

**EPISODE 217**

[INTRODUCTION]

**[00:00:10] AVH:** Hey everybody, welcome to the podcast, I hope you're feeling happy and healthy today. I just wanted to take a minute to tell you about something exciting that made my day recently. A while back on primalhealthcoach.com which is the website for primal health coaching, they did a roundup of the best podcast for health coaches and guess who is in that roundup? Paleo Magazine Radio.

I'm very honored by this recognition and as someone who is a primal health coach personally, I would have to agree liking this podcast offers a lot of useful information, you know, whether you're coaching others to be healthier or you're just looking for answers yourself.

You know, I may be biased but I think that we deserve to be in that list. Even better, I think that the podcast introduces listeners to authorities and doctors and researchers and books and stuff that you guys can then go out and learn more about on your own time because I'm all about doing your own research, your own learning and experimenting, not taking anyone's words, you know, at face value and kind of taking it and seeing how it can work for you.

Anyway, thank you to the team over at Primal Health Coach for including us in that roundup. It means a lot to me and we will put the link to the article in the show notes because there are a ton of great podcast in there that you guys can probably get a lot from.

That's that. Speaking of smart authorities and health and wellness, my guest today is Dr. Becky Campbell, she wrote a book called *The 30 Day Thyroid Reset Plan: Disarming The Seven Hidden Triggers That Are Keeping You Sick*. It's a great book, it officially launches on June 12<sup>th</sup> and we're celebrating this by doing a book giveaway in conjunction with the airing of this podcast.

If you aren't following us on social media, make sure you get on it, follow us especially on Instagram, @paleomagazine because that's where we're going to do the giveaway. When we post about the podcast, you can get yourself a free book.

I'm talking to Dr. Campbell about her holistic treatment plan that addresses lifestyle, diet, environmental toxins and a bunch more to fix underlying causes that can affect the thyroid, rather than putting Band-Aids on a range of symptoms which as we know is not the best way to go about things.

You know, it's also a very complicated issue so she does get into a lot of the hidden triggers that can cause illness and also how they can overlap and connect and kind of feed off one another. It helps us make sense of some of the issues that we're struggling with and how to even get started addressing them because it can be so overwhelming.

I think this is a useful conversation for anyone even if your gut is the absolute picture of digestive perfection because you know, we all know it's a delicate system, things can change, things are always changing and knowledge is power so here we go, enjoy my interview with Dr. Campbell.

[INTERVIEW]

**[0:02:54.4] AVH:** Dr. Campbell, thank you very much for being on the podcast, I appreciate it.

**[0:02:57.7] BC:** Yeah, thank you so much for having me, I'm really excited.

**[0:03:01.5] AVH:** Awesome. I'd love – we're just going to dive right into this because I have so many questions about the book and I want to make sure that I can ask as many as I can while I have you.

If you could first, before we, I guess, get too deep into it, if you could kind of tell our listeners a bit about your background and who you are and how you came to write this book for us.

**[0:03:20.0] BC:** You know, I always consider myself someone who is into health, whether I really knew at the time what that meant or not but I also always really didn't feel well even as a kid, I remember being more tired than other kids and you know, missing a lot of classes early,

for high school and just not really noticing anyone else, kind of dealing with that, I was always really conscious about you know, what I did put in my body and that kind of stuff.

You know, then I started to feel really good after high school and when I first in college I felt great and I was going to chiropractic school at the time and it was really demanding, there was – a lot studying before school and then you know, nine hours of school and then setting all night. I just started to feel bad again.

I couldn't really pinpoint it to anything but I knew that you know, I never had a problem with weight or anything before this and I started to just, it's almost like overnight, I gained 30 pounds and I was exhausted all the time and I knew this couldn't just be you know, because I was in school and studying so much, it was something more than that.

In fact, I actually got strep throat that same year about six times. I knew there was something more going on and I went to you know, every doctor you could think of and they just – my lab test were normal so they just tell me either, it's in my head, try taking these antidepressants and I knew I wasn't depressed, I wasn't unhappy, I was just sick.

After going from doctor to doctor, I finally found a place that did functional medicine. They just looked at me so differently, they did a saliva test and to look at my cortisol levels and they did a stool test to see if I had any gut infections and food sensitivity testing and it was amazing because all of those test came back with a lot of issues showing up.

I had parasites, I had candida, I had Epstein Barr which you know is why I was so tired all the time and then I actually had an underlying thyroid issue that they only found because they were using a different set ranges that conventional medicine doctors were which is why it was never picked up before.

