

Caspar (00:00):

We had Dr. Washam on a previous episode to talk about her experience and expertise as an internal medicine clinical pharmacist who is passionate about functional medicine. But this passion really stemmed from her own challenges with autoimmunity. We're gonna dive into that today. This is the story of overcoming Hashimoto's with Dr. Kirsti Washam. Dr. Washam, good to see you again.

Dr. Kirsty Washam (00:21):

Hi.

Caspar (00:22):

So, you know, last time we talked about being a holistic pharmacist. We talked about how you got started in it, what that means. But I wanna get to really the, the, the core piece, which is often the experience that led you to some epiphanies some realizations. And for you that was dealing with a health challenge in autoimmunity. Can you discuss that? How did, when did you start to realize that you were suffering from a health challenge?

Dr. Kirsty Washam (00:49):

Looking back, knowing what I know now, I can see little hints of what was to come starting probably in my early twenties. It wasn't until my mid twenties really when things kind of fell, fell off, the wheels started flying off. So during my last year of pharmacy schools, when I started having just a ton of symptoms that I couldn't explain. I went to my doctor and he told me I was just stressed and started me on a ton of medications, which I gladly took because I was getting ready to be a pharmacist, and that's just what we did. But then those medications weren't making me better. So eventually, I know my labs were all normal, you know, So I'm thinking, well, maybe I am, maybe this is all in my head, Which is kind of the plight of a lot of autoimmune patients, right? They're told that they're just stressed, that it's all in their head, that they're overly concerned with their health and there's nothing really wrong. So finally, eventually I see a picture of myself that I notice an enlargement in my thyroid. And so I get connected to a physician who finally runs a comprehensive thyroid panel. So, you know, all your antibodies, everything. And I find out I have Hashimoto's and that I truly wasn't going crazy. Yeah. And I wasn't getting older. Someone actually told me that, that I, it was part getting older.

Caspar (02:11):

Just part of it?

Dr. Kirsty Washam (02:11):

It, just part of getting older. And I think I was 28. Wow. Yeah. so that's when really just kind of my eyes were open to, I can't take a pill to fix this Hashimoto's. Right? Like, even thyroid hormone doesn't fix Hashimoto's because it's an autoimmune condition. It's not gonna fix the immune response. And I realized I needed to start digging in and figuring things out from the root cause. And that led me down this whole path of nutrition and supplements and stress relief, and just really changed kind of my whole trajectory.

Caspar (02:49):

Yeah, I mean, it's, it's the, the kind of classic tale I think of patients. You go down two roads, really. The one road is you just go to a doctor, they tell you something like it's in your head, or here, take this pill.

And you stay that way and you continue and struggle and continue to struggle and just keep taking more and more pills till like you said on the last episode, 38 deep Right. Prescription pills.

Dr. Kirsty Washam (03:13):

38 deep.

Caspar (03:13):

Yeah. or you start to be your own investigator, You start to be your own advocate and you start to study things. Now you said it was a long journey. Can you go through that a little bit? Like where did it start? Did it start with nutrition? Did it start with understanding medication a little bit better through your pharmaceutical like experience? What, what was the kind of starting point of, you know, the journey?

Dr. Kirsty Washam (03:36):

The starting part of my journey, was actually an elimination diet? So I had read enough and learned enough to realize, okay maybe what I'm eating is contributing to this. It's not gonna hurt anything for me to, to cut some foods out. And let me just say like, I was not eating a centered American diet at this point. Like, I was eating what I thought was a healthy diet. Okay. Yep. But, so I cut out gluten and dairy and soy and alcohol, sugar I think all grains, legumes, my anti, my thyroid antibodies, which were never super elevated. I don't remember the exact number, but let's say less than a hundred. My antibodies decreased by 50% in a month after cutting out those foods. To the point that if I have labs drawn today, I wouldn't technically have Hashimoto's.

Caspar (04:34):

So you are a big, you're a big advocate then, because that was like, of food is medicine. Right?

Dr. Kirsty Washam (04:39):

If someone had told me that, that that was possible, I would've called them probably a liar at that point in my career. I mean, I would have, because I've been like, There's no way that you did this without medication.

Caspar (04:52):

And that was.

Dr. Kirsty Washam (04:53):

But I did it, but I do.

