

# Izabella Teresa Wentz (Nowosadzka)

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## EDUCATION

Midwestern University  
Chicago College of Pharmacy  
Downers Grove, IL

Doctor of Pharmacy  
March 2006

William Rainey Harper College  
Palatine, IL

Pre-pharmacy studies  
Summer 2001, summer 2002

University of Illinois  
Champaign, IL

Pre-pharmacy studies  
August 2000-May 2002

## PROFESSIONAL EXPERIENCE

June 2013 - present

Founder and CEO  
**Thyroid Pharmacist**

- Content platform dedicated to spreading awareness about reducing the impact of autoimmune thyroid disorders through appropriate medication use, lifestyle changes and functional medicine
- Author of Publishers Weekly bestselling book, *Adrenal Transformation Protocol: A 4-Week Plan to Release Stress Symptoms and Go From Surviving to Thriving* (2023): over 130 reviews on Amazon with an average rating of 4.8/5
- Author of three New York Times/Wall Street Journal bestselling books on Hashimoto's thyroiditis
  - *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause* (2013): over 3,600 reviews on Amazon with an average rating of 4.7/5; translated into Polish, German, Romanian and Spanish
  - *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back* (2017): over 3,900 reviews on Amazon with an average rating of 4.6/5; translated into Bulgarian, Chinese, Czech, Dutch, German, Polish, Portuguese, Spanish, Russian, and Romanian
  - *Hashimoto's Food Pharmacology: Nutrition Protocols and Healing Recipes to Take Charge of Your Thyroid Health* (2019): over 1,100 reviews on Amazon with an average rating of 4.7/5; translated into Polish, German, Bulgarian, and Romanian

- Social media influencer
  - Thyroid Pharmacist Facebook page with over 472,000 followers, reaches 700,000 people monthly
  - Izabella Wentz, PharmD Instagram page with over 145,000 followers, reaches 380,000 people monthly
- Author of website: [www.thyroidpharmacist.com](http://www.thyroidpharmacist.com), reaches on average 150,000 unique visitors each month
- Author of weekly newsletter with a reach of 300,000 subscribers worldwide
- Consulting services offered to patients and clinicians
- Director, host, and producer of The Thyroid Secret Documentary Series, which reached over 1,000,000 people worldwide (2017)
- Creator of the Hashimoto's Self Management Program, a 12-week patient self-paced course designed to help Hashimoto's patients identify and address the root causes and triggers of autoimmune thyroid disease. Over 8,400 members with a 73-97% reported success rate in improved knowledge of Hashimoto's, depression, stomach pain, joint pain, fatigue, and TSH.
- Creator and advisor of the Root Cause Reset, a 4-week, guided liver support program concentrated on reducing toxicity in one's life and optimizing the liver's ability to safely and efficiently process toxins. Over 6,000 participants have gone through the program, with a 70-82% reported success rate in reduced symptoms of toxicity.
- Creator and advisor of the Adrenal Transformation Program, a 6-week, guided adrenal recovery course focused on resetting the body's stress response utilizing targeted safety signals. Over 3,500 participants have gone through the program, with a 76-92% reported success rate in reduced stress symptoms of brain fog, fatigue, sleep issues and anxiety.

January 2017 - present

Founder and CEO

**Rootcology**

- Rootcology is dedicated to creating innovative, bioavailable supplement products made with the highest quality, third-party tested ingredients available
- Product line includes 35 unique formulations with over 20,000 monthly visitors and over 2,000 monthly subscribers

August 2014 - August 2017

Co-Founder

**Hashimoto's Institute**

- The mission of the Hashimoto's Institute is to transform the treatment of Hashimoto's thyroiditis worldwide through clinician and patient education efforts

- The Institute provides training to health care professionals and patients on the treatment of Hashimoto's thyroiditis through two training programs
- Outreach of 50,000 patients and healthcare professionals

August 2011 - November 2013

**Clinical Pharmacy Specialist**  
Tolligen, Oakbrook, IL  
Illinois Medicare Quality Improvement  
Organization

- Project lead for statewide medication safety initiative
- Recruiting communities for partnership in the Adverse Drug Event and Patient Safety Pharmacy Services Collaborative (ADE/PSPC) to improve patient health, enhance the quality of care and reduce costs for Medicare beneficiaries by the use of integrated clinical pharmacy services
- Leading collaborative teams through an evidence based process to build successful clinical pharmacy services
- Providing technical assistance and quality improvement consultations to develop and/or optimize clinical pharmacy services to partnering communities
- Collecting outcomes data to aid with building a statewide business case for clinical pharmacy services
- Assisting clinics with setting up Diabetes Self Management Training courses
- Developing statewide "Learning and Action Networks" to spread innovative practices to Illinois pharmacists
- Mentoring PharmD Interns
- Received Excellence in Innovation Award in 2013 from the Illinois Pharmacists Association