You know, I really struggled and you know, even when I found them, it was a lot of work, I mean, I completely changed my diet, I thought I was eating good but I was eating gluten and I was eating dairy and all the things that we know now not to eat and you know, they really taught me a lot and I had to go through protocols to get my gut healthy and my thyroid went back to normal.

My weight completely went down to normal and you know, my energy levels came back up and I was like, I need to learn this, I have to help people because, you know, there's so many people going through, all of these symptoms and they're going to their doctors and they're being treated like they're crazy.

That's kind of where I came to learn about functional medicine and when I dedicated my time to start actually learning as much as I could and then practicing functional medicine.

**[0:06:36.4] AVH:** Okay, I think it's important too that we talk about how far reaching gut health issues can be like you mentioned this sort of feeling depressed and feeling sad and knowing that it was something, there was some kind of physical sort of reason for it, right?

I mean, obviously it's a complicated issue, depression and mental health and all of these things but I think a lot of people, we're still having trouble getting our head around the idea that gut health or that physical things are going on inside us that you know, that can really affect your mental health too and how your brain works.

Which I'm sure we're going to get into a little bit more here but I'd love for you to also – just a very low level kind of basic level, really down to basics here. Explain what the thyroid is and what functions it helps to control in the body. Just kind of give us like 'thyroid 101'.

**[0:07:25.3] BC:** Okay. So, it's a little glad that sits right in your front of your throat and it's responsible for so many functions in the body, you know? We have thyroid hormone in just about every single cell in the body.

It's you know, important for, you know, energy and, you know, weight control and, you know, the way that your brain functions and the way that everything functions in the body, really, everything.

This is why when people have thyroid issues, they suffer from so many random symptoms. You know, they have constipation because it affects the motility in the gut, they have weight gain, are fatigued, you know, all of these different things that, you know, people, one of the problems is

that people are looking at you in pieces and they say, “You have an issue with your gut, the gastroenterologist and you have an issue with weight gain,” whatever, whoever they send you to for that but they’re not really understanding that the thyroid is affecting all of these different things in the body.

**[0:08:31.7] AVH:** Right, it keeps coming back again to the concept and I keep hearing this and the guest that I’m talking to, this functional medicine and, you know, working with the belief that all of these things are connected and that you can’t just fix symptoms for individual things separately in a vacuum without really kind of getting to the root of the issue.

I think that’s important also for people to know and you mentioned too that it can be tough for people to figure out that they have a thy have thyroid dysfunction because there are so many different types of symptoms and I know, I think you talk about in the book about testing for thyroid dysfunction.

Can you talk a little bit about what the typical tests are, why those are sometimes not effective and what’re some better ways might be to get to the root of the issue?

**[0:09:16.3] BC:** Sure, yeah, typically, when you go and you have a thyroid test for whatever reason that they test you. They’ll typically test TSH. TSH, it stands for ‘thyroid stimulating hormone’. It’s basically what your pituitary sent out to your thyroid gland to tell it to produce more T3 and T4 which are the thyroid hormones.

They’ll check the TSH and then they’ll – for some reason, check T4 free. Now, T4 is then active form of thyroid hormone. It actually has to be converted into T3 to be used in the body. T3 free, it’s the useable thyroid hormone is what we really should be looking at if you working to test anything besides TSH, it would be you know, T3 free.

But for some reason, conventional medicine, I mean, I see it over and over in my practice from patients, bring me their labs, it’s TSH and T4, free. If they’re not really high, so this is one of the biggest problems, the conventional lab range for TSH is very wide and so basically, what they’re doing is they’re waiting until this is a full blown issue to do any type of intervention for it.

When you have your TSH, let's say it's a three, they'll tell you you're fine, you don't have a thyroid issue but a functional medicine practitioner isn't going to agree with that, you know, we really don't like to go over a two, maybe a 2.5. That's telling us that you - some type of issue was on the rise there.

You really need to look at it in the functional medicine lab ranges so that you - a lot of the times, if you can catch this early, you don't have to take medication but they'll either not diagnose you with any issue until it's really far blown or they'll just give you thyroid medication to make you happy and hope that you'll lose weight and that's another issue, you know, you have to look and see what these underlying causes of all this are before you even think about giving you - you know, think about prescribing someone a medication for.

Because if you do that, you can get to the root of the issue and then you typically don't have to go on medication at all.

**[0:11:34.4] AVH:** Right. You said that it can be tough to diagnose because there are so many different symptoms. If there's somebody for example that's feeling similar to the way you described you were feeling and they're thinking, "Okay, what's wrong, am I just tired, am I stressed out, am I depressed am I eating -" whatever, what would be some symptoms or some circumstances where it's appropriate to say, "Okay, I'm going to have my thyroid checked."