Caspar (04:54):

Yeah. That was a huge change for you, I guess, and, and a huge improvement. Were, were there other things as well? Were you like looking at supplementation, mindset, other lifestyle changes?

Dr. Kirsty Washam (05:05):

Yes. So supplementation kind of followed after that, realizing that. So at that point in time, I was still taking birth control, I believe, at that point. And so I realized like, Oh, there's this whole really well-studied issue with drug-induced nutrient depletions. Like, there's tons of evidence around this. So let me start there. Let me start taking some methylated B vitamins. Let me start taking some magnesium. See,

see how this goes. I'm like, Okay, well this is, this is going better. And that kind of opened the door, I think, once you see, once you see food, and once you see supplements, then the next natural step for me was, was mindset. But that came a little bit later realizing that, oh, okay, what I think here affects the rest of my body.

Caspar ([05:51](#)):

What about emotions? You know, a lot of people, I think that that struggle with any health issues really, you know, have, have some trap traumas and emotions there, but often, you know, disregard it because those are separate. You know, my body's feeling like this, not my mind sometimes, but, Right. Did you address those at all? Did you like find any emotional things that helped you through this journey?

Dr. Kirsty Washam ([06:13](#)):

I did. So I'm a big fan of yoga. I like tapping. All these things that, you know, just seemed very, I say woo woo. They seemed very woo woo to me as a, as a pharmacist, right? Just like, giving people medications for illnesses. They were really effective. And then I found later like, Oh, there's evidence. Because everyone in healthcare always wants evidence for everything, right? But there's evidence to support these types of interventions. And addressing trauma, I mean, we can look back now there's providers addressing like childhood trauma because we know now that that contributes to chronic illness, like is a huge piece of the puzzle that's not being addressed.

Caspar ([06:56](#)):

Do you think there's a, a way, in your opinion, of combining the medication, part of managing Hashimotos autoimmune disorders with a more holistic one that, that you would say is the optimal way of going about autoimmunity?

Dr. Kirsty Washam ([07:14](#)):

Sure. I think, you know, putting out the fire, so to speak, which is like the inflammatory immune response. Yep. That could pretty much only be done with nutrition and supplementation. If, you know, if you have Hashimotos and you have a large nodule and you've had to have half or whole, all of your thyroid taken out, well, you're probably gonna need, a prescription, thyroid medication. Some people do it with, with glandulars, but the majority of people do it, you know, with prescription medications. So yeah, I think the two go together. I mean, it's hormone supplementation and even that is something that's embraced, you know, in the holistic space. So I think those two marry, they marry well.

Caspar ([07:59](#)):

Now, you, you said you kind of, you came to the realization of this of course, after running a panel and, and realizing that you had this condition. Are there certain panels, tests that you recommend to everyone do on a regular basis? Even if you're feeling okay, you know, and, and don't have many symptoms?

Dr. Kirsty Washam ([08:16](#)):

Ideally you would catch this right before it even gets started. So keeping a close eye on this is controversial now. I feel like vitamin D keeping a close eye on not just TSH, but you know, your free T3, free T4, thyroid antibodies. So thyroid peroxidase, thyroglobulin antibodies, ferritin, just a good annual checkup by your doctor with a CBC can even see a lot of high sensitivity, like CRP, all your inflammatory biomarkers. Those are excellent things to check because we know that inflammation drives

autoimmunity. And those are, even, those are tests that are even embraced by more conventional practitioners. They may not address them, but they're labs that they will order for patients most of the time.

Caspar ([09:05](#)):

And in that idea or the knowledge that inflammation drives autoimmunity, autoimmunity is, is obviously on the rise these days. What are then the, what are your estimation, what are the contributing factor, those root causes that is driving inflammation? I mean, I know there's a lot, but do we have, like, do you have certain ones that you really look for to say, we need to remove this? Whether that's diet with certain things or some toxins that are entering a body?

Dr. Kirsty Washam ([09:32](#)):

All the above. All. All the above. All the above. Yeah. Gluten is probably, which is contaminated with glyphosate. Like it's a huge one for the majority of people with immunity cutting out. Gluten and dairy are big.

Caspar ([09:47](#)):

Do you think that's the problem with gluten, the glyphosate? Because a lot of people, listen, celiac disease wasn't such a huge issue, you know, 50 or a hundred years ago, and a lot of people ate things with gluten in it.

