

Danielle Meitiv: Hashimoto's & thyroid health

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SPEAKERS

Katy Weber



Katy Weber 00:00

Yeah, so you I think you posted one of your videos in one of the Facebook groups, I think it was the entrepreneur Facebook group that at the end of a new thyroid disorder, right and which is something I'm endlessly fascinated by because as somebody who was misdiagnosed with chronic depression and anxiety for most of my adult life, my thyroid has been checked many, many times. It's always like the first thing doctors go to.



00:29

Impressive because for most people, it's the last thing they're like, given antidepressants and anti anxiety pills and told just to lose weight, and then like, five years later, so



Katy Weber 00:39

Oh, real Okay. Well, I feel like I might have the opposite. They always think it's my thyroid. And I'm like, I don't know. I don't feel like that's it. But Sure, go ahead. Anyway. So yeah, I have tons I want to talk to you about, like talking shop, but I just loved your energy when I saw that video, and you know, you're just like, instantly, like, drawn to somebody. And I think, you know, I just was like, Oh, my God, I have to interview. And then and then I felt

like you had the same energy back, which was like, Oh, this sounds like so much fun. And, and you're like I was, you know, diagnosed, and I diagnosed with hyperactive, which is not the common, which is not the common diagnosis for women. Most of us sort of feel like I am anything but hyperactive. So I am so excited to hear your diagnosis story and kind of when that happened, what when were you first diagnosed? And what were sort of the signs that led up to getting this diagnosis for you?



01:35

Yes. So well, I first started suspecting it. Oh, I think I was at a conference five or six years ago, and writers conference, and they're like writing, you know, with ADHD. And I was like, that's me. But it really was like so many people, I started looking into it because it was so clearly my son. Like my kids. My son just so clearly has hyperactive impulsive ADHD, which is really ironic, because we just took him to the doctor, and he didn't get the diagnosis. Because he's coping so well, that he just like no is functioning fine. I'm like, you don't understand how hard this kid is working to function. Yeah, she's totally my story. Like he's in high school. He has fantastic ways. He's getting all his work done and all that, but like always fine. And that's the problem with calling a disorder and a deficit. Because if it's not a problem, then they're not going to, like, we're not looking for him to diagnose we're looking for to be recognized. Right? Yes. And, and so that it was just so ironic that like, the kid is holding together so well, they're like, No, he's fine. I'm like, No, no idea how hard that work is for him. And my daughter, who literally it started to occur to me a month ago. This girl was it sounds in ADHD, and I sent the forms and the teachers were like, you know, they had said, they sent me this long email, like, here's all the things going on with devore and class and I was like, Huh, that sounds like intensive. And sure enough, they sent back the regulations. formatives like Check, check, check, check, check. Like it was really clear. So I didn't suspected my daughter as much, but my son was just he's also older. So I just thought sooner in elementary school is like, so classic, blurting out answers, interrupting, you know, really talkative kids sitting in his seat, always emotion runs like a motor, you know, the whole, like, they just wrote that diagnostic criteria for him. And so I was, like, sort of learned a lot about behavioral stuff and physiology. And because I'm a scientist, so I dig into the nerdy stuff. And I'm, like, you know, Botanical, like diet things and herbal remedies. And like things that have legitimate science behind them, not just, you know, crystal healing, but like, go to colon can go and ginseng and zinc and omega threes and so on. And then so so I knew it for him. Like, and we've been dealing with that for a long time. But then it was really like, it was really, I can December. We're thinking about it for both of them and going, huh. You know, I've always like since I thought about my son years ago, I sort of like thrown around this label of like, Oh, yeah, ADHD, yeah, probably, we really dug into what that meant, like, you know, not just, oh, I'm distracted, or I'm chatty, or put like, what does that literally mean? So the more we dug into, Oh, Oh, you

mean this is normal for us, like this whole constellation of symptoms or symptoms of characteristics. Actually, more specifically, last November, October, so I've been wanting to start this business. And I'm also a fiction writer. So like, have this novel. I have, like so many of you related to the five unfinished projects, five novels at 65%. And I just like these great ideas, I can get started with all this, all this and there's just some just can't make money in that project. And I just can't see it like, and the wire just trying to my uncle who's actually a therapist who specializes in ADHD in real life. shifts because he also has ADHD.



05:03

It's like, I know I'm at and I start this journey. And I can see the endpoint so clearly, but the path between here and there is a dark forest. And I literally have no idea of the steps like it's just, it's frustrating because I've come so far, and I know where I'm going. And I'm like, how do you get across, I don't know, through this forest across this canyon, whatever it is, it is a mystery. And I started thinking, gee, this is a problem I've had with every novel of last 10 years, one of other writers had this and I started just looking up like planning and plotting. And then I was like, project management. Goal setting ADHD, like, the more I looked it up, it wasn't a writers issue. It was a brain wiring issue. And then I just want something about it. I just googled the right things. And I was like, oh, oh, this whole, like, project planning, goal setting time management, seeing all the steps, seeing the trees in the forest, like, this isn't just me, this has been a lifelong thing. And there's an entire community of people with brain wiring that absolutely get what I'm talking about, about that, like, huge visions and dreams and just no idea of how the heck to get you know, like, break it down. We'll just break it down. Okay, thanks for that advice. So I think that's really what did it is. I didn't even think of like I had sort of thrown around the idea of HD. But it wasn't until I literally started looking at how do we do things? How do other people organize their brains, and organize their projects and so on going, Oh, that advice doesn't work for me, because that has to how my brain works. And that's when I started going down the rabbit hole of people who have this experience. And then everything else just it was so obvious, like, you know, I mean, you know, what I mean? I grew up I was born in 69. So like growing up in the 70s, ADHD was you get riddling to little boys who wouldn't stay in their seat? That's it. Like that was all that ADHD was? That said, if I were in a classroom now, any teacher would be like, Oh, look, she's hyperactive impulsive. Why don't we get her diagnosed? Like I was. So I was that kid. Like, I could never sit through a meal without, you know, like, we start eating. If people knew this, like Thanksgiving Passover, we'd eat Daniela, go wander off and do something else come back to the next course. Oh, go wander off. Because who could sit for that? Right, you know, board in the classroom, either looking out the window, or disrupting the class with talking or blurting out the answer or being six lessons ahead of the rest of the class or, you know, just I would have been like that girl. Yeah, she's like, I would not have been misdiagnosed. If I know if it were today.



