

Dr. Izabella Wentz is a compassionate, innovative, solution-focused integrative pharmacist dedicated to finding the root causes of chronic health conditions. Her passion stems from her own diagnosis with Hashimoto's thyroiditis in 2009, following a decade of debilitating symptoms.

As an accomplished author, Dr. Wentz has written several best-selling books, including the New York Times best-seller "Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause," the protocol-based #1 New York Times best-seller "Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back," and the Wall Street Journal Bestseller "Hashimoto's Food Pharmacology: Nutrition Protocols and Healing Recipes to Take Charge of Your Thyroid Health."

Her latest book, "Adrenal Transformation Protocol," is set to be released on April 18th, 2023. The book focuses on resetting the body's stress response through targeted safety signals and features a 4-week program that has already helped over 3,500 individuals. The program has an impressive success rate, with over 80% of participants improving their brain fog, fatigue, anxiety, irritability, sleep issues, and libido.