How do you even know maybe that that's something that you need to go in and figure out? Because as you said, the way our medical system is sorted out now, we're all dealing with individual symptoms and then even on the individual patient side, we're thinking, okay, I just got a bunch of different problems and I don't know where it's coming from and where do I even start.

How do people know, how do people recognize, okay, maybe this is a thyroid issue and that's how I need to approach it?

**[0:12:25.7] BC:** yeah, I think that if you're feeling, a lot of people will say to me that they just don't feel like themselves anymore. You know, feeling tired when you shouldn't feel tired, you know, not for, not because you don't sleep but because you slept and you still feel tired.

You know, gaining weight when you're not eating bad, you're exercising, you're doing the things that you would normally do that would keep weight off of you or keep you at a normal weight for yourself but you're now gaining weight and you cannot lose it even with diet. That's a definitely big giveaway.

You know, constipation, randomly, people will just start to be constipated and it's because of what I mentioned before that, the slow down motility in the gut caused by insufficient thyroid hormone.

Those are probably the biggest symptoms I think that I see and that I would say, if any of this is going on, you need to have some thyroid testing. But you need to ask them to do a thorough thyroid panel and I don't know why but so many people tell me and I get emailed this and patients I speak with, you know, in my practice, that their doctors won't do it.

They won't run a full thyroid panel. You know, luckily, there's actually testing now you can order yourself and that's why in the book, I list all of the different tests that you should be ordering or asking your doctor to order because it's a lot – there's a lot more to it than just looking at one or two markers.

**[0:13:54.6] AVH:** Why do you think doctors are reluctant to do that? Is it just like more work on their end or why wouldn't they do that?

**[0:14:01.7] BC:** I really don't know, I don't understand why. I think that for what it seems like to me, the doctors who do practice that way, they – I don't know if they're really listening, you know? Maybe they've never been sick so they don't feel the way, they don't have that compassion for people, functional medicine doctors tend to have been sick themselves. They really listen and will pretty much do what you ask them to.

But I really don't have an answer for that, I don't know why, it's totally odd and it's something that I see over and over again.

**[0:14:39.7] AVH:** Yeah, it's baffling. I suppose that's just another reason why books like this are important though for people to - individuals to kind of take this knowledge into their own hands that they aren't at the whim of the doctors in their testing, they can say, they can educate themselves and go in and say here are the things I need and here are the test you're going to do for me.

I know there's – this is a big part of the book but can you talk a little bit about how thyroid dysfunction occurs. Also, is there like a genetic or hereditary basis for this? Does this run in families or can it occur in anyone?

**[0:15:10.9] BC:** It's both, you know? It does run in families, especially Hashimoto's and Graves' which are the autoimmune thyroid diseases. I'll definitely have a lot of people who will say, "My sister has that," or, "My mom has that," or, "My mom and my sister have it." Yeah, there's definitely a genetic component there for that.

Then, I think that you know, there's a to of different causes, it can be dietary causes , you can have nutrient deficiencies like iodine that can cause it. You can have heavy metals that can get into your thyroid gland, cause hyperthyroidism. You know, gut infections can cause autoimmune disease which you know, Hashimoto's and graves are autoimmune diseases.

There's a lot of different ways that you can get this and it just seems like more and more people are getting it. I definitely think that the environmental toxins are playing a big role on this and the diet, you know, what people are eating.

**[0:16:07.6] AVH:** Okay, we're going to get more into – more specific into that but is thyroid dysfunction more common in women than in men? Because it seems to me, whenever I am either talking to people I know who are struggling with it or just reading about it, it seems like women more often than men, is that true?

**[0:16:23.6] BC:** Absolutely. Yeah, I would say 90% of my patients are women.

**[0:16:28.6] AVH:** Why is that?

**[0:16:29.7] BC:** I don't know, I don't know if it's that more women actually have it or if it's that more women get symptomatic and actually, you know, want an answer for it. I think a lot of men are just kind of, you know, it's funny, because when I have a new patient, I have them fill out a questionnaire with a ton of questions about how they feel.

It's rated from a zero to three and the women put threes and twos on a lot of, the answer is meant – men put zeroes and ones. I don't know if they're actually feeling different or they're just, it's different perspective on how they're feeling but I think that women are just, they tend to be more proactive about their health, you know, if I do have men come in, they typically –

A lot of them is their wife found me, you know? Their wife is like, "You need to call her, she can help you, this is what you have."