Katy Weber 07:44

I know. Yeah, it was interesting to see that perspective. When I interviewed my first guest who had been diagnosed as a child. And I felt like I had found this unicorn because we were, you know, she was she's, I'm 46. She's up, she was about, like, quite 10 years younger than me. So a little bit later in the like, schooling, timeframe. But still at a time where it was nobody had any idea what ADHD looked like, especially at girls. And so when I interviewed so many women who felt that we all shared that sense of like, when I look back, the signs were clearly there. How did nobody know this? And then she came on, and she was like, you know, nobody knew? Like, there's no, it's sort of pointless to look back at your life and feel like how did how different would it have been? Had I been diagnosed? Because nobody had a clue. And so it is interesting, because I feel like we share a lot, so much of us share that like part of that feeling of like, wow, I really did struggle. And and what would my life have been like, had somebody recognized had somebody not, you know, constantly scolded me, but encouraged me and all of those things. So I think it's so interesting when you talk about your son, even like today, in this in this day, and age that, that, that, that reaction that like we're not going to bother diagnosing him because he is not struggling. Right, it's just reinforces that stigma that this is somehow like a disorder, or that this is like a terminal illness that needs to be treated, as opposed to we don't want to give them that stigma. It's like, right, yeah. And I love the dark forest analogy. I've heard that the like, standing at the edge of a cliff, not being able to find the bridge, you know, but it's, I feel like when you talk about those ideas when it comes to writer's block, those are those moments where I wonder, you know, how rare is ADHD because they always talk about it, like it's five to 10% of the population. But then when you hear those moments where I think about how the things that I struggle with that I sort of feel like are endemic of ADHD. I feel like a lot of women struggle with so I you know, then those are the moments where I'm thinking is it's actually ADHD or is just or is there just a much, much larger percentage For a population that has it, I don't know.



10:02

Well, I think it's interesting because I know like, you know, Dr. Halliwell talks about, like, there's there's sort of ADHD and this wiring thing, but they're also really is a mismatch between these brains, which evolved, you know, on the African savanna 300,000 years ago, for completely different, you know, environment and set of stimuli and problems to a time bound, you know, measure your life in increments of 60 seconds and 24 hours and 365 days, which is just like, our brains clearly aren't built for that. I mean, nobody's brains are, like, we can adapt to it. And some people may thrive under that, but it's certainly as

unique in all of human history, like, all of evolutionary history. So it's not that surprising that we all kind of have, you know, you know, our hunter gatherer ancestors, and you haven't really had any time or project management issues to do, except those on a seasonal basis, you know, the nine months of a child's being, you know, just stated and, you know, so it was not that surprising that a lot of us, you know, in this hyper, you know, stimulating and pinging, you know, phones, that we're all overwhelmed by it. But I do think that there's, you know, that kind of it, whether it's a threshold, a spectrum, I don't know, like a continuum kind of thing. But it's funny, because my daughter, my son, and I all have ADHD, and my husband 100% does not like that is not his wiring. And I always joke that he is completely outnumbered. But also thank God, our texts are done. Like, he's like, Oh, I need you to give me these. These, you know, can you check this over? And I was like, sure, just remind me. Yeah, never happened. And he's like, Oh, I forgot that. I'm like, good. cuz I've totally forgot that even asked me. So yeah, and I would say, you know, right relationship, my career. Well, thank God, I found the right relationship for sure.



Katy Weber 11:58

Yes, I know, I, I go back and forth. There are moments in time where I look at my husband, and I think, are you sure you don't have ADHD? But then like, you just reminded me like, he does all the taxes. He does all the finances, he does all the budgeting. Really? Oh, yeah. That eludes me. And when I met him, I was in such a terrible financial state. And he just like, you know, he just like, scooped me up and helped me out. And I don't know why he didn't go running for the door at that moment. But



12:29

I was in student debt and \$50,000 in credit cards. Oh, yeah. And like, in a year and a half, those were gone. I'm like, wow, let's get married. I know.



Katy Weber 12:38

Exactly. You know, it's funny, I did, I remember talking to another guest about relationships. Because for me, you know, my own ADHD diagnosis has really, really helped how I, how I talk in my relationship with my husband, because I used to put so much value in the things he did. And I never saw any value in what I brought to the relationship. And so we always had this and we've been together 20 years, and I felt like I spent 20 years prior to my diagnosis just being like, I know why I'm with you. obvious. It's obvious to me why I chose you, but I don't know why you chose me. And I'd like never could see what I brought to that relationship. And and since my ADHD diagnosis, where I'm able to kind of

really like lean into my strengths and recognize them as strengths. I've been able to say like, a Oh, okay, now I see why, like, what I bring to this relationship and why you're with me, and I also see how annoying it must have been for you to listen to me, like dumped on myself for 20 years. When when I am the person who like you most care about in life,



