte powder that is balanced and you typically you want one that's a little higher in like more of a 1 to 2 ratio or 1 to 4 of probably sodium potassium. But you want to get potassium from foods like vegetables and fruits.

Dr. Josh Axe 00:53:21 Watermelon is incredibly high. For instance, in potassium itself, would be a really good one to do. And then just getting into some of the supplements. So the top supplements, I think for most people and for thyroid in particular, I would say vitamin D is number one. And again you're probably you have a little bit different. These are just the ones I've seen. Move the needle. Vitamin D is probably number one. I'm just going to throw B vitamins together a B complex as probably number two after that. and then from there it's really close. If it's a one, if it's woman, I'm going to say iron if it man. No. But for, for women I would say sort of, you know, building something with your

blood, the herb. I love to do that. I love doing a combination of Don Chi as an herb, along with maybe liver or some sort of easily digestible iron or something to sort of support that, within the body. And then, selenium and zinc are probably the next ones on my list in terms of what I think people are most efficient in.

Dr. Josh Axe 00:54:19 And let me move another nutrient up there, I would actually put probiotics maybe is number one tied with vitamin D? When you take probiotics, you better absorb every one of those nutrients, including those nutrients from your food. Two studies in particular, both large scale studies. One showed if you're taking a simple probiotic supplement, your absorption of B vitamins goes up by 30%. A study out of Stanford said by 50%, if you're doing a really high dose, strong probiotic, it could be by 70% or more. You're getting more than double of the nutrients from the food you're eating. So I really think probiotics are the most essential, one of the most essential for gut health, for thyroid health that people should consider. And typically you want to do a probiotic that maybe has some prebiotics in it, post biotics and be a whole nother conversation or beneficial, but basically by just a quality brand and typically try and get some higher CFU counts. And if you've ever taken an antibiotic, you really want to do higher doses of probiotics.

Dr. Josh Axe 00:55:22 I really believe 100 billion plus for, for, for for a time, especially afterwards, because you just really get to be very deficient and depleted. A few strains that are really good. You mentioned this on on my podcast, but that sarcomas melody is really fantastic for getting rid of H. Pylori in yeast and Candida out of your system. Soil based organisms like Bacillus subtilis, Bacillus coagulant, Bacillus colossi those are known again of soil based. I think those are very good for some of those upper infections as well that can affect thyroid hormones. So I would say supplement wise probiotics, vitamin D, b-complex and then consider some herbals. My two favorites probably for women are ashwagandha. Donkey. And then after that it depends. If you have Hashimoto's and it's more immune related, I would say probably Astragalus. If it's not, maybe, and you just have really low energy, maybe something like a rhodiola and cordyceps would be most beneficial for those people. And a few other things I like. I really like bone broth and collagen.

Dr. Josh Axe 00:56:26 I just think for gut health, I think those are going to be beneficial, to the body as well. but those are going to be the top ones, I think, when I think about what I've seen help, you know, autoimmune and thyroid, those two things in particular those would be my my tops there.

Dr. Izabella Wentz 00:56:42 I love that, and I love that you mentioned Don Quai. I feel like hardly anybody in functional medicine talks about this, but this can be excellent for getting those ferritin levels up.

Dr. Josh Axe 00:56:53 Well, can I, can I tell you, you know, probably the top five herbs prescribed in all of Asia. And they've been studying herbs longer than us in the West. We most people never most people never prescribed those top 4 or 4 of the five. I would say the top five are probably ginseng, astragalus, donkey, reishi and ginger. Now ginger we do. Okay, so that's the one that we typically probably do some more of. But the other is they're just not not that frequent.

Dr. Izabella Wentz 00:57:26 And they work so well I know I love rice, I know I love reishi for, adrenals and people that just need a little bit more energy in the evenings. Just taking a little bit of rice. She can be a really big game changer where you're going to sleep better, you're going to have more energy and you're going to feel a lot more balanced. and I love that you talked about probiotics having therapeutic dosages. I know a lot of times I when I was first on my healing journey, I was like, oh, probiotics, let me go to Walmart or let me go to Walgreens and just take whatever's on the shelf. But generally the dosages there are going to be very low. And so they're not going to be therapeutic dosages, they're going to be more maintenance doses. So if you already have a healthy gut, you can probably just take smaller doses. But if you're trying to make a difference, you need to get those, colony forming units. I would say 50 billion is when we start seeing a big difference.