**[0:17:24.0] AVH:** Yeah, there's a couple of issues to unpack there because I think I've heard that many times before with doctors and just, you know, anecdotally in real life that women do tend to be more proactive and more willing to kind of go out there and seek answers, what where men will kind of you know, brush it under the rug and kind of keep going.

But I would say, even taking that into account, the fact that 90 something percent of your patients are women. That's pretty significant I think pointing that it is probably more common issue with women, I think that's really interesting.

**[0:17:54.5] BC:** Yeah, definitely.

**[0:17:56.1] AVH:** Right, Can you talk about the difference between hypothyroidism and hyper?

**[0:18:02.0] BC:** Sure, yeah. When you have hypothyroidism, you have low thyroid hormones, it can be a little confusing in the labs because that thyroid stimulating hormone which is what again is mostly tested is going to be high when you have two little thyroid hormone.

People get that confused a little bit but it's so – the T4 and the T3 tend to be low, and the TSH tends to be high. People will be – you know, gain weight, they'll be really tired, they'll be very

cold, those type of symptoms and then, when you have hyperthyroid, that TSH is low and the T3 and the T4 are high.

The symptoms tend to be where people are actually more hot than cold, they have like a rapid heart-rate, they're nervous, they have anxiety, you know, they are a thin, rather than gaining weight. It's kind of like the complete opposite symptoms.

But when you have Hashimoto's you can really fluctuate into hyper and hypothyroid. It can be kind of confusing, it can also be hard to diagnose for that reason as well.

**[0:19:09.5] AVH:** Right, this is the – the more you learn about this, the more you know what you don't know, there's so much to uncover and unpack, it can be kind of overwhelming.

But would you say then even though they are kind of opposite sides of the coin here that if you're working to regulate your thyroid that you can kind of approach both issues in a similar way or is that not true?

**[0:19:33.9] BC:** No, it is, definitely. It's about just supporting the things that we talked about like healthy adrenals, you know, eating the right diet that's not going to enflame you.

And I talk mostly about Hashimoto's in the book but it's the same when you're dealing with autoimmune disease, it's really a very similar type of treatment plan for any autoimmune disease. When you have Hashimoto's or you have Graves', which Graves' is the hyperthyroid autoimmune disease and Hashimoto's is the hypothyroid autoimmune disease, you really would end up doing the same thing. It's individualized of course but you're going to look in the same areas and you're going to follow the same guidelines.

**[0:20:14.2] AVH:** Okay. All right, let's move in to talking about Hashimoto's a little bit because I hear about it a lot but I haven't necessarily heard about it in its connection to hyperthyroidism.

Can you talk about again, sort of Hashimoto's 101, what it is, and then the connection between that and thyroid issues?

**[0:20:32.0] BC:** Well, it's the most common thyroid issue which is why I definitely focused more on Hashimoto's, you know, there's about 14 million people, you know, in the United States - or in the world being affected by this and it's basically where you are – your body is attacking itself at the thyroid gland.

It's causing a depletion of the thyroid hormones, you know, the T3 and the T4. This is why it's very frustrating when people are not looked at thoroughly enough with their labs because if you don't even know you have Hashimoto's and you know, your body is doing that - attacking the thyroid more and more and then it makes it harder for you to get into remission if it's been, if you've had too much destruction with the thyroid gland.

Your thyroid hormones are just – can get really depleted. That's when someone would actually have to go on to the medication and stay on it.

**[0:21:28.2] AVH:** Okay, what are the common triggers of Hashimoto's?

**[0:21:31.8] BC:** Well, in the book, I talk about seven triggers, there's you know, more triggers but these are the things that I see the most. The gut of course, you know, we talked about the gut. The gut is where a big portion of the immune system lies.

Hashimoto's being an autoimmune disease and you know, it's really important to make sure you don't have any gut infections because if you have an unhealthy gut environment, it's just going to keep triggering the attack on the thyroid.

Plus one of the things I talk about in the book is the conversion of T4 to T3. Remember that T4 has to be converted to T3 to be used. That happens 20% of the time in the gut. That's, you know, a big deal. If your gut can't do, isn't functioning properly that conversion is not going to happen. You're just going to keep depleting those hormones.

**[0:22:21.8] AVH:** What are the best ways to combat – well, I guess let's back up, Hashimoto's, that is a symptom of thyroid dysfunction, is that correct to say? Or is it a separate autoimmune disease that is commonly associated with thyroid?

**[0:22:41.1] BC:** Exactly, it's not a symptom of hypothyroid. It's - you can have hyperthyroidism and not have Hashimoto's but most people, I'd say about 80% do. Some studies say 90, I've even seen one that says 96% of people with hypothyroidism have Hashimoto's.