February 2011 - October 2011

**Community Pharmacy Liaison**  
GlaxoSmithKline; Chicago North  
Territory

- Providing medication and disease state education to community pharmacists to improve appropriate medication utilization
- Developing insight into local community pharmacy practice
- Cultivating, establishing and managing relationships with individual and corporate accounts
- Business plan development and execution
- Recipient of Spirit Award

September 2008 - March 2011

**Clinical Consultant Pharmacist**

Harbor Regional Center; Torrance, CA

- Development of clinical and consultative programs including quality assurance, MTM services, educational programs and cost reduction programs
- Developing content and providing medication-related training for clinicians, case managers, and caregivers
- Drug information (oral and written)
- Comprehensive medication therapy review (MTM)
- Providing consultation on the use and monitoring of psychiatric medications
- Active member of Mental Health, Child Health, Adult Health, Mortality, Special Incident, and Poly-pharmacy Committees
- Navigation of various formularies to optimize savings
- Identifying and reporting medication related problems
- Quality assurance including evaluating medication administration procedures in community care facilities
- Collaborating with clinical staff to determine appropriate treatment referrals/coordination for clients with developmental disabilities
- Serving as liaison to community pharmacies to improve quality of services provided
- Overseeing Patient Assistance Program applications
- Involved in development and implementation of Whole Person Assessments to determine psychosocial, medical, behavioral and physical needs of developmentally disabled individuals transitioning out of institutionalized settings into integrated community living arrangements

December 2007 - November 2008

**Staff Pharmacist**

Lorena Pharmacy; Los Angeles, CA

- Communication with health care providers
- Drug utilization review
- Patient counseling on medication (Spanish & English)
- Compounding
- Provision of emergency contraception/family planning counseling under collaborative practice agreement

November 2006 - December 2007

**Executive Pharmacist**

Target Pharmacy; Scottsdale, AZ

- Daily tasks of running pharmacy, including managing technicians and interns
- Filling prescriptions including final check

- Communication with health care providers
- Patient counseling

May 2006 - August 2006

**Pharmacist**

United Pharmacy Staffing  
Chicago, IL  
Temporary contract

- Various assignments including hospital, long term care, mail order and retail pharmacy
- Checking oral and IV medications for pediatric patients
- Drug distribution

April 1999 - May 2006

**Pharmacy Intern/Technician**

Walgreens Pharmacy  
Arlington Heights, IL

- Prescription entering and processing
- Physician and third party communication
- Consulting with health care providers regarding patient therapy
- Inventory control
- Customer service award
- Compounding

**CLINICAL ROTATIONS**

January 16 - February 24, 2006

**Hospital**

Loyola University Medical Center  
Maywood, IL  
Preceptor: Richard Ricker, R.Ph.,  
M.B.A.

- IV and TPN preparation
- Quality assurance project: Pain Management Medication Use Evaluation

November 21 - January 13, 2006

**Elective-Compounding**

Health Research Institute/Pfeiffer  
Treatment Center Warrenville, IL

Preceptor: Anthony Bongiorno,  
Pharm.D.

- Compounded vitamins and minerals into creams, capsules and syrups
- Researched alternative nutritional supplements
- Learned about alternative medical philosophies for the treatment of behavioral disorders including orthomolecular medicine, dietary modification, chelation, and hair analysis
- Provided drug information for physicians, nurses, pharmacists and pharmacy technicians

October 10 - November 18, 2005

**Chronic Care**

Kiley Center  
Waukegan, IL

Preceptor: L.J Hoke, R.Ph.

- Collaborated with multidisciplinary team to determine appropriate treatments for developmental center residents with developmental disabilities and behavior disorders
- Developed guidelines for osteoporosis treatment and prevention in patients taking anti-epileptic drugs
- Drug information: Depakote<sup>®</sup> induced cerebral pseudoatrophy; Acomplia<sup>®</sup>

August 29 - October 7, 2005

**General Medicine**

Lincoln Park Hospital  
Chicago, IL

Preceptor: Mahendra Patel, Pharm.D.

