

SUGGESTED INTERVIEW QUESTIONS

Hashimoto's: Finding Joy in the Journey

The Hashi's Sister's Guide to LDN

As We Change: Hashimoto's & Hot Flashes

Hashimoto's: Finding Joy in the Journey

- What inspired you to write ***Hashimoto's: Finding Joy in the Journey***?
- What's your personal experience with Hashimoto's?
- What is the emotional connection to Hashimoto's?
- Why do you refer to Hashimoto's as a "journey?"
- How does Forgiveness, Love, and Trust affect a person's ability to heal their body?
- What would you say to the woman who is struggling and wants more than anything to accomplish what you've been able to do with your health?
- What's the most surprising lesson from this book?
- How do people get started on the right track?

The Hashi's Sister's Guide to LDN

- What is LDN?
- How is LDN helpful for people with Hashimoto's, and does it work for everyone?
- When should a person consider taking LDN?
- Are there side effects?
- Would there be any reason why someone couldn't or shouldn't take LDN?
- Is LDN prescribed differently for people with Hashimoto's? I'm assuming there is since you wrote a book about it.
- Why don't more people know about LDN?
- How do people get a prescription for LDN and is it needed for life?

General Thyroid & Hashimoto's Health Questions

- What is Hashimoto's exactly?
- When does someone get tested for Hashimoto's?
- How is it different from hypothyroidism?
- Wouldn't a routine thyroid lab test show if a person has Hashimoto's or not?
- What are the tests people need to request to learn if they have Hashimoto's?
- What is the treatment for Hashimoto's?
- Can Hashimoto's be reversed?
- Remission: What is the measure? How does someone know if they're in remission?
- What can people with Hashimoto's do to get into remission?
- What is oxidative stress and why does it matter?
- What does it mean to have a food sensitivity?
- Do sleep and stress have an effect on thyroid health?
- What type of diet is best for Hashimoto's and thyroid health...Paleo, AIP, Keto, low-fat, low-carb..it's so confusing!
- What about exercise, what is best and are there any concerns?

As We Change: Hot Flashes & Hashimoto's

- What is the connection between hot flashes and Hashimoto's?
- When do the hot flashes start for most women?
- What are the symptoms of a hot flash? I've heard women have different hot flash episodes and to varying degrees.
- Is hormone replacement helpful?
- In your book you stated "menopause is not a disease." Can you elaborate?
- What natural things can women do that truly do work?
- Why is hormone replacement therapy not always helpful for women experiencing hot flashes and other menopause symptoms?
- Are there any lab tests women should consider, above a routine hormone panel?
- Do hot flashes last forever?