Dr. Kirsty Washam ([09:58](#)):

I mean, I don't know. There's, you know, there's some studies that have some different information, but yeah, I do. I don't think that's doing us any favors. Right. The glyphosate, that's actually, it's in everything and it's literally punch punching holes in our guts. And it's unavoidable. Like even if you eat an organic diet, like you are still getting exposure to glyphosate. So that's kind of a, a battle that you can choose to fight or not. Toxins, we were talking earlier about water, fluoride, fluoride in water. Not a, not a fan. Not a fan. I think they're other options like toothpaste with hydroxy appetite, you know mercury heavy metal exposures are another big one for people, especially people who have mercury like fillings. Yeah. Mercury's also in a lot of vaccines. So there's exposure there.

Dr. Kirsty Washam ([10:52](#)):

All of our endocrine disrupting toxins and receipt paper. Like, it's literally, you and I were just talking about that it's everywhere. Like you were surrounded. It feels like you're fighting a battle that you can't see, but yeah plastic bottles, receipts, tons of toxins and just being intentional and being aware of this, it's not that you're fearful. Yeah. Because that's, I feel like people fall into this trap of fear and that's not healthy for us either. No. But just awareness that there are these things that are out there that can, if you have a predisposition to autoimmunity, can impact you greatly. And if you don't, you know, if you can start before you get sick, even better.

Caspar ([11:31](#)):

Yeah. I mean, it sounds like with autoimmunity and Hashimotos addressing the inflammatory causes is a big deal, but you can't get away from the inflammatory causes always. Right. Like you said, glyphosate's everywhere. Right? Toxins are in the air right now and everything, every house has VOCs, other things going out and.

Dr. Kirsty Washam ([11:50](#)):

Mold.

Caspar ([11:50](#)):

Yeah. Yeah. It's, it's everywhere. So, so what do we, we do, right? We don't freak out. We don't panic. We don't, we don't get fearful cuz that won't help with our immune system and cause more inflammation actually. So what, what are your recommendation? Are you big on like detoxes, fasting saunas? What do you recommend?

Dr. Kirsty Washam ([12:08](#)):

I'm big on movement. I think for the majority of people just moving your body instead of being stagnant, sitting in a chair in an office all day. That's great. I'm big on filtering water, like things that we can do that are not expensive. Right. Because once you start getting into this, like it starts opening up this whole world and you think you have to buy all these things. Okay. But a water filter, a sauna is a fantastic investment. I love my sauna. I just got out of it this morning before we had our, before we started talking. That's something that I really make sure, because you can buy a really good sauna. Can we mention the? Yeah. It has a red light in it and it's like a double whammy. It's the best thing ever. You and I have.

Caspar ([12:49](#)):

Which one are you? The Therasage. Dr. Besner is a good friend. Yeah. I love it. Love it.

Caspar ([12:54](#)):

I mean, I recommend any, but I love that one too. Yeah.

Dr. Kirsty Washam ([12:59](#)):

Yes. But yeah, sauna movement, meditation and just choosing the big thing, what you eat, because we're eating multiple times a day. Most people who, we're adults, right? So we choose our food. We, we go grocery shopping for ourselves, we make our meals. That's big. That's three, that's three times a day if not more that you're putting something inside your body that can impact your health.

Caspar ([13:22](#)):

Yeah.

Dr. Kirsty Washam ([13:23](#)):

It's, it takes less time to prepare meal than it does to go get something. Like I don't, I don't buy that excuse.

Caspar ([13:29](#)):

No, no, no. It's a conscious effort and it's priority to make. Right. Like I talk to my friends a lot about these things and they're just like, Well that seems like a lot, right? I'm like, well you, you, you know, your Sundays are spent all day watching football. So it's like, you know, you could take an hour out that to prep a meal, let's say for the week and, and do that instead of eating something pre-prepared with lots of process junk in it and lots of toxins and everything else. So do you feel that part of the issue is, and and I was actually going to like do a big post on this, is like, we don't care about our health. We just, it's

not a priority to us. It's almost like, yeah, I know I'll get sick and I'll just deal with it instead of being like, I wanna put in the time and effort to be the healthiest and happiest I can be. It just seems, even when you educate people sometimes they're like, eh, that seems like a lot. I'm okay with being sick until they are. And then they're like, Whoa, this is really bad. I don't like being sick.