It's that your body is under attack, it's attacking the thyroid gland and this is what's causing the depletion of those thyroid hormones.

**[0:23:09.1] AVH:** I guess to back up again, because it seems like obviously, thyroid health and gut health are very intricately connected. Can you talk about how – like what the cycle is there in terms of is it a dysfunctional gut that can then lead to thyroid dysfunction and then when that's dysfunctioning, it can like exacerbate gut issues and like kind of talk a little bit about how those two pieces affect each other.

**[0:23:36.8] BC:** Yeah, they can cause each other, you know, a thyroid issue can cause the gut issue and a gut issue can cause a thyroid issue. You know, in the instance of SIBO, when you have a thyroid issue, you know, your gut motility tends to slow down. That's one of the biggest causes of SIBO.

That is how the thyroid can cause a gut issue and then the gut can cause a thyroid issue because of the conversion of T4 to T3 not happening the way it should so then you are starting to deplete this thyroid hormones and they are not being used properly in the body. So they really can affect each other and with all of the triggers that I talk about, they can really - one affects the thyroid and the thyroid affects the trigger. So it is kind of crazy how it all works together.

**[0:24:26.9] AVH:** Vicious cycle, kind of.

**[0:24:28.4] BC:** Yeah, exactly.

**[0:24:30.2] AVH:** So we know that “western medicine”, there is a big focus on treating symptoms and medicating symptoms. So when people are given typical western medical care and thyroid - when they are put on thyroid medication what is that medication doing?

**[0:24:49.5] BC:** It's creating more T4 and T3 in the body. So it is giving you more thyroid hormone but it is not addressing any of the causes for the thyroid hormones to be depleted. So that is the problem and you know people are giving kind of a false hope, you know they are given this medication and I will say that they usually feel good right at first and they started to lose weight, they will have energy again but then that quickly will go away.

And so then they are going back and they are getting more, they keep raising their dose and raising their dose and no one is dealing with the issue that's causing it. So then they get to a point where there is so much depletion of their natural own thyroid hormone that they cannot get off their medication. They have to stay on it.

**[0:25:37.7] AVH:** Right so it becomes kind of a life sentence because you are so reliant on this external thing that is doing it for you that your body is like turned off its ability to do it itself.

You know if there is a certain point of severity in terms of thyroid dysfunction where you can no longer use natural sort of intervention and then you are going to have to be on medication forever or is it something that we are even people who are pretty far gone can come back for it using natural intervention.

**[0:26:04.6] BC:** Okay so I think that typically, the longer you've been on the medication the more you are going to have trouble getting off of it. I have seen this, where I had actually a patient who was on Synthroid which is by the way one of the hardest ones to get off of the hardest medications for the thyroid to get off of. She was on it for about 25 years and she didn't feel like it was helping her. She wants to get off of it and I said:

"You can try but you need to have whoever put you on this, they have been watching your thyroid for 25 years. You need to have them help you get off of it the way that they want you to." and she didn't. She just stopped taking it but she went into a major Hashimoto's storm which is your thyroid is going nuts and it lasted for about nine months.

And she had to ultimately get back on the medication because she got so sick from getting off that her body didn't know what to do anymore without being on that medication. So that's why I really, really urge people to find out early, as early as you can if you have a thyroid issue and

see what you can do before starting that medication because I mean there are supplements that I use with people that will take their TSH right down to normal and they're T3 and T4 will be in the normal ranges too. And then they never have to ever go on thyroid medication.

So yeah, once you are on it I am sure it is different for everybody how long but if you are on the thyroid medication for a number of years, it is very hard to get off of it.

**[0:27:44.1] AVH:** And it seems like based on a lot of the suggestions in the book and we can get into this 30 day thyroid reset and ways to detox your life and I would like for you to speak on that but it does seem like a lot of these suggestions are things that everyone can and should do. You don't have to be concerned if you have thyroid health. It can be a pro-active measure. It can assist in any sort of any kind of health issue you might have because a lot of these are fairly, not to say easy, but in a lot of cases, pretty common sense approaches to detoxifying your lifestyle and just kind of eating healthier and then living a healthier life, right?

So I would love if you could talk a little bit about some of those. You don't have to give away everything because I know that people have to buy your book but if you could talk a little bit about some of these key lifestyle factors that can really start to turn these things.

**[0:28:32.3] BC:** Sure. Yeah it is absolutely helpful for anyone. I mean anyone with any issue who follows these guidelines is going to see improvements in their health and even if you have been on thyroid medication for years, it is still really important to put these things into place because it can help you not to keep progressing. So that is very, very important to understand.