13:42

and the shame and the undervaluing is really huge to have Yeah, syndrome. I mean, I've always dealt with imposter syndrome, like pure I mean, period, you know, and, and just undervaluing my own skills. And also being a woman in the sciences. It's like rampant because you're like, what are you doing here? You know, now, right? I mean, there's more and more, but there's still and there's still a minority in the sciences. There's certainly a minority in the upper levels and the professorships and so on. So I already had that imposter syndrome. But I didn't, it didn't occur to me how much it related ADHD? I mean, literally, I was talking to therapists about this yesterday. That, yeah, it's just, you know, I'm definitely in that stage. And I'm, you know, slowly coming out of it of like, what things did I not do because of this, and one glaring, glaring thing that stands out is, I mean, I was accepted into a Ph. D. program at Cornell and and waitlist of our program at Princeton, and I was like, Oh, that's nice, but there's no way I'm doing those like, why, like, obviously these people know, we might be able to evaluate, you know, students. But I realized the real reason why I wanted to go to Cornell I wanted to go there for like five years, all through college, that I turned it down is not that I didn't think I mean, obviously I got it and I had the grades, but could I keep up with the work and I didn't realize until later A couple of years ago, that fear was was, could I juggle all the work, and an Ivy League University, a Ph. D. program, because of ADHD, because of that, like, I'd always been smart enough to do the work. But just thinking about the classes a little, like, the idea that could and this is what my think my son wrestles with, also, you know, we struggled to keep all those balls in the air, and nobody, like, when you have a positive, nobody sees that, you're really good at hiding that. So this feeling of like, Oh, I'm going to get there, and it's all gonna fall, and they're all going to know, and they're all going to end up. You know, I mean, in the end, it actually, I don't think a Ph. D. program was the right thing for me and I went a totally different route. And that's great. But realizing that I made the decision, it was the right decision, but for the wrong reason, because of that fear, coming to terms with the fact that I made the right decision, even if it was for the wrong reason, I think is sometimes hard to do. Like, I picked the bat that actually was really good for me. And then also learning, like realizing so many signs of ADHD, like, changing jobs all the time. Now, I was lucky in that, you know, I've been more fortunate a lot of people, I think, either it's not as, you know, strong for me or whatever. But usually, you know, I just have bored at jobs. And so I'd be fine. And I'd have great reviews and all that. But I'm like, okay, it's been four years time to move on. And even within a job, like I worked for the National Oceanic

and Atmospheric Administration, NOAA, folks bring you the weather service. And like, within the four years I was there, I literally was in three different offices within the same program. I was like, oh, time to do this new thing and time to do that. And then I was like, Oh, I'm gonna go work for this nonprofit. And now I'm gonna work. So I was in the environmental sciences field, but like, like, just trying lots of different things because I got bored. And then at 50, completely, like actually leaving my mid 40s being like, I, I don't want to do like I loved in Bible science. I love climate science. I love my policy. But I want to do this anymore. Like, I just had feeling really guilty, like, what's wrong with me, other people, like are totally fine in their career forever, and, like ready to jump ship and do want to write novels or what don't want to do. And it took me a while now I've decided going into health coaching and health education, again, uses my passion for science and for people, and for communicating. But also the ADHD, understanding ADHD kind of also allowed me to kind of give myself permission to do that, oh, we get bored easily. That's okay, great, I'll do something else. So in some ways, it's actually done. You know, it's not just that, you know, we think, oh, here's all the things I did wrong. But also, oh, that's why I changed careers. And that's fine. People might just get bored. That's great. We move on to something else. Right, no harm done. You know, I've had lots of interesting careers, or jobs.



Katy Weber 17:54

Yeah. And it just goes to show sort of where we put the value in society that we feel as though we are supposed to be staying in jobs for 20 years, which the go into whole tirade about the Industrial Revolution and everything about the cog in the wheel. But yeah, it's like, what do you make that mental shift of like, no, this is actually there's a lot of pluses to this and look at all these things I've learned and all these random jobs I've had over the years and how well rounded I am. And I was a great conversationalist when I feel like it. You blew my mind with that thought of like, what have I said no to because, you know, I think about like relationships. For instance, like I certainly have ended relationships. I tried to end my relationship with my husband, on his birthday, because I knew God What an asshole I was when I think back to it. But like, I tried to end my relationship with him, because I knew that we were getting so close. And it was that I got to that point where I'm like, he's going to discover I'm a hot mess. So I'm going to leave him before he leaves me, right. And so now I look back. And I'm like, gosh, I've done that with a lot of people in my life. But then to think about, like, how many things have I said no to because in that moment, I saw the whole exhausting picture in front of me. It's like your life flashes before your eyes and you realize how hard you have to work at certain things. And so you say no, I don't have the, you know, I don't have the energy to take that on. Because it's not just the first step ahead. It's not the one step in front of you. It's the whole marathon. Right? And it's it's odd that like we have that issue with ADHD where you See, you're able to make

those connections in a flash, so you're able to see your whole life flashing in front of you. But then at the same time, we're also like, incredibly impulsive. And we do things without thinking, to take those steps a lot of the time without really thinking about what's really, you know, where it's leading. And I think that's,



20:18

I mean, they're almost they almost seem contradictory, like, like, we see. And because I'm, you know, I think our brains leap so fast. We're like, it's almost like, you know, gee, if I go on this date with this guy, well, we can get serious and move in together and have kids and then you're like, you're already like, retired, you know, and all he wants is your phone number. Like, you know, just realize why You two can't retire to a beach in Florida. 75 years. Now you like what? You like,



Katy Weber 20:43

it's not worth it. Yeah.