Dr. Kirsty Washam ([14:24](#)):

Yeah. Yeah. Well we've been taught that we can outsource our health to other people. Yeah. That we're not in control of it. I think it's the message that we're getting, We've been getting that message very strongly Yes. For the last two years, right? Yes. That there are that things that we can purchase or things that we can go get that will make us better when really it needs to be something that starts within us. Yeah. And you're right. I mean, making time, like you have to be, you cannot do everything. Like that's a lie, right? We can't, you can't do it all. So we don't, we all have a limited amount of time. So you just have to be intentional about what you want to spend your life on and what does that look like?

Caspar ([15:09](#)):

Don't you find it wild that over the last two plus years, not a single thing was mentioned on improving our health. Like not a single, like, I, I didn't see a single like, you know, commercial out there. I was like, Hey guys, like, you know, let's exercise a little bit. Let's eat a little cleaner now. Let's, it was only like, take the damn jab and shut up and that's all. And sit home and wear that mask and it was just like, beat into you. And I was like, one, just one commercial I'd love to see of like, you know, let's, let's do something healthy

Dr. Kirsty Washam ([15:40](#)):

Yeah. It, no, it doesn't exist. And so I think that's really where people get lost is that they think that they think that the things that they can buy because well think like fast food or, you know, bottled water, whatever. Well, because I can buy that, it must be safe for me. But is that, so.

Caspar ([16:02](#)):

Obviously.

Dr. Kirsty Washam ([16:03](#)):

You, you, you posted something recent. Yeah. Obviously not. You posted something recently that we were chatting about with like the labeling now on the front of.

Caspar ([16:12](#)):

Ridiculous.

Dr. Kirsty Washam ([16:13](#)):

We do not need, Okay. We do not need more food labeling. We need less, more foods with less labels. Like that's what we need.

Caspar ([16:20](#)):

Yeah. And less ingredients. And just moving like three inches from the side to the front does nothing to educate people even about what's in it. That's my big beef is like, you wanna empower consumers, let 'em know what the hell is blue number two. Like you see that, you're like, it must be good cuz it's FDA

approved and they would stop it. But it's like, that's linked to a whole plethora of health issues. Okay. So why are we allowed, like the food label doesn't matter in a sense if we don't know what it really is or what it does, we don't know. We have no clue with most of these ingredients and tens of thousands of them what they're really doing to our body. But I would say we kind of know because we're getting sicker and sicker and we keep eating it and getting sicker. So it's like, I'm not gonna say there's a direct correlation, but I'm gonna say there's something there. We need to.

Dr. Kirsty Washam ([17:06](#)):

There's an association, right? Yes.

Caspar ([17:08](#)):

Association.

Dr. Kirsty Washam ([17:09](#)):

We say there's and there's an association.

Dr. Kirsty Washam ([17:13](#)):

It's really, it's really sad though because I feel like health literacy for most people is very low. Yes. And, and I would argue that even though I practice in the south where there is a majority of people are obese. They're, they have hypertension and they have diabetes. I would say that people are genuinely trying, I think, to the best of their ability to do what they think is right to do what their physicians are telling them they need to do. But that's eating, you know, low fat, fat free dressing that's laden with sugar. Yep. That's getting Subway. They think they're doing better by getting a subway sandwich instead of the McDonald's Big Mac.

Caspar ([17:59](#)):

Yeah.

Dr. Kirsty Washam ([18:00](#)):

Like that's how confused we are about our health. And then what really kind of me off is you get on social media and there's all these people arguing about carnivore, ketos, paleo, vegan. And these people are getting so many mixed messages. Like if you're at the point where you're like splitting hairs about like what type of stake is best, Like, I don't think you need to be in this discussion. Like Right. The majority of the majority of people are literally just trying to figure out that eating a steak is better for them than eating, I don't know, potato chips.

Caspar ([18:37](#)):

Right.

Dr. Kirsty Washam ([18:38](#)):

That's seriously where they're at. Yeah. Like they're just at the point where they're just trying to figure out like, Oh, if I drink tap water, like we were talking about, if I drink tap water, that's better for me than drinking my diet soda.