Dr. Izabella Wentz 00:58:25 You don't want to start that high. You may want to like, if you're doing like a capsule. Break it apart and just take a take a little bit of it and then work your way up. just to prevent any kind of major shifts in your microbiome, because that can be a little bit unpleasant. But yeah, sometimes doing those 50 billion, 100 billion, 500 billion CFUs is what might be needed to really move the needle, depending on the condition that you're dealing with and how how much of that dysbiosis you have.

Dr. Josh Axe 00:58:52 Yeah. Agreed.

Dr. Izabella Wentz 00:58:55 so we're both over 40. When did this happen? Like when did this happen? Right. So, I know I've been getting a lot more into longevity lately, and you have been as well. Can you share some of your favorite practices and any kind of life hacks for, you know, inquiring minds that want to know how to stay young?

Dr. Josh Axe 00:59:15 Yeah. Yeah. So I, I am very, very much focused on living to be 9100 beyond and not just living, having a full life, being active, feeling great.

Dr. Josh Axe 00:59:25 You know what's interesting? I did a post on social media recently on Instagram And my my audience is very health conscious, but I probably had 10%. So again, 90% were very positive with this or like, oh, this was amazing information. 10%, though, said, I don't want to live to be 100 because I talked about what the top foods that live to be over 100. And I think the reason is, is. Now, here's the question I would have for somebody, okay, if you were 90 years old but felt like you were in your 50s and you could still hike and carry your grandkids and go out to eat with friends and still would you still not want to be around? Because I think people just associate maybe they had a family member they saw with Alzheimer's, or they saw a family member that had chronic back pain or knee pain, or they just really were so restricted in life. So all that being said, I'm not talking about adding years to your life. I'm talking about adding life to your years.

Dr. Josh Axe 01:00:17 Even more so. I mean, we want to do both. So when it comes to longevity, I think a lot of this is going back to this sort of cellular medicine idea. We want to optimize your body producing its own stem cells. And so And part of that is we want to optimize your body's own stem cell production. And we also want to protect your cells. there are certain foods that have been used to do this for a very long period of time. Again, if we look at Chinese medicine and others, some of those foods are, berries. Right? So we know blueberries, raspberries, goji berries in particular are known for this Asahi. So I would say just really focusing on getting berries along with pomegranate and figs. Pomegranate has this amazing compound called allergic acid. I believe there's also some of that in raspberries. But pomegranate in particular has this, and it is incredibly beneficial for longevity. This allergic acid, along with a lot of these other antioxidants, specifically whether it's a polyphenol or anthocyanins.

Dr. Josh Axe 01:01:16 But these help extend our lifespan and so and protect ourselves. And so I would put berries in those dark purple and blue and black fruits very, very high up in the list in terms of longevity. Food's also longevity. Food's a lot of omegas, I'd say. Wild caught fish should be on there. I would also say doing a lot of fermented foods, like, like like coconut yogurt or sheep's milk yogurt or or goat's milk kefir. Now, if you don't tolerate dairy well, do the coconut version. Okay. And then that can be a really great way to get those. Again, I love coconut yogurt and kefir. That's probably what I do on a regular basis the most. And then I would say organ meats and bone broth and grass fed beef, those sort of things, you know, getting those good meat products, but especially organ meats. You can the great thing is today you can take them in a capsule. You can take them in a, you know, as a tablet.

Dr. Josh Axe 01:02:06 And so I think those can be great for people. And by the way, this would be a whole nother discussion. But in Chinese medicine, there's a principle and it's called like supports like and this is true with food but also the tissues of the animal you're eating. If we would have gone into an ancient apothecary, which is an ancient pharmacy, which you'll appreciate this. What you would have found the most would be herbs, spices, mushrooms and glandular organs. That's what you would have found in these ancient apothecaries and or ancient pharmacies. And so historically, if somebody went in with symptoms regarding hypothyroid, they would. Oftentimes give them thyroid tissue. If it was adrenal issue they would give them adrenal tissue. If it was blood issues or a lot of issues. That liver was probably the primary thing that was. Was given to those people. Heart of course, heart, heart tissue. And so now today it's a little tricky because if you just cut it right out of the animal and then you take it, you have thyroid hormones in there like T3 and T4, and you don't know the exact dosage, which takes a lot more of a care of a physician to start off small and dial in the dosage, and then it can sort of change.