20:46

I'm like, we're the other thing, I'm sure. You know, this is really funny that I've talked to a lot of ADHD, you know, we joke that we can have, you know, faster conversations, because we don't have to go ABC, we're like a L. tz next, like, we've already finished. And everybody else is like D, E, F. And we're like, we're on to a different alphabet. Like, um, we're done. Right? I know, right? And so you know, My son and I, it's very funny, but like, not only fast in terms of speed of talking, which, of course I can do to which he can as well, but in just the the speed of thought, the mental leaps. And like you said, that could be a real positive, where, like, I could do that, you know, everybody else is going, how does that work? And I've already I've so many times, I found myself in fantastic situations. Because somebody, you know, the, the I remember, the Dean of Students at my graduate school sent around an email saying, Hey, you know, there's going to be this, like, independent UN Commission on the oceans is coming to Rhode Island, they're gonna have some bands. And then when a graduate student talk about, like, here's why I'm a graduate student in oceanography and why the work you're doing is important, like, and other people, like, you know, I'm sure they will back to I was like, Well, what is it? And how long is the talk? And I'm like, yep, I'm there. Like, I don't even know what it is. But I'm like, you win commission. This is fascinating. I'm literally going to graduate in like two months, maybe I'll meet some interesting people. So like, our brains go to Okay, when everybody else is sort of like pondering the possibilities. And I'm already like, I volunteered. And I literally

got a trip to Portugal, a trip to South Africa. Like knit all these really like, world dignitaries. I was like, Sure, I'll do it. And it wasn't reckless at you know, it wasn't like, I think I'll jump off this cliff, it was, you know, I think we have that like excitement as, that's where the pop impulsivity comes from. Right. And that also, I think, I undervalued that in myself. So like, I just started a business. There's nothing more risky than being an entrepreneur and being like, I'm gonna just depend on myself and invest my own money in my own thing and assume that other people are gonna want it someday. And you have to be taking risks as a business. I mean, that's it. So, yes, they could be risky. Like, you know, not good risks. But so far, they've been great risks. And that willingness to take them, you know, I mean, there's just so many interesting things I've done because of that, that I think so many people miss out on when they're like, we weigh the options. And like, you know, again, I'm not saying it's been irresponsible. I mean, I've got a roof over my head, my kids are happy and healthy, you know, the mortgage paid. But I think there is a, you know, a kind of conservatism that a lot of people especially as they get older, they kind of settle into, and I'm like, you know, my husband, I are thinking five years when I moved to France, I'm like, Yeah, sure. That sounds great.



23:44

Why not?



23:46

So there's also things we say yes to because of that, you know, and it's definitely, you know, hopefully, hopefully, when you like balance out the scales, we've said yes to more of the positive things, rather than no more of those would be positive things. But I have definitely had that experience of, I mean, and especially I think, for me, it's been in schoolwork, and in career. And then I also think it's tied into there's somebody on tik tok talking about this, the gifted child and the ADHD that like really high expectation of, you know, you're smaller, you always do well. Well, I have to always do well, you know, so once people expect that of you don't want to disappoint them. So sometimes you avoid situations where you won't do well, or you're, you know, the success isn't guaranteed. And on top of that ADHD, the success isn't guaranteed because they don't know how much I'm juggling behind the scenes thing.



Katy Weber 24:37

Well, and not only that, but often the the success never feels worth it. It doesn't like scratch the itch, you know, and so even if people are like, you're so good at this, you're

like, I don't care. You know, like, that's not where you tend to derive your value, right? And so it's sort of like, you know, we don't tend to like linger in success very often because that's not where the excitement



24:59

is. I think because I've literally had this conversation like I was saying that, you know, I have this tendency to undervalue things that come easily to me. Okay, easily, you know, it's just not, I mean, you know, somebody was complimenting me on because I've been just on my business two months ago, and it's, like, been really successful. And people are like, Oh, that's great. How you done? Like, yeah, I just did stuff, you know, next. I mean, it's, it's really, I mean, I accept the compliment, because I feel like, you know, learn to graciously accept the compliment. But that's because I don't wanna hurt the other person's feelings, it doesn't mean to actually take in the compliment, and go, Oh, yeah, that thing I do. That's really good. And I can appreciate that I'm like, Okay, next, because of some reason if it comes so easily. I yeah, that's, I mean, ever, why tend to do that, like, the things we struggle that we want to, like, hide from the world that we're ashamed of that the things that we don't struggle at, we also hide from the world.



Katy Weber 25:54

Well, and it's that, again, that dichotomy of like, we we tend to go for things that will come easily to us, because life is so exhausting. And so you want to be really good at things immediately, you don't want to have to put in a lot of effort. So you tend to like drop things, if you can see that they're going to be difficult, but at the same time, dismissing things that come easy to us. So it's like that was one of the things I loved about ADHD. 2.0 was the like, the list of like, all of those contradictions and and how fascinating they are.



26:24

And it's so so interesting to see that and, and also, I was just seeing something on, I think it's like two o'clock this morning, I sent all these tic tocs. My husband, I'm like, here's like the cheat sheet for your wife. Like it explains everything that I didn't even I never could have explained. And one was also realizing the overstimulation, which is really interesting, because I don't think I recognize it myself. I mean, we often talk in ADHD, about under stimulation, and how that's what the stimulant you know, medications are for. That's why, you know, like, I was wearing these earbuds before this podcast started because I was listening to music while I was working. Which is interesting, because I never could do that

before. Like I That, to me was too stimulating. And now it's amazing for me. But there's also the point and I didn't realize the overstimulation were like getting really irritated at somebody really quickly happened the other day, I was reading a book and thinking about something in like, reading the book, and some of the book really made me think about something and my brain is going through this like, like this deep kind of revelation thing. And then somebody talked to me, and they were like, Did you do this? You know, some question, whatever it was that I had to do a promise to do, or whatever it was. And now I'm thinking about the other thing I need to do, like, and I was just like, ah, like, I just got really annoyed. And I'm like, Whoa, I get annoyed. I'm like, I don't know. Why am I literally stopped? And I was like, huh, yeah, I don't know why I'm getting annoyed. That was not an annoying question. It was like, my son asked me or my daughter was like, What? Yeah, what were you saying? Like, I don't know why I just got annoyed. And I realize, because in that moment, it was like, it's just and it doesn't happen very often. But I if I hadn't seen that video, the next day, I would not have realized that's what was happening. They were like, you know, all these things. And it wasn't just that the thing that I was reading made me think of something, it made me think of something upsetting, like, whatever it was. So I was already in this kind of like, agitated, sensitive, they couldn't see that from the outside. So this was like the last kind of thing. And so it's amazing how much I'm starting to understand about my own reactions and go, Oh, okay. No, I don't need to react that way.



