Inna Topiler: Welcome back to Overcoming Hashimoto’s Summit. I’m Inna Topiler and with me today is Lauren Handel Zander.

She is the co-founder and chairwoman of Handel Group. An international corporate consulting and life coaching company. Her coaching methodology, The Handel Method is taught in over 35 universities around the world. Including MIT, Stanford, and NYU.

Lauren is also the author of Maybe It’s You; Cut the Crap Face Your Fears Love Your Life. A no nonsense practical manual that helps people figure out not just what they want out of life, but how they can actually get there.

Lauren’s been featured in of publications and speaks worldwide. And like many of the other guests on this summit Lauren’s been a huge inspiration in my life and what a treat to have you here, Lauren. Welcome.

Lauren Handel Zander: Thank you. I’m so proud of you all. So excited for all of the people who are going to get to know you. And all of the work that you want to get out in the world. So, this is great.

Inna Topiler: Thank you so much. So, we’ve been discussing a variety of factors that are connected to Hashimoto’s from all different angles. Biochemically, emotionally, and beyond. And today we’re getting deeper into
mindset. Because this is such a huge factor for so many people, especially if we’ve been dealing with issues for a while.

Now, Lauren you talk about how our thoughts create our reality. Can you tell us more about this, and how exactly these thoughts can impact our health?

**Lauren Handel Zander:** Okay. So, most people first of all don’t even hear their thoughts going by. But they can experience they’re in a mood. They’re upset about something. There’s like the beginning of understanding where you’re thinking all of the time, where you’re talking to yourself all of the time. And whatever you’re saying to yourself or experiencing, really does give you your face, your mood, how you interact in life itself.

And so, what I’m really all about it how do you break into your own inner dialogue. What you’re saying? Why you’re saying that? So, that you have a choice to really be happy. If you’re not breaking into your inner dialogue, then you are stuck in whatever reality that your thoughts are creating for you. Whether you know it or not.

And how most people talk about it is, “Oh, I was in such a bad mood this morning, because.” Or, “You’re not going to believe my sleep last night.” So, people are in whatever dialogues they are in and they don’t realize how much their thoughts are creating their reality. But my job in life is to get you to get that it’s your mind that’s talking to you that’s creating your experience every minute.

**Inna Topiler:** Gotcha. That makes a lot of sense. So, how can we really curate our own thoughts? That’s sort of the next question. If there’s all of these thoughts how do we change that if we want to?

**Lauren Handel Zander:** Okay. Well, here’s the bad news. The bad news is it’s really an endeavor. You are like how long to you have to exercise to be in a great shape. And you know you have to say like, “Oh, well, you know, for the rest of your life.” Right? Like, “I’m sorry.” Right?

It’s like how often do you have to sleep? Every night. Right? So, the thing about to say is that no matter your thoughts arise. Right? They really arise in your mind. And then, what I make a person do is really figure out the nature of their thoughts. So, that they can catch them. Hear them. And really know what to do when you can hear them and catch them.
Most people can’t catch and hear their thoughts. So, the bad news is you have to figure out they are going nowhere. And that they’re coming no matter what. Just like lunch. Right?

Yeah. You didn’t get a vote. Luckily, you like lunch. Right? But whatever thoughts are in your mind if they are good ones, you’re lucky. And if they’re not so good, you need to The Handel Method, right?

And so, I have you figure out the thoughts that are arising and then I teach you on some level…a cute way to say it, “Is how to be the bouncer of your own mind.” How to hear those thoughts. How to understand where they come from. How to understand how they plague you. And how to change your thoughts.

So, first you have to hear what you’re changing. It’s like first you have to walk into the room, and go, “Wow it’s dark in here.” And then, you can hit a light. You first go, “I’m hungry.” And then, you can go get a meal. Right?

First, you have to hear the nasty thought. So then, you can go, “I don’t want to think that.” And then, you can do something about it.

So, curating happens right after you figure out, you’re stuck with some nasty kaka in your head.