- Formulary review for insomnia drugs
- Researched and documented possible interventions for clinical pharmacists in psychiatric unit
- Conducted medication groups for psychiatric patients
- Developed guidelines for the treatment of GI bleed
- Followed progress of acutely hospitalized psychiatric patients

April 11 - May 20, 2005

**Community**

The Medicine Shoppe  
Park Ridge, IL

Preceptor: Maria Costa, R.Ph.

- Created a patient pamphlet detailing the treatments for rheumatoid arthritis

- Learned about business aspects of running an independent pharmacy

February 28 - April 8, 2005

**Ambulatory Care**

Oscor Drug

Barrington, IL

Preceptor: Melissa Henry, Pharm.D.

- Coordinated patient booth for smoking cessation
- Performed screenings for cholesterol, thyroid, prostate, blood pressure, diabetes and osteoporosis
- Created literature to promote the Community Care Initiative program to patients and physicians
- Drug information paper on Lunesta®

**PUBLICATIONS**

**Wentz I.** *Adrenal Transformation Protocol: A 4-Week Plan to Release Stress Symptoms and Go From Surviving to Thriving.* Avery; 2023.

**Wentz I.** *Hashimoto's Food Pharmacology: Nutrition Protocols and Healing Recipes to Take Charge of Your Thyroid Health.* HarperCollins; 2019.

**Wentz, I.** *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back.* HarperCollins; 2017.

**Wentz, I.** Supporting a Patient with Hashimoto's Thyroiditis through Nutrition. The Integrative RDN. *Dietitians in Integrative and Functional Medicine.* Fall 2015. Volume 18, Issue 2.

**Wentz, I,** Nowosadzka M. *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause.* 2013

**Wentz, I.** Statewide Initiative to Improve Medication Outcomes Using Pharmacists' Medication Expertise. *Illinois Pharmacist.* July/Aug/Sep 2012 –Vol. 74-No. 3: 30

Gettig JP, Grady SE, **Nowosadzka I.** Methamphetamine: Putting the Brakes on Speed. *The Journal of School Nursing.* 2006 Apr; 22(2):33-40

**ACADEMIC APPOINTMENTS**

June 2012 - present

**Affiliate Instructor**  
Midwestern University College of  
Pharmacy

May 2012 - present

**Affiliate Instructor**  
Roosevelt University College of  
Pharmacy

## **SELECTED PRESENTATIONS & MEDIA**

April 2023 - present

### **Adrenal Transformation Protocol Podcast Appearances**

Over 100 podcast appearances on top health and wellness podcasts, including: Doctor's Pharmacy, Genius Life, Dhru Purohit Show, WellnessMama, Model Health, The Human Upgrade, Heal Thyself, Food Matters, The Ultimate Health Podcast, My Child Will Thrive, and Commune.

April 2023

**Adrenal Transformation Protocol: A Unique Plan  
To Shed Stress Symptoms to Move from Surviving  
To Thriving in 4 Weeks**  
Functional Medicine University

September 2021

**The Thyroid-Immune Connection: 3 Essential  
Factors For Optimal Function**  
Pure Encapsulations Webinar

November 2017

**Healthy Gut, Healthy Thyroid: A Functional  
Partnership**  
Pure Encapsulations, Institute For Functional  
Medicine

October 2017

**Thyroid Health: Identifying Underlying Factors  
And Applying Effective Nutrition and Lifestyle  
Support**  
Pure Encapsulations, Institute For Functional  
Medicine

June 2017

**Overcoming the Fastest Growing Autoimmune**



## **Disease**

700 Club Television Show

February 2017

**The Misdiagnosis Machine: How Thyroid Problems Mimic the Symptoms of Mental Illness**  
Evolution of Medicine

January 2017

**The Thyroid Secret Docuseries**  
Host, Director, and Producer

January 2017

**The Myths of Hashimoto's**  
CASI Conference

June 2016

**Zapalenie Tarczycy Hashimoto**  
GRMED i Ogólnopolski Kongres Dietetyki i Medycyny Funkcjonalnej (*presented in Polish in Gdynia, PL*)

October 2016

**Addressing the Root Causes of Hashimoto's**  
ProMedica

April 2016

**Addressing the Root Causes of Hashimoto's**  
Functional Medicine University

February 2016

**Overcoming Hashimoto's**  
The Randy and Christa Show, FOX national

February 2016

**Common Thyroid Symptoms**  
The Dr. Steven Show, San Diego

May 2014 - present

**Getting to the Root Cause of Hashimoto's**  
Speaker on the topic of integrative approaches to Hashimoto's on 300+ online health summits and podcasts, most notably: Thyroid Sessions, Thyroid Summit, Hashimoto's Institute, Bulletproof Radio, Diabetes Summit, The Gut Summit, Designs for Health Clinical and Scientific Insights Conference, Functional Medicine University, and Evolution of Medicine.