But some of the things we – first I always recommend getting testing. You know there is a lot of things online, programs online and if you have this and that, take these supplements but really, you're kinda guessing.

So I really strongly urge people to find someone that they can work with that will do the test that I talk about in the book because that's going to tell you what you have going on, what those triggers are whether it is your gut or your adrenals or nutrient deficiencies or heavy metal toxins.

So testing is definitely one of the most important lifestyle changes that you can make and then removing toxins from your everyday things that you use. You know, we use shampoo and conditioner and face products and make up products and laundry soap and all of that and all of it has toxins in it and our skin is the largest organ in the body and we're lathering all of these toxin filled ingredients and products on our skin every day and it is really, really not good.

So there is the Environmental Working Group, they are a great group that you can look up all of your products on there and they will tell you how toxic they are. So I really get serious about digging in and taking the stuff in your house and looking it up and seeing if it's toxic or not and then making changes to that.

And there is a lot you can do. I'd give you some do it yourself cleaning products and deodorant and lotion and all of that recipes in the book and there's tons of stuff like that you can do.

I mean, definitely checking what kind of makeup you're using. Makeup is one of the most toxic things we are putting on our skin and there is so much stuff in there that it really affects our hormone levels you know? Our sex hormones, our estrogen, there is a lot of problems with the products on the shelves today.

**[0:30:45.0] AVH:** And I suppose the good news is there are many, many natural skin care and makeup companies coming out these days that are responding to this issue and responding to consumers, who are becoming more educated and demanding with these kind of products. So those things do exist for people if you are not the DIY type.

But can you talk a little bit about the heavy metal toxicity and what that is, how people are getting, how it affects your thyroid.

I know a lot of people are probably aware of heavy metals maybe mercury in fish, in certain fish they shouldn't be eating but it is a lot more pervasive than that, right?

**[0:31:22.6] BC:** Yeah and there is many heavy metals. There is mercury, lead, aluminum in our snack, there is a lot of different heavy metals in the environment that we are exposed to every day. You can get them from deodorant, deodorant is full of aluminum which you will see there is

a lot of people coming out with natural deodorants now and that is one of the things I think is really important making a change in.

But a lot of us, if you are probably over the age of maybe 25 or 30. Have had those silver mercury fillings that they used for so many years and what happened to this is the mercury is like a gas that leeches out at those fillings and it actually accumulates in the tissues of your body and a lot of people who have issues with brain function have mercury issues because it can get into the brain tissue.

And you know, definitely fish like you talked about. There is even lead based paint that they were painting with. They don't anymore but they were a long time ago. I remember being in college and I had to sign a waiver because I was living in apartment with lead based paint and I had no idea what I was doing to myself.

**[0:32:33.6] AVH:** One of the things that's very cool obviously, we love on the podcast you talk a lot about paleo in the book and your favorite products and brands and recipes and you even do a 30 day sample meal plan which is great. I feel like that is one of the really good things about the book is you are making it very easy for people to get started because as we've even just scratched the surface today, it is a complicated issue and there is a lot going on.

But your approach to getting better, starting to identify what is going on, starting to treat the real causes that doesn't have to be super complicated, right? There are high level things that anyone can start to do right now. Can you talk a little bit about some of the stuff that you are offering in the book again not giving it all away but some sort of high level like here is how we get started, here is how we move forward.

**[0:33:20.6] BC:** Okay, so yeah. I mean getting the testing done is great but not everyone can run out and do that. The most important thing you can do for any health issue is change your diet. You have to look and see what you are putting in your mouth.

So I really wanted to list out exactly what you should be eating and you know a paleo type of diet is really, really beneficial for anyone who has issues with their health. I have tested it on thousands of people and I've had vegans coming into my office.

Who their labs look terrible, switch them over to paleo diet and they got much better. So you want to eat, people think when you say paleo that they are just be eating meat all day and it's really couldn't be further from the truth. Yes, you are eating meat.

You are eating organic grass fed meat and is a decent portion maybe four ounces but you are eating a lot of vegetables too and you know I go over specific vegetables that are good for the thyroid and vegetables you should stay away. That maybe an issue for thyroid issues.

You know, the foods that you need to buy organic and the foods that you don't, you don't have to break the bank buying food. People think it is cheaper to eat unhealthy food but it's not because the processed food costs a lot of money and real natural food with vegetables and fruits doesn't. So I give you that guide.

**[0:34:47.7] AVH:** Yeah, I mean I think that that can't be reiterated enough that paleo and I think one of the cool things is paleo can look different to different people depending on your goals and your challenges and your needs. But that ultimately means sort of unprocessed real whole foods but that it can be very much plant based, plant forward, mostly plants with some animal protein. It is not animal protein then maybe a couple of plants thrown in.