Dr. Josh Axe 01:03:21 And so there is anyways, I don't wanna get too off track there, but my point is, is that was done for a long period of time. However, I do believe you can do organ meats where those are deactivated and you can still get the peptides that are found in those organs. Which peptides are very important for the healing and functioning and even manufacturing some of those hormones as well. So I like if people are taking another supplement. I like a multi organ supplement that has liver and thyroid and adrenal and ovary and those sort of organs in there, I think to support our tissues. But again, going back to this, I think organ meats, bone broth itself are very beneficial for longevity. So the diet is going to be also a lot of healthy fats, coconut and olive in particular, like olive oil, I would say they're going to be very high on the list. So eat a diet. Now, what I just shared with you, it's pretty close to a mediterranean diet. What you're going to find.

Dr. Josh Axe 01:04:10 But that's that's that's a big part of it. The healthiest part of the Mediterranean diet, the most nutrient dense foods and Mediterranean diet. Eat those, walking for longevity. I mean, I was not I mean, at first listen, I was never a person that told my patients, you just have to walk. And that's counts as exercise. But when you look at longevity studies, that is the form of exercise that moves the needle the most. Now it's brisk walking to where you're a little out of breath, but you can still have a conversation. But but it's also walking on inclines up and down, if ideal. If you can go to a park or somewhere where. Now, of course, you know, I know you've lived in Colorado before, and I'm in Nashville. I know you've been in Austin so you can find hills there. So ideally, if you can do some incline up and down, get a little out of breath. That adds

years to your life, as does doing weight training in one day a week where you're trying to increase what's called your VO2 max, where you get very out of breath.

Dr. Josh Axe 01:05:06 You're pushing yourself a little bit. It's sort of an interval training hit or Tabata where you're getting out of breath, but you don't need to do that every day. Really. Once to twice a week is enough of that sort of more cardio. And if you can combine those sort of forms of exercise of just walking a lot. Maybe weight training three days a week, one day of more of that intense cardio. It's going to go a long way to extending your lifespan. And the last two things I think our mindsets really important here as well, I think grow spiritually. There is a study done that once somebody retires, if they don't find something new that they're passionate about where they're contributing, they die early because they don't have a purpose. And so it's really there is this, this, this, another study that found only 25% of people are clear on what their purpose is. So 75% of people, three out of every four don't really feel in touch and know this is what I'm called to do with my life.

Dr. Josh Axe 01:06:02 I'm not, you know, both globally as a human and also individually, like your unique gifts and skills. If you want to tap into your purpose one you need to tap into God. You need to tap into sort of the spiritual realm. I think that's one thing, or at least to maximize it. Now the other thing that's part of that is, and I believe there's really three main factors that will allow you to have extreme purpose if you really are able to tap into spiritual growth. For myself, I'm a Christian. Really, the focus is on loving God, knowing more who your heavenly father is. Loving people, so willing they're good doing everything you can to bless their life. And number three, making earth heavenly place, taking the Garden of Eden and making the entire earth like this Paradise, you know, regenerative agriculture, those sort of things that really help that, but really making the earth a heavenly place. So we're called to that globally. Now. What are your unique gifts and skills, the things that God has created for you to do.

Dr. Josh Axe 01:06:53 Is it educating? Is it customer service? Is it farming? Is it what is it that you are really great at doing? Do that and do it towards the good, towards making the earth a heavenly place and grow in your character. If you can grow in your character and grow in your unique gifts and skills and use those to contribute to the world in a positive way, that's purpose that helps you find your purpose. I have a book I wrote called Think This, Not That that dives deeper into this. And it's called ikigai, which is a Japanese, exercise in finding your purpose, which is what are you passionate about? What are you good at? And the other thing is, what's a problem in the world? Something that breaks your heart, something you can help. And they also believe, hey, what rewards you? What really kind of makes you say, man, I've done something good

and you really can get proud of those things. So those things will also help you tap into your purpose.