March 2014

**Patient Centered Approaches to Hashimoto's**

|                |   |
|----------------|---|
|                | <b>Thyroiditis</b><br>Webinar-ZRT Lab   |
| January 2014   | <b>Getting to the Root Cause of Thyroid Disease</b><br>North Suburban Pharmacists   |
| January 2014   | <b>Patient Centered Approaches to Hashimoto's Thyroiditis</b><br>DuPage Pharmacists, monthly meeting, CE<br>Accredited  |
| September 2013 | <b>Ambulatory Care Panel-Role of Pharmacists in Patient Safety and Quality Improvement Initiatives</b><br>Illinois Pharmacists Association, annual meeting, CE<br>Accredited  |
| August 2013    | <b>Medication Management and Hospital Readmissions</b><br>Statewide webinar for hospital and pharmacy stakeholders.   |
| June 2013      | <b>Pharmacogenomics</b><br>Patient Safety and Clinical Pharmacy Services Collaborative, webinar   |
| January 2013   | <b>Spreading Change and Innovation</b><br>North Suburban Pharmacists, monthly meeting, CE<br>Accredited   |
| October 2012   | <b>Screening and Identification of Potential Adverse Drug Events in an Underserved Community Setting</b><br>Buehler Center on Aging, Health & Society<br>Northwestern University Feinberg School of Medicine,<br>Institute for Public Health & Medicine |
| September 2012 | <b>Putting Patient Safety First: Trends in Adverse Drug Event Screening and Reporting (Moderator)</b><br>Illinois Council of Health Systems Pharmacists Annual Meeting, CE Accredited   |

|                            |   |
|----------------------------|---|
| June 2012                  | <b>Improving Care Transitions through Integrated Clinical Pharmacy Services</b><br>Hospital stakeholders  |
| May 2012                   | <b>Spreading Change and Innovation: Advancing the Profession of Pharmacy</b><br>Illinois Pharmacists Association Board<br>Illinois Pharmacy Coalition |
| February 2012              | <b>Overview of Diabetes Self Management Training Accreditation</b><br>PSPC Regional conference call   |
| August 2011                | <b>Asthma in the Community Pharmacy In-Service</b><br>Various community pharmacists   |
| May 2010 - March 2011      | <b>Psychiatric Medications 101</b><br>Community Care Facility Staff   |
| March 2010 - March 2011    | <b>Preventing Medication Errors</b><br>Community Care Facility Staff  |
| March 2009 - March 2011    | <b>Introduction to Medication Side Effects</b><br>Community Care Facility Staff   |
| April 2010                 | <b>Getting the Most Benefit from Medications</b><br>Unidad Y Fuerza Support Group   |
| February 2009              | <b>Introduction to Medication Use in Children with Autism Spectrum Disorders</b><br>South Bay Autism Support Group                                    |
| February 2009 - March 2011 | <b>Medication Administration</b><br>Community Care Facility Staff   |
| December 2008 - March 2011 | <b>Common Health Conditions and Medications</b><br>Harbor Regional Center Staff   |

## **PROFESSIONAL DEVELOPMENT**

|                             |  |
|-----------------------------|--|
| August 2022                 | GPL Academy<br>Mitochondria and Toxins: Advanced Strategies and<br>Protocols |
| July 2020                   | Functional Medicine University   |
| September 2018              | Hedberg Institute<br>Functional Medicine Education                           |
| February 2018<br>Analysis   | Metabolic Healing: Mastering Functional Lab Test                             |
| November 2017               | The Institute of Functional Medicine<br>Gut                                  |
| October 2017                | The Institute of Functional Medicine<br>AFMCP                                |
| September 2013 - March 2014 | The Kalish Institute Mentorship  |
| September 2013              | The Institute of Functional Medicine<br>Gut                                  |
| August 2013                 | Gut, Brain and Autoimmune Disorders: The Role of<br>Food                     |
| August 2012                 | Institute for Healthcare Improvement<br>Patient Safety Training              |
| June 2012                   | Telligen<br>Meeting Facilitation Training                                    |
| June 2012                   | Diabetes Conversation Map Facilitator Training                               |
| February 2012               | Telligen<br>Quality Improvement Training                                     |
| January 2012                | Pharmaceutical Care for Patients with Diabetes                               |