So I think that that is something that can't really be stressed enough because people love to jump on sort of the stereotypical sort of fad pronouncements of what a diet is and it is fun to say that paleo is just bacon because people just like to laugh and we can say that. But I mean most people are really living that way and I think that that's important.

Can you mention maybe just one super food vegetable that everyone should be eating and then conversely maybe one that isn't ideal if people are dealing with thyroid issues? Just tell me what I should be putting in my salad today that's all I need to know.

**[0:35:47.7] BC:** Okay.

**[0:35:49.2] AVH:** And what I shouldn't be putting in my salad.

**[0:35:51.7] BC:** I actually have an infographic in here of all my favorite super foods. I was going to go over that with you. There is also another infographic of foods that might not be so good for your thyroid.

One thing that is really good for a thyroid issue specifically is actually seaweed. It is packed full of minerals but it also has iodine in it. So it is really good to help support the thyroid but another very supportive food for the thyroid is going to be foods high in selenium. Because selenium is one of the most important nutrients that you can possibly give someone with a thyroid issue and the best and easiest way to get that is to actually just add Brazil nuts to your diet and if you eat two Brazil nuts a day you have your selenium needs for the day met.

**[0:36:39.9] AVH:** All right that's easy. Two Brazil nuts pull that off okay.

**[0:36:43.7] BC:** Yeah and then of course dark leafy greens are amazing. You know they're good for anybody. You know there are certain leafy greens that can be goitrogens, causing goiters in the thyroid but I think honestly that goitrogen list is really meant for not over consumption of it. I don't think that you should never eat a food that is not on the goitrogen list because you are going to miss a lot of very healthy food if you do that.

Something that is extremely high nutrients is organ meats. Not a lot of people like organ meats but I did actually throw an organ meat recipe in that tastes really, really good because it is so nutrient dense, it's amazing.

**[0:37:23.8] AVH:** You know I had chicken hearts for lunch today so I am on topic here with you on that. I would like to think that our listeners are like a little bit more willing to try these things, it's like the whole paleo thing like you've got to give it a go but I am always telling people to just try it. You can chop up a little bit of liver with your ground meat. I mean chicken hearts are delicious. A lot of these organ meats are some of the most tasteful and you can really taste that they're nutrient dense, you know?

I am eating some of this like liver or heart or things like that and I can tell that I am being nourished right now. Whereas if I am eating a chicken thigh I don't necessarily feel the same

way. So yeah, I am glad you put the recipe in there. I hope people will give it a try. You can't knock it until you tried it right?

**[0:38:10.1] BC:** Exactly, yeah. I think fermented foods one thing else I want to mention is they are probably one of the best things that you can eat. They are really, really supportive for the gut because they give us the good bacteria that we really need and so definitely adding kimchi or sauerkraut, stuff like that.

There is even a recipe I give for coconut yogurt and that type of stuff in here it's really, really good because it really improves the gut health and therefore, improving everything else in the body since we talked about how important gut health is.

**[0:38:51.3] AVH:** You can't really overdo fermented foods right? I know most people aren't going to be eating pounds of sauerkraut at a time any day but if you are eating a couple of servings of different fermented foods every day, you are not going to overdo it right?

**[0:39:05.1] BC:** Well, no unless you have an issue with histamine. So it can definitely produce a lot of histamine in the body but that tends to be a very separate issue. So usually if you do have an issue of histamine you will know it right away when you eat fermented foods.

**[0:39:22.8] AVH:** Interesting and what would be the reaction? What would happen if you have a histamine issue and you eat a bunch of kimchi or something?

**[0:39:29.7] BC:** You would probably get a headache, maybe brain fog, some people get rashes, psoriasis and eczema are really strongly correlated to histamine issues. So if you tend to have that and it flares up that's usually when you know you have an issue with histamine and then you should stay away from that.

**[0:39:48.3] AVH:** Interesting. I never knew that, okay.

So in the book you talk about a 30 day thyroid reset. So if someone is again suffering from a lot of the issues that you described earlier in our chat, they haven't been even necessarily been

diagnosed with thyroid dysfunction or maybe they have and it isn't to the point where they require medication or they're trying a natural intervention first.

Anyway, they are planning to do your reset plan and, I guess, can they expect to see significant changes within 30 days and how quickly does that usually turn around in terms of feeling different, feeling more like yourself, some of these issues starting to reverse themselves?