Caspar ([18:53](#)):

Yeah, you're absolutely right. So much of what I see on social media are these like almost advanced motions of things and, and kind of, you know, things we, we don't really need to address. The fundamentals need to be addressed. We need to start small and make little wins of replacing a soda with some good clean filtered water. You know, we need to replace all the processed box foods, which is something natural that doesn't have an ingredient. It is the ingredient. And start to cook even just a little bit. It doesn't have to be a fabulous meal. It doesn't have to be with the highest quality Ghees and this and that and everything. Like yeah, I like to go there, but I took a journey myself to get there in a sense. And if you ask someone to do all of that at once, that's overwhelming. And they won't do it. They won't

Dr. Kirsty Washam ([19:37](#)):

It's not gonna get done. Right. And so, and they're gonna stay sick because the message is that if you're not doing all these things, you're doing them wrong. So why even try?

Caspar ([19:50](#)):

Yeah. Yeah. And that's not the thing we, you, you can't be, you know, placing that type of almost failure on people who are trying. No. And I do think it's, it's the, the smart way to do it is just step by step, get outside, go for a walk. You don't need to go like buy the gym membership and do like some advanced trainings and you know, all the high intensity training you see out there with all these people talking. It's like, that's great for someone in your state, but not for someone. And the majority of people who are not in a state that haven't been to the gym in years and are obese.

Dr. Kirsty Washam ([20:21](#)):

You know, I think about too the patients that I've had, you talk about immunity, like when people feel bad, when people truly feel bad, think about the energy expenditure just to cook a healthy meal. Sure. Right. Just to go to the grocery store like this is huge Yeah. For people, Right. Just trying to take a walk up and down their driveway.

Caspar ([20:47](#)):

Yep.

Dr. Kirsty Washam ([20:47](#)):

So we need to reward while it's great to be where we are. Right. It's great to be at this point. You have to see where people are at.

Caspar ([20:58](#)):

Yeah. And celebrate small wins.

Dr. Kirsty Washam ([20:59](#)):

Aake and celebrate the small wins. Absolutely. This, it's like my coworker who bought the water filter and instead, you know, bringing a two, this was a true story. Instead of bringing a two liter of Diet Coke to work with her a day, she started bringing like a big container of bottled water that she filtered at home.

Caspar ([21:19](#)):

That's a big win.



Dr. Kirsty Washam ([21:21](#)):

That's a huge win.

Caspar ([21:21](#)):

That's a huge win.

Dr. Kirsty Washam ([21:22](#)):

A huge win. Yeah. You know? Yeah. So just small, small little things for people. And it really is impactful. You know, we think you and are talking about this that it seems almost like we're paranoid, right? Like you, we were talking about the ice. Like if I go to a restaurant, I'm getting filtered water and no, you're not putting ice in it because the ice is gonna contaminate. I don't like ice anyways, but the ice is going to contaminate my water.

Caspar ([21:46](#)):

Yeah.

Dr. Kirsty Washam ([21:47](#)):

But most people are not, are not there. Most people would think like, Oh my gosh, look at these weirdos. Like, that's crazy. But but eventually you, you reach the point of awareness. Yes. And I think it's, but it's a journey. It's a, it's a process. I didn't get here overnight. Like I got sick. Let me think about this in, I didn't know I got sick in 2014 is kind of when it started. So I mean, this has been Yeah. Eight years. Right. An eight year journey. And I'm still every single day learning something new and changing my mind about stuff. And that's the other thing too. I think that in this space we have to be aware of is it's okay to, to change your mind about things.

Caspar ([22:30](#)):

Oh. It's, it's part of that.

Dr. Kirsty Washam ([22:31](#)):

But the but the basics are the same. The basics stay the same, but we're just constantly kind of finessing as we go.

Caspar ([22:38](#)):

Yeah. And, and it is a, a long journey. Right. And I think a lot of times

Dr. Kirsty Washam ([22:43](#)):

It's lifelong.

Caspar ([22:44](#)):

Medicine wants to give you quick fixes a lot. I know that and people are seeking that, but they don't realize this is taking years to, you know, start the problem almost even and where you are right now, it could take some time, but that journey is going to impact you in a positive for the rest of your life if you take the steps to address it.

