

Adrenal Transformation Protocol Interview Questions with Dr. Izabella Wentz

1. You have been known as the Thyroid Pharmacist. Have you always been interested in thyroid health?
2. Your new book, *Adrenal Transformation Protocol*, seems like a bit of a departure from your previous work to someone that may not realize that there's a big connection between adrenal health and thyroid health. Can you talk about that connection?
3. What exactly is adrenal dysfunction, how does it develop, and how would someone know they have it?
4. Is too much cortisol the cause of adrenal issues?
5. Can you have adrenal issues even if you don't have thyroid issues?
6. The fact that you connect your personal story about Hashimoto's with your work helping others is a powerful part of your approach. What is your personal story with adrenal dysfunction?
7. In the book, you mention that conventional doctors consider adrenal fatigue a "bogus" diagnosis. Can you talk more about this?
8. Most integrative doctors say that if you have adrenal fatigue, you need to test your adrenals, quit caffeine, sleep more, and take certain hormones, like DHEA. Is this the approach you recommend as well?
9. Why do you think so many women have thyroid, adrenal, and autoimmune issues?
10. You talk a lot about helping your body "feel safe" in order to heal, and how to send "safety signals" to your body – what exactly do you mean by "safety signals"?
11. Can you provide some specific examples of safety signals?
12. What are the results people have seen with your protocol? How long does it take to see benefits? How many people have gone through the program?
13. What are some fundamental things you recommend doing?
14. Where can people learn more about your work?

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