Katy Weber 28:33

Or just being able to say, in the moment, like, stop too much is happening right now. Let's just do one thing at a time. And, you know, being able like, like you said, like, being able to recognize and label what is happening in the moment, which I think is something that can be difficult when you're, you know, do you don't tend to we don't tend to check in with ourselves very much. Because we're always like, Go, Go, Go work, work, work. And, and so yeah, to have to be able to have a label for and give words to what is happening. And then from then on to be like, oh, like, that's helped me so much, especially with my kids. You know, like you said, like, in moments when too much is happening, or, or people you know, they're both talking at the same time. And so I shut down and I'm like, now I can actually say, Okay, this is why I've shut down or this is why I'm, you know, so that's been super helpful. Yeah,



29:22

you recognize, I think, like you said, labeling it and people often think like labels are a bad thing, but sometimes be able to point at something and understand what it is. I think

more than anything more than the medication more than anything that has been the most valuable thing to me, is like I was I remember what I was doing. I was doing something. And you know, I had this list of things I had to do, because you know, I'm a new business owner. So I'm like, there's always 1000 things to do. So come into my office, and we had just rearranged all the offices because of course, right to do a million things at once. So we just swapped around three rooms. And so my office had it was getting it was pretty organized, but there's still a few things. So I come into my office. Do something and I noticed the whole pile of stuff that needs to be organized. So I'm really going to start moving on that. And what was, you know, immediately got my attention. And I was like, Oh, I need to do this right now. And then I stopped and said, Okay, wait, why they come to the room, I came into the room for something for x, y, z for this other reason. And these are things I need to do today. And I got distracted by this organizing. And then I realized, Hmm, I get distracted by the organizing, because this list is actually kind of overwhelming right now. And I need to do something physical in order to, like, it wasn't just the organizing, it was the physical, I'm going to move these boxes around, and I gave my eyes I was like, that's why I'm attracted to this. It's going to take me 20 minutes, I'm going to give myself these 20 minutes to do this busy work thing that is actually going to help my brain go. So whereas normally, I've just gotten distracted by the box of stuff and not realize why I was doing it, or I may have been like, No, no, put that away and get back to your list, and still felt that sense of agitation. Whereas here is able to say, Okay, my brain was attracted to this, that's actually not a bad thing. Let me do this. This is not a very deep rabbit hole, I'm gonna go down. That's for 20 minutes. And then sure enough, I got that organized. I felt good about that. That ping of reward, right. I feel good about, we don't get that very often. So I'm like, okay, I accomplished that thing. And I think it began, it was physical, it was busy work. And then I was able to go back to the rest of the things and the rest of that list was pretty smooth. And I think that's, that's self awareness of how I'm again, you know, first you beat up on yourself, why am I getting distracted? Why can't I do what I need to do? The shootings and all that? Oh, no, what I need to do is actually go into the garden for 20 minutes, because I need some sunlight and some fresh air, then I'll get back to this issue. I think has been super, super helpful. Yeah. And just and because I see what other people do. It's also how do you do like all these like, it's all the little notepads is all the pieces of paper. Wait, we got the post, it's,



Katy Weber 32:06

Oh, I know, I came home yesterday from grocery shopping, I had half the groceries unloaded. And I saw some dirt on the floor, one of my kids attract a bunch of dirt in the kitchen floor. And so I was like, I have to, let me just sweep this up before I forget. So I'm in the middle of sweeping up all the cupboard cabinets are open. I'm halfway through the groceries, I'm sweeping up the kitchen floor and I realized I still have my coat on and one

shoe off. And I just had to love one arm out of the coat. And I just sort of I know it was just like a great moment to just stop and and to be like, Alright, here we are, you know, as opposed to at recognizing, Okay, you know what got me to this point, as opposed to I think before the diagnosis, like you said, like so many of us default to what is wrong with me? And you're like, Oh, right. But I love what you said about exercise and that hit because that's another thing like I find these interviews so stimulating my face always gets beat read I'm releasing i don't i'm assuming it's dopamine that my body releases because I get so deep red. But then usually I have to go run around and do something sometimes it's like I will literally just go outside and run around. Or sometimes I like to put on the the VR headset my kids VR headset and do this like super regular rigorous game. I'm trying to argue the Oculus Yeah, there's really like this game I love to play because it's like I need that physical release. And so it's been also really interesting. The more I research on ADHD, which is like when am I reaching for dopamine? When am I reach For serotonin, you know when am I because there are times where like I will be in a super stressful zoom call or something. And then I reach for the serotonin, which is usually food. Yeah. So I feel like this is like a good segue to start talking about hormones and thyroid and that you specialize in how she modos and hypothyroidism. So let's just like



35:22

I started to expand a little more into like more thyroid issues just because so many people come to me and like, I started with hashimotos, which is autoimmune hypothyroidism. And then and now people are coming What about graves disease, which is autoimmune hyperthyroidism. And while the the target and obviously the manifestation is different, they're both an autoimmune disorder that affects the thyroid somewhere and, and people will sometimes have both or go from one to the other. So I'm like, Okay, now I'm gonna start working on this. And people were like, well, what if I have nodes in my thyroid? I'm like, oh, let me go learn about that. What if I've had a thyroidectomy? With you remove what about and I'm like, Okay, I'm just gonna do fibroids. Right. But I do mostly do hypothyroidism because that's the majority of women with thyroid issues. have that? Okay.