Dr. Kirsty Washam ([23:03](#)):

Yes. I mean, it likely started, you know, from childhood, like things kind of accumulate as we go along. But think about what a beautiful thing that would be for you to like, for someone to change their life and in turn their family's future. Like for their kids to not grow up with health problems because the parents took responsibility and took ownership. Like, that's where we have to think is about future generations. Like if we're, if fighting, we're fighting for our health now, that's better for them.

Caspar ([23:35](#)):

Yep.

Dr. Kirsty Washam ([23:36](#)):

Fighting for our health and for our own autonomy.

Caspar ([23:39](#)):

It, it, it really is. And it's, it's a, a battle worth fighting for. Right. Because it is about the future and everything. Now bringing it back to Hashimotos, what would be your advice for someone if they are suffering right now from Hashimotos and don't know what that first step should be? Because, you know, it's overwhelming to hear, oh my God, all these changes and everything. What would be your advice?

Dr. Kirsty Washam ([24:03](#)):

Stop eating junk.

Caspar ([24:06](#)):

Start there. Right. Start with the diet.

Dr. Kirsty Washam ([24:08](#)):

Start with, start with your diet. I always go back to diet just because that is something we do again, multiple times a day. You're eating, you're eating breakfast, you eating lunch, you're eating dinner, you're eating snacks. So being intentional about what you put into your body, that was the biggest game changer I think for me. And I've even challenged people that I work with, like cut out gluten for seven days, a week, seven days, and come back and let me know how you feel. I've not had anyone come back and tell me that they don't feel better. Like it's, it's seems small, but it's huge. Yeah. So yeah. With autoimmunity, I think that diet is key because it's easy, again, like we were talking about, to get concerned about the toxins and to get concerned about, you know, the, the chronic infections that a lot of times go along with autoimmunity. But those are, that's deeper stuff. Yeah. Like surface level is just control what you're putting into your body.

Caspar ([25:10](#)):

Yeah. And celebrate those big wins.

Dr. Kirsty Washam ([25:13](#)):

And celebrate that.

Caspar ([25:13](#)):

Celebrate that small wins because it is true. Like after a week, if you feel better, that is a win. Celebrate that and run with it. Right.

Dr. Kirsty Washam ([25:21](#)):

It doesn't mean you're perfect. I mean, a lot of people are not like, I avoid gluten like the plague. I do. Like I have not intentionally had gluten in eight years.

Caspar ([25:31](#)):

Oh wow.

Dr. Kirsty Washam ([25:33](#)):

Not intentionally

Caspar ([25:34](#)):

In that's, that's a big win. Yeah.

Dr. Kirsty Washam ([25:35](#)):

That's a big, but I'm also very over the top about stuff. But for most people they may have an occasional exposure and, and not being fearful of that. Right. Yeah. It's okay. Like if for someone, if they wanna celebrate, you know, it's a piece of cake. Okay fine.

Caspar ([25:51](#)):

Absolutely. And, and understand that even the healing journey is never a linear one where you just go straight back, No, better, better. You're gonna have fallbacks and you're gonna have bad days. For sure.

Dr. Kirsty Washam ([26:01](#)):

Let's talk about that. So I often say this too. Look at the people. You know, you can look at the people online or people that you know who subscribe to like the lifestyle that we do. Okay. Even if I do everything perfectly, my health is still not perfect. No. Right. No, its so no one's perfect. No. Like, even if I do everything perfectly, my health still will not be perfect. And so not letting that kind of paranoia sink in.

Caspar ([26:33](#)):

Yeah.

Dr. Kirsty Washam ([26:34](#)):

And I have everything perfectly and if I do everything perfectly, then I'm gonna be healed. That's not how this works.

Caspar ([26:41](#)):

And it's, it's, it's funny because you, you know, I see patients all the time here that are getting better and better and they get to the end of treatment. They're, you know, feeling good, but they're like, there's that one thing I woke up with a little less energy today. Could you address? It's like, I do that all the time an I'm healthy. Like, you're not gonna be perfect again. Or feel how you did when you were 18 or

something. That's, that's natural to have some days where you have a little bit of a setback or you don't have as much energy throughout today. Like these are not then unhealthy things.