Dr. Josh Axe 01:07:46 But I think that's important. And last thing here, I think there's some a lot of great natural therapies. I think stem cell therapy, even after I had the one injury with the thing that happened, I went and got it done again, an amazing clinic called Re Health in Cancun, best in the world. So I got that done. So I think supporting your body's stem cells by the way there are foods that support stem cells. Astragalus green tea specifically like matcha is very helpful. But green teas are very good. the berries I mentioned, and and a lot of the adaptogenic herbs are very good for for that in particular. And then I, I, you know, I want to mention cold plunge here. I am not a fan of everyone doing cold plunge. in Chinese medicine, if you have very cold body temperature, getting in a cold tub every day is is not is not what they recommend. It's not what I'd recommend. they would tend to recommend instead infrared sauna for somebody that has hypothyroid.

Dr. Izabella Wentz 01:08:49 Yeah do I that's what I recommend too, is sauna or warm baths.

Dr. Josh Axe 01:08:54 Yes. That's much better. Get in the bath. Epsom salts. You know, some Tulsa. You know, some good relaxing essential oils. Now if you want to cold plunge, do it 1 to 2 days a week, but then also combat it with later in the day or or right after. Like like doing a sauna or a hot tub or or a bath, I mean, so you know, but but for most people with with with thyroid issues, I again a lot of people I think think cold plunge is amazing. but I think in particular for thyroid health, you're really going to be better off focusing on infrared sauna warming that body up. but but I like infrared sauna is probably one of my top therapies for longevity out there. Hyperbaric gray. But I think just general. And here's the last thing. Community. Your inner circle is so important for your healing and longevity. I this is what I have people do.

Dr. Josh Axe 01:09:45 Izabella I have people write down. Write down the 5 to 7 people you spend the most time with. Now, I want you to rank them on a scale of 1 to 10 on how? What's the degree of iron sharpens iron? They are for you. Where they're making you better. They're helping you grow. They're positive. They're your biggest cheerleader. They challenge you to be better than you are today. You know, they're not trying to sabotage your diet. They're not trying to tell you, you know, they're not, you know, breaking you down. So right. Rank them that way. Those people that are the twos and threes and fours or fives and below. Don't spend time with those people. Go and find people that are the sevens, eights, nines and the tens that are inspirational, encouraging. Go find those people and spend time with them. And if you can start

building a really positive inner circle of people, it will do probably as much for you, for your health as anything.

Dr. Josh Axe 01:10:37 There's a study out of Duke University that found that one of the number one things you can do for your health is simply hang out with more disciplined people. Do you want people more disciplined than you? You'll become more disciplined. You'll become more healthy, they found in the study. So it's a last tip there for, for for longevity.

Dr. Izabella Wentz 01:10:53 Josh axe, thank you so much for taking the time to be here with us and for sharing all of your wisdom. Some of these all of these strategies are absolutely life changing. So I know that everybody listening is going to get a lot of value from this information. I know I really appreciated our conversation. Where can people get more information about you, your work, and perhaps connect with you?

Dr. Josh Axe 01:11:22 Yeah, one of the first would be my podcast, it's the Doctor Josh Axe Show. You can find it on Apple, Spotify, also YouTube. So just search doctor Josh Axe. You'll find it there. And I did a great interview with Doctor Izabella here.

Dr. Josh Axe 01:11:35 So if you want to learn some of the and I thought the questions were good. So I think if you want to dive deep into Hashimoto's hypothyroid, check out the interview. You know, if you want to start with a podcast, that was a great one there. And people can always just search my name on YouTube. Doctor Josh acts thyroid, Hashimoto's and or nutrients or methylation, whatever it is, and find some information there. I'm doctor Josh Axe, social media. you can go to Amazon and search doctor Josh Axe. I've written some books there as well. And those are probably the best places, to to find me.

Dr. Izabella Wentz 01:12:06 Thank you so much for being here with us.

Dr. Josh Axe 01:12:08 Hey, thanks so much for having me, I appreciate it.