Katy Weber 36:05

Yeah. So that's my question is, I mean, I have a gazillion questions, which is my first question. And my first question is sort of, it feels to me, I mean, nutrition is the Wild West, it always, I mean, it just is, especially to somebody with ADHD, who, you know, we just want the answers, you know, and I feel like, I spent so many years being, you know, diagnosed with depression and anxiety being on some sort of medication for those always

feeling like it could be my thyroid feeling like it could be what I'm eating. And but I also have a history of disordered eating, you know, I was a weight watchers leader. And, and Weight Watchers was, you know, it gave me a really bad binge eating disorder. Like, I feel like when you have ADHD, you tend to like, moderation is hard for you. It's you, we we operate in extremes, right. And so like, I, you know, I want to Weight Watchers, I went, I lost all this weight, but I ended up binge eating. And then I became a health coach and I went to I ended up I studied at an institute for integrative nutrition. And that was sort of that in itself. It was like, every week, there was some new speaker who was talking about this diet is the end all be all diet, that's gonna solve all of your issues. And I was like, Yes, I'm in what is it this week? Juice pass? Yes, veganism? Yes. matcha powder. Okay, let's do it. And like, you know, and but I felt like I emerged from that coaching with with orthorexia. You know, with this feeling of just like, Oh, God, I can't eat those eggs because they're not farmed properly, you know, and like, it was just like, I had gotten to this point where there were so many rules, that I was overwhelmed. And I feel like that's, you know, a common story with any woman who is dealing with these sort of mystery illnesses or Mr. You know, weight as another one where it's like, I feel like I'm doing everything right. And why am I not, you know, why do I keep gaining? Why am I losing? Like, it's, I feel like we just spend our lives in this constant state of confusion about like, what is the one thing that's going to help me and solve all of my problems? And it's certainly not that simple. But I think we also tend to just throw our arms up in the air and say, like, you know, what, forget it. I'm just going to eat a bag of Doritos. And, and that'll be and then be done with it.



38:16

And yeah, no, I think that's a good point is the whole idea that it is, you know, it does end up being this like, you know, there's so many different fads and there's so many different so much that stuff out there. And this is and so this problem is one side to focus on. Like one issue was like, don't learn all about this one issue. One thing I need to go back to that he was talking about the exercise and the like dopamine rush, and you probably have noticed, but I am actually standing on a Bosu. Are you standing on a standing desk? So as we talk, so I did belly dancing, while I'm literally like, I've been like, rocking my hips somewhat and like walking and I was just like, that's how I feel. I'm like, Oh, yes. It didn't occur to me that I have a standing desk in a Bosu that because I've ADHD until recently.



Katy Weber 39:00

Oh, no, that's brilliant. I am I want to make the switch to a standing desk so badly so that I can have a treadmill because I feel like I would be so happy if I could, if I could walk while

on my computer. I just feel like oh my god that it would be it would solve all my problems.



39:16

Because I had a treadmill at one point and then I mean, then I just want to assign one to the standing desk and then somebody recommended is Bosu and I was like, Oh, this is so brilliant.



Katy Weber 39:23

Okay, so I just threw like a, I threw, like a million ideas at you all at once. So I'm just like, where do we where? Okay, let's go back to first of all the kind of the mystery of the thyroid. How What do you say to women who just sort of feel like I am just so exhausted by the, like, myriad options of like, Where do I even I'm so tired of throwing darts at the wall like it's how, how do we deal with that chronic overwhelm because I feel like that is something that is very, very common.



39:51

So I decided to focus on thyroid issues because i have i've thyroid issue hashimotos I was only diagnosed like last year. Seven years, maybe seven years ago. But I've been I was diagnosed at hypothyroid. Well, I was diagnosed because I finally went to the doctor and said, Could you do these thyroid antibody tests? She's like, Oh, you think it might be actually matters? Yeah, probably is let's do the test. Like, nobody ever, like 2003 I was told I was hypothyroid and put on medication, then just send out the door. Nobody told me anything about it. Nobody told me that it was, you know, just that it was, first of all, why is my thyroid not working? I mean, my mom's didn't my cousin's my aunt. So I was like, Oh, I guess it's my turn. But nobody, you know, the idea that an organ just fails doesn't seem to bother anybody in the medical fields. Like, there's a large me. And so it just sort of survey like as a scientist, I'm like, but why? And they're like, Who cares? Here's a pill like, right? Yeah, who cares? And sometimes do the wrong. I mean, I the medication for the majority people have a thyroid disorder who have hashimotos, we all need that medication for the rest of your life. It is replacement of a hormone that our thyroids can't make. And back this morning, I was doing a ton of research on that. The thyroid hormone is essential to every single cell in your body has receptors for thyroid hormones, everyone, and the most important ones are like liver, brain, heart bones, like, you know, your muscles. So you can't live without thyroid hormone. So I always tell people like my, I'm not trying to, you know, if people are like, well, what can I do to get off the medication, I was like, you're talking to the wrong person, you know, maybe if your autoimmunity has not progressed to the point

that your thyroid tissue has started to be destroyed. And like, you can get rid of the you know, like, reduce the autoimmune attack, then maybe you don't need the medication. But that's a small number of people. But like, I'm not and so I mean, I'm certainly not like a throw drugs at everything. But you know, I'm a scientist, I'm going to go, you know, where, where the data is. And so, so for me, I was told to hypothyroid in 2003, finally dies on hashimotos in 2014. But if I sort of trace it back to my symptoms, I've probably had arcimoto since that since 1993. So for almost 30 years, 28 years, I've had this wonky thyroid, and, and so you know, I've had to figure it all out on my own, like, nobody knew anything. Like I said, the doctors didn't even like, bother to figure out why my thyroid isn't working, because that, that why is not as a homage to modern medicine works there. Like, Is it broken, we will repair it enough that you don't have to go to the hospital, and then you're done. Like, that's not wellness. I'm sure there's, you know, what, and I again, there's talk about like, there's sick, and then there's not sick, but that's a shame as well. Like there's a big world between healthcare



Katy Weber 42:45

and then there's sick care. Yeah, whatever Josh says.