Dr. Kirsty Washam ([27:10](#)):

No. And then there's, you also cannot look at you just can't look at others. Because if I did that, I could look at some people who I know who are in morbidly obese who drink sodas all days. It's hard for me to say soda because in the south we say Cokes. Okay. That's just the term. So who drink Cokes all day long and eat fast food and never exercise and there's nothing wrong with them. Like they're perfectly healthy. Granted they're probably ticking, they're probably a ticking time bomb. Right? Right. But, you know, but you just can't. Yeah. You can't watch other people's journeys because if you did that, how frustrated are you gonna be? You're gonna think either, oh my gosh, like they, they do or think perfectly. They don't eat gluten or dairy or soy and they filter everything. And number one, that's a lie. I don't know a single influencer. I know a lot of them personally have seen them who are doing everything perfectly. So for everyone out there, like don't, don't fall into that trap.

Caspar ([28:15](#)):

Like, don't buy the hype.

Dr. Kirsty Washam ([28:16](#)):

Don't buy the hype. So a lot of them have breast implants, a lot of them have Botox. I'm saying these things are bad. I'm saying like, you're seeing something that may not be reflective of truly what is happening. Like it's not real. And at the same time, don't compare yourself to, you know, to your overweight and morbidly obese neighbor who, who seems to like have infinite energy, yet they do nothing. Right. So to speak. Yeah.

Caspar ([28:44](#)):

Embrace your own personal journey.

Dr. Kirsty Washam ([28:46](#)):

Right. Celebrate those really really small wins. Be happy that you're improving, right? And, and don't have a perfectionist mentality or state about health. That's not Yeah. That's, that's not healthy itself.

Dr. Kirsty Washam ([28:59](#)):

No. That's why people ask me, you know, what should I do? Like what did you do? I'm like, what works for me, the framework will probably be helpful to you, like the framework of what we're talking about. So filtering your water, not eating gluten, those things will probably be a helpful tool for you, a place to start. But you've gotta figure out for yourself what your triggers are because they're probably, they may be different from mine. Maybe somebody has more childhood trauma that they need to address and that's contributing to their immunity. Whereas mine was, you know, toxin exposure or stress. Absolutely. It's a beautiful thing that, you know, to stop looking at others and start looking within for healing. Because I, I was never told, I never learned, I never heard once anybody tell me in pharmacy school that people could heal or that they could heal themselves without medication. Yeah. It was such a foreign concept and it's such a beautiful thing when people realize that, huh? Like I wasn't born sick. I can, I can start fixing this.

Caspar ([30:08](#)):

Absolutely. And that's so empowering. That's the message we have to really, really put forth. Even don't pay attention to the, the individual stories out there, but believe in your healing powers cuz you're doing every single second, whether you know it or not, your body is miraculous things.

Dr. Kirsty Washam ([30:23](#)):

How scary it's, but how scary also is that to people that the responsibility is now on you.

Caspar ([30:34](#)):

Yeah.

Dr. Kirsty Washam ([30:35](#)):

Everything you need is inside you. You just have to

Caspar ([30:38](#)):

It's all there. And that is scary but empowering. It's like once you get past the scariness of it and actually start to apply, you see how empowering it is and how much power you have within you to change.

Right. To become better, healthier, happier. And and that is the amazing part of it. Move past the fear and scariness of it all. Yes. Embrace it. Right.

Dr. Kirsty Washam ([30:58](#)):

For a pharmacist to tell you that, Right. Because I'm sup I'm supposed to be saying, you need to take this medicine, but instead I'm telling you like you are your medicine. That's, it's powerful for people. Yeah. And it takes, it takes 'em some time. You know.

Caspar ([31:14](#)):

Well, thank you for being that unique form of pharmacists that, that is doing that because that is what we need more of in this world. And where can people learn more about you?

Dr. Kirsty Washam ([31:25](#)):

Yeah. You found me on Instagram @thefeduppharmacist.

Caspar ([31:29](#)):

Yeah. Go, go check that out. Thank you so much. This was really a great conversation Dr. Washam. And let's, let's do it again soon. I'd love to bring you back. Appreciate this up. So if you're listening, you know, Hashimotos can be a difficult autoimmune condition that impacts many, but as Kirsty showed us you can overcome and thrive. Be sure to check her out on Instagram. That's the fed up pharmacist. Use her story as inspiration, but not a roadmap back to health. And when you're dealing with any medical channel challenge, understand you can regain health. Empower yourself with the stories of Kirsty and her advice. Until next time, continue writing your own healing.