**[0:40:27.7] BC:** I have to say that this is the place in my practice that I see the biggest improvement within the first 30 days when I change people's diet and I put them on a reset diet, they really start to change.

I mean they get increased energy, they lose weight, they are sleeping better, their mood is better and I literally just about every person unless they're already eating this way and it just goes a lot deeper than that.

But even with all the test and everything that I have done, this is still where I see the most improvement. And this is why it is so important for me to share this in the book because I know that this is the one thing I could give in this book that everyone could do. It wouldn't cost extra money to go buy any extra things like this but they could implement it at home and it would be easy and that they would actually see a change.

It's amazing what food does to the body.

**[0:41:24.9] AVH:** Absolutely. I am with you on that. I think you are preaching to the choir on that one.

Okay so general sort of high level points here from the book, if you are concerned about thyroid health, if you know you're dealing with these problems, get the right testing, eat paleo, it obviously goes down a lot more specific than that in the book but those are some key like let's get started right now.

Are there any high level things that you want to leave us with as we start to wrap up here?

**[0:41:53.1] BC:** Yeah I think definitely focusing on what in your life could you change that would help you in the way that you're feeling and that's contributing to this and I talk a lot about stress management in the book because stress is the biggest cause of probably most issues that people have and so really looking at what in your life can you start to say no to, doing more things for yourself without feeling bad about it.

You know getting more sleep, taking care of yourself before taking care of other people. Practicing mindfulness training which is a huge tool that so many people are using to actually retrain their bodies to not feel and not react to stress the way that we normally do.

And you know again, getting rid of the toxins that are living right inside of your house. Stop putting toxins in your body. Stop washing your dishes with toxic soap and think about it is not just you that that's effecting it. It is your kids too.

So I think that those are really important things that everybody can start doing right away alongside the diet.

**[0:43:06.8] AVH:** Awesome, that is actually a great place I think to end off the stress management thing too because we know and we've talked about this a lot in the podcast that connection between stress and gut health, right? So those are deeply connected and again, these are just kind of influx, snowballs things. It is like you are eating poorly, you are stressed out, you are not doing the self-care and then you get some gut dysfunction and then that can affect your thyroid. It is like this whole snowball.

But on the positive side of it, things can snowball in a good way too by taking some of these steps and doing some of these things that are good for you and they can add on and add on to the job they're in that that can be in the sort of the positive direction right?

**[0:43:42.8] BC:** Yes, definitely.

**[0:43:44.4] AVH:** Awesome. So Dr. Campbell thank you so much for taking the time. I really appreciate it, the book was fantastic and I mean it was readable for me. So if I can understand it and get through it and feel like I can take some stuff from it, I think anybody can.

And you said you were going to very kindly do a giveaway with us, right? So when we post on the podcast online, we're going to have a book to giveaway.

So anybody who's listening, when we post this on social media make sure you get in there and participate so you can get a copy of this book because I think it's helpful for anyone. Everybody knows somebody who is dealing with thyroid health or you are dealing with it yourself or you just want to have a healthier more optimal lifestyle and anyone could take something from the book.

So thank you again for your time and we'd love to have you on again to talk some more because I know we could probably do 10 podcasts worth.

**[0:44:30.3] BC:** Thank you so much Ashleigh, this has been a lot of fun.

**[0:44:34.1] AVH:** All right, take care.

[END OF INTERVIEW]

**[0:44:40.0] AVH:** All right everyone thanks for listening. As always don't forget to jump on social media @paleomagazine and join the conversation and if you want to win a free copy of this book, make sure you get in on our giveaway and as always, you can reach out to me personally @themusclemaven to give me any feedback, questions, guest ideas, whatever you want, just say hi, I am always happy to connect.

So next week we are talking to newly minted doctor, Dr. Ryan Lowery. He is the co-author of *The Ketogenic Bible* and his book is the most I think visible and thorough books on keto out there and I've got to say I am feeling after having talk to so many people in the keto world, so many authorities that I think it's time that I start really grilling people a little bit more because I've had some struggles with it myself and I want to ask questions.

Like is it ideal for everyone or is this a better tool for addressing chronic disease? Is it okay long term? Do we know that? Yeah, maybe it is better than the typical sad American diet that's full of processed carbs but does that make it better than one's to paleo approach with healthy carbs.

What's up with all of these keto social media accounts that are just like bacon covered in ranch dressing? I have so many questions.

So anyway, all of that is going to be covered and more next week. It is going to be a lively one I think with Dr. Laurie so join me then and make sure you're subscribed so you get all of the awesome interviews.

All right, thanks guys.

[OUTRO]

**[0:46:04.8] AV:** Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

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