42:48

Right, exactly. And so, you know, it's so like, I mean, I mean, I've even had philosophical conversation about why that is, you know, that Western medicine is crisis intervention, and it's pathology based, and, you know, and all of that, but which is exam comes full circle to ADHD being a deficit and a disorder, right. It's all about pathologies. But so so many people have hypothyroidism, the doctor gives them a pill. And when they don't feel better, like they still feel terrible, like okay, Doc, I came to you because I was gaining weight was cold all the time, depressed, anxious, my hair is falling out, my skin is terrible. My digestion is horrible. My muscles hurt my joints are you gave me this pill, my hair is still falling out my skin's terrible my just like, okay, like, I didn't come to you for a pill, or for a diagnosis, I came to you because of quality of life issue a set of symptoms. And I still have those symptoms, right? Like what, but the lab report is fine. So by I'm like, it just it makes me nuts. And I'm a scientist, I love numbers. I love data. But people are not just numbers on a lab report. I also understand statistics. And I understand that an average is not a line, it is a bell curve. So this is the line, the average where people are healthy, it means there's a whole bunch of people over here. And then over here, you cannot just make everybody live on this line. There is a standard deviation each side and then let's talk about the next. One telling people not to go to doctors, that I want doctors to give more and better care. They are coming to me because the doctors have failed them. I'm turning

around because I have a book that I'm reading right now. Where is it? Oh, here it is. And really like here we go. I know it's backwards doing harm. The Truth About how bad medicine and lazy science leave women dismissed, misdiagnosed and sick. No, there's a whole section on hashimotos in this book, because it's one of the classic now I'm like isn't a section on ADHD. That's interesting.



Katy Weber 44:45

But I think it I think it really goes back to what you were saying about like this idea of, you know, wanting to know why. And I think that that is a huge interest for people with ADHD which is, you know, for anything Even it's like I've joked about like people who say, I like the color green. And you think, well, I like the color green. But why do I like the color green? What does it say about me that I like the color green? Who else likes the color green? What even is green? And so, you know, there's a sense of like that about blue, by the way, right? But it's that same idea of like, you know, I'm, I'm in pain, take this pill, who cares? Why just get rid of the pain, you know, which is how most doctors view illness. And but it's not in our nature. And so it's not like we are anti medicate medication. We just want to know, what is the source? Because I am now at this abnormality of right? And so it's like, I feel like there's got to be a source for everything.



45:43

Right? And interesting is there's I want to know why. But also, I want to what, like, What is going on? And that lack of curiosity is so funny, because I was a biology major. And I remember like the fourth of like, do I want to go into medicine? And do I want to go in science and afford my mom's like a shoe, I don't want to be a doctor, you know, every Jewish mothers, you know, wish, I was like, I also realized that and this is, there's some fantastic doctors, and thankfully, I worked with some like my own doctor was amazing. My husband is a great primary care physician. But I was under the mistaken impression that because medicine is based on science, extensively, that doctors think like scientists, and they don't. And what's fascinating, and my husband who's my husband's a theoretical physicist, so like, we talk signs all the time. That like the it seems like for most modern doctors, the worst thing they could possibly say, which they will never say to you is no, I don't know. Right? I don't know. That's, that's or that's a question. I don't know. Let's try to figure it out. I don't know if like, they have to sign a piece paper the day you get to medical school never admit that you don't know. Because you will shame all doctors, like I mean, it's the strangest thing to me, was for scientists, there was nothing more exciting than I don't know. Yeah, question is do an experiment? Well, let's find out. I don't like it's literally the basis of the entire field of science, I don't know, is what the first scientists ever

said, you know, back in the Africans event, the first question of what fire was, or, you know, what's over that hill? Or what happens when we you know, don't run from the leopard? It's not good.



Katy Weber 47:22

Spoiler alert.



47:26

But, you know, so And again, this is not, you know, is it? It's not necessarily I think it's more than medical field and sort of how doctors are sort of pigeon, you know, like, wedged into it. And, you know, forced to go through their training, I'm sure there's a lot of very curious people who get into medical school and kind of come out like, well, this is how it's done. But the funny thing about arguing this doctor is I was like, Doctor, you don't get it, these women come to me, after medicine has found that, like, I'm not dragging them out of doctors offices, I'm not washing their pills down the toilet, like, no, like, you should see I have an entire, you know, I have for autoimmune disorders, I have an entire, like, I take prescription medication for that, where it's appropriate. And you know, and there are times it's really helped and with ADHD. But there's also an entire realm where not only can like the modern practice of medicine, not help us, but they're not even interested. That's the worst part. It's not just that the answers are wrong, which often they are, but they don't even interested, most of the symptoms, the labs normal, I didn't come to you to ask you about my labs, I came to you to ask you about my hair falling out my depression and the fact that I've had three miscarriages, like, that's why I'm here. But like, they just don't know, you know, there's just a lot of lack of curiosity, a lack of, to be fair, a lack of time, 10 minutes and a visit at the insurance companies willing to pay for is not a lifetime, you know, to really figure out what's going on with somebody. So I'm firing issue. And the reason why the thyroid issues are in this book, is because they're one of the most common misdiagnosis for women. And one of the most common, kind of easily solved misdiagnosis. And that's what's really weird, like, there are times when you have to really dig deep and there's a lot of things wrong and most doctors are not ever going to do that. But this is an easy one. Frankly, if they were willing to do more than one test, which you know, according to the scientific literature has been discredited for ages but roll on to the on the thyroid stimulating hormone TSH, they're willing to take one step or god forbid two steps beyond that, to your T four and T three, which are the actual thyroid hormones, they get a better picture of what's happening. I convinced my endocrinologist to test all those and TSH was fine and T four was fine my T three which is the active thyroid hormone, so our bodies produce p four and then we have to convert it to the active hormone. You know