|                |   |
|----------------|---|
| January 2012   | Patient Safety and Clinical Pharmacy Services<br>Collaborative Learning Session 3/1   |
| October 2011   | Institute for Healthcare Improvement<br>Quality Improvement Training  |
| August 2011    | GlaxoSmithKline<br>Exceptional Presenter Training   |
| March 2011     | GlaxoSmithKline<br>Mastering Customer Engagement Training   |
| October 2010   | Breaking the Barriers: Forming Cross-System<br>Partnerships to Effectively Serve Individuals with<br>Mental Illness and Intellectual Disabilities |
| August 2010    | Third Annual Chair Summit<br>Master Class for Neuroscience Professional<br>Development  |
| March 2010     | APhA Medication Therapy Management Certification  |
| September 2009 | UCLA Intensive Course in Geriatric Pharmacy and<br>Board Review   |
| September 2009 | Long Term Care Weekend  |
| February 2009  | USC Dementia Conference   |

### **PAST & CURRENT PROFESSIONAL MEMBERSHIPS**

Mindshare Collaborative  
Institute of Functional Medicine  
American Academy of Anti-Aging Medicine  
American Society of Consultant Pharmacists, Fellow  
Illinois Pharmacists Association-Professional Affairs Committee  
Illinois Council of Health Systems Pharmacists-Annual Meeting Planning Committee  
Midwestern University Alumni Council

North Suburban Pharmacists  
Polish American Pharmacists Association  
The College of Psychiatric and Neurologic Pharmacists

### **CHARITABLE AND VOLUNTEER WORK**

|                      |  |
|----------------------|--|
| June 2014-2017       | Board of Directors, Hashimoto's Awareness NFP                          |
| January 2014- 2017   | Trustee, Thyroid Change NFP  |
| January 2012-present | Collaborative Health Advocate Team (CHAT) Clinic<br>Faculty Supervisor |
| October 2011         | Access Living Chicago Marathon Fundraiser                              |
| December 2008, 2009  | Adopt-A-Family   |
| July 2005            | American Foundation for Suicide Prevention 20 mile<br>walk             |
| April 2003, 2005     | Volunteer at Midwestern University Health Fair                         |
| November 2003        | Polish translator for student health clinic                            |
| December 2002        | Organized fundraiser to purchase child safety seats                    |

### **AWARDS AND HONORS**

|                           |  |
|---------------------------|--|
| April 2023                | Publishers Weekly Bestseller: Adrenal Transformation<br>Protocol |
| March 2019                | Wall Street Journal Bestseller: Hashimoto's<br>Food Pharmacology |
| August 2018               | Book of the Year: Evolution of Medicine Awards                   |
| August 2017               | Entrepreneur of the Year: Mindshare Collaborative                |
| March 2017                | #1 New York Times Bestseller: Hashimoto's Protocol               |
| 2014                      | New York Times Bestseller: Hashimoto's The Root<br>Cause         |
| August 2014               | Insanity Award: Mindshare Collaborative                          |
| September 2013            | Excellence in Innovation: Illinois Pharmacists<br>Association    |
| August 2012               | Sure Am Motivated Award: Telligen                                |
| August 2011               | Spirit Award: GlaxoSmithKline                                    |
| May 2011                  | Fellow: American Society of Consultant Pharmacists               |
| Spring 2003 - Winter 2004 | Dean's List: Midwestern University                               |
| August 2004               | Customer Service Award: Walgreens                                |
| May 2003, May 2004        | Leadership Award: Midwestern University                          |

### **LICENSES AND CERTIFICATIONS**

|                              |   |
|------------------------------|---|
| May 2006 - March 31, 2024    | Registered Pharmacist, IL # 051-291-113                 |
| July 2006 - October 31, 2007 | Registered Pharmacist, AZ                               |
| May 2008 - July 31, 2023     | Registered Pharmacist, CA #60937                        |
| May 2008                     | Emergency Contraception                                 |
| November 2009                | National Provider Identifier: 1336477785                |
| March 2010                   | Medication Therapy Management Certification; APhA       |
| October 2011                 | NABP e-Profile ID: 128691                               |
| January 2012                 | Pharmaceutical Care for Patients with Diabetes,<br>APhA |

### **LANGUAGES**

English-Fluent  
Polish-Fluent  
Spanish-Beginner

### **COMPUTER SKILLS**

Microsoft Word, Excel, Google Workspace, PowerPoint, Outlook, social media, website design