the verb to be active hormone is will not have any. And so, my teacher was really loud, which is which is quite common for people with autoimmunity. Because our body don't convert from the active from the storage to the active form. So it's Oh, my teeth really slow. And she's like, oh, I'll give you more medication like the doctor. Let's see for medication. Yeah, we'll boost it. The problem is the conversion. Now mind you, I came to her after having this disease for 15 years only wanted her to do is renew my freaking prescription. I knew the problem wasn't what I needed. So she gives me I was like, fine, we'll play your game. Hope maybe, maybe my conversion have gotten better. So I take the T four. Still feel terrible and come back back. Now I feel even worse. Okay, well up it again. But I've been on this dose for 15 years. Okay, fine. We're open again. I said, my T three is still low. Practice lower now. And look, my cholesterol is going up. I will give you a stat. No, no, I haven't changed my diet, my muscle is going up. Because as you know, you need t three for your liver to take cluster out of your blood. No, that's not it really interesting. Guy low t like, how do you know that doc? How do you know that's not what's happening? finally do the medication again, test it again comes back and I was like, Oh, so what's the T three? Like? I don't see the T three measurement. That's because she didn't order it because you get tired of me arguing with her. So she literally didn't want me to have the data to argue with her. I was like Doc, you know, the problem was I didn't know t three. And now you didn't even measure it. Like you literally didn't measure what the problem was. Because she didn't want me to argue with her anymore. Okay, that's like, it's not like that seems almost negligent to me, like, you know, there's a problem, you don't want to admit, like that. That's the problem. So you're literally just not going to look at the data anymore that like the scientist in me was like, that doesn't compute, like, you literally want less data, so that the problem disappears. But I still feel terrible.



51:43

I was like, not so nice that fired hard on the doctor. So that's the the situation that most women find themselves in. Either the doctors won't test the right things. So they're not getting a complete picture of what's really happening, or they do but they're using ranges that are off ranges that even their own conservative like professional organizations have abandoned the doctors, you know, once they get to medical school, they hardly ever, like keep up with the current literature. And or they're not willing to give the medications and I like the theory which is the activehome are not willing to give that medication. And then even if they are willing to give the medication Okay, that's all that's where it stops for them. But we have a thyroid issue, because the immune system is attacking the thyroid, you give me thyroid hormone to replace well my thyroid is not making fine we haven't done anything about the immune system attacking the thyroid we still have the attack going on. It's like somebody with Ms you know the immune system is attacking the brain with rheumatoid arthritis the immune system is attacking the joints somebody with Type

One Diabetes immune system second the pancreas like the immune system is attacking. And all our medical system does is replace what's lost due to the attack doesn't stop the attack. And that is where health coaching comes in. Of course, right? We deal with like, how do you actually come immune system downs of the autoimmunity stops and the inflammation goes down, because that's where most of the symptoms come from. But that's doctors don't work on that, you know, they don't they're like, here's the pill to solve the, you know, the fiber, the problem they see there is not enough hormone now there's enough hormone Next, you know, here's your Give me your copay next. So people don't learn how to how to, you know, calm their immune system. And people come to me with the most heartbreaking stories. I mean, miscarriages and infertility, and you know, hair loss and weight gain and depression and losing jobs because of you know, being on disability or losing jobs because they were exhausted all the time. Or, you know, relationships, just so many things and the doctors like, Okay, well here's, you know, here's an antidepressant, here's an anti anxiety pill, here's, if your depression or anxiety aren't due to the biochemical changes that are related, you know, that are associated with depression and anxiety, those tools aren't going to make any difference. If your depression anxiety is coming from an underactive thyroid, which it absolutely can be, because you need thyroid hormone to regulate, you know, the neurotransmitter production in the brain to maintain synapses to just maintain overall brain health. So, you know, it's, it's amazing to me, just how little focus there was on just quality of life. Like, why are doctors okay with people being like walking out of their office feeling just as bad as they felt when they walked in? I just, I just, I just doesn't compute for me, I'll get it. I would consider that kind of a failure.



Katy Weber 54:37

Okay, so So before we wrap this up, I just want to find out from you what are some of the best ways people can reach out to you have so many great you have your five Dave offerings, your Tiktok videos are wonderful. I want to make sure we we promote your coaching and and how let people know how they can find you.



54:56

Great, so yeah, so my txog Instagram thyroid coach Danielle. And you can see I have tons of videos and I just do tons of free content and I do Tick Tock lives that lasts for like two and a half hours where it's gonna be like it's gonna be a short one and then my kids are like, it's been three hours long. So Tick Tock it a lot of stuff on Tick tock, and then I have a free Facebook group, a private Facebook group, just for folks, you know, who are working on these issues. The best thing is probably through Tick tock, there's that LinkedIn and has

like, here's my facebook group, here's my website, here's and all that, but also, my website is thyroid healing. solutions.com. So that's my website. Byron, coach. Danielle is my Tiktok



Katy Weber 55:40

Great. Well, I I it's been so delightful to talk to you. I'm so glad we did this and that thank you so much for agreeing to be on and tell your story and so much for the invitation.