**Inna Topiler:** And do you have any quick tips on how you can hear that? Because I know that for many people it’s so quiet, even though we are sort of saying this to ourselves all of the time. It’s not something that people are attune to, so they may not even realize that it’s happening.

**Lauren Handel Zander:** Here’s the really good news. If you set an alarm clock on your phone three times a day. It goes off and says, “What thoughts have you just had that are negative?” Like, “What loops are you in?” “What are you thinking about that is negative?”

And you really will be able to go, “Oh, I just complained to myself that I’m going to have to cook dinner?” Whatever you’re saying to yourself there’s a projection, there’s an attitude, and there’s an inner dialogue. All you have to do is drive to hear what you think of people, right?

All you have to do is walk through the grocery store to hear what you think of everything. Right? You’re there. It’s more like you don’t notice you’re breathing
until you meditate. You don’t notice you’re having thoughts until you stop yourself to ask yourself, “What have you been talking about?”

So, it really has to become an invasion. You have to invade and then you write it down three times a day. If you do, if you catch your inner dialogue for about three weeks, and you actually do the work. You will find out that simply. Like three weeks catch it. Three times a day. Really hear it. Don’t leave it to yourself. You have to actually send it to someone. You can’t do it alone. Oh, yes, you can try. Right?

Because what’s also happening is your inner dialogue is not true. It’s not the truth about you, it’s not the truth about the person on the road. It’s the mind bubbling. Right? It’s in there. It’s yours. Right? But it is not your real self-talking.

Your real self gets to curate and say what it wants to say. And so, until you actually hear your negative inner dialogue, you can’t even show up and go, “Shut up.” “What do I really want to be thinking about, right now?”

So, it’s an instigator and so, after you do three weeks of following it. Here’s this other funny thing, we’re not that interesting.

If you did another three weeks, you’d hear the same last three weeks with maybe a few new players. But you’re still saying the same thing about your boss, your kid, the laundry, eating, right? So, it’s fantastic to start to get what you pay attention to.

Are you competitive? Do you notice every woman’s body? What do you pay attention to that it’s yammering about? So, then you can intervene.

Inna Topiler: And you suggested that people write it down?

Lauren Handel Zander: Yeah. I love a good iPhone, right? Whatever phone you use. Right? And you literally can speak it. Right? It’s not hard to catch your inner dialogue, okay? You can put it right into memo notes. And hit send, right?

For when I do a client, I get memos, I track inner dialogue for a few weeks until a person gets their brand and flavor of their narrative in their head. And then once you hear it. You can’t unhear it.
Inna Topiler: And that’s true. And that’s something I can attest to personally. Once we did that, I’m like, “Oh, yeah. Now it’s there all the time.”

Lauren Handel Zander: I know. And then, the other thing I do is I get people to know that there are basic negative inner dialogues that we all have. Which is the voice of the chicken in you.

“Ah, I can’t tell them that. I can’t say that. Don’t do that. Come back. Don’t.” The don’ts, or doom, or else, what if, right? That voice is a constant in people. And then, everyone has their particular flavor of it. Their chicken.

And then, the other one that I go, you got to really hunt for it. Is your particular type of brat. What do I mean? I mean like a five-year-old screaming for cookie? I’m like, exactly. Right?

“I’ll do it tomorrow, leave me alone. I worked so hard today. I’ll do my homework later.” Right? Whatever it is. Right? And I deserve this now, brat. Right?

And so, I have never met a human who doesn’t have both of those flavors. Kind of keeping them small in their life and not so happy inside out.

Inna Topiler: That’s so interesting. So, the chicken is sort of all of the fears that we have, and then the brat is just our rebellious side. Which makes sense.


Inna Topiler: Right. Okay. So, then people will write it down, and then they would kind of look and see what the themes are. And then pick out what’s the chicken, what’s the brat?

Lauren Handel Zander: Yeah.

Inna Topiler: Once they figure out, okay, these are my themes and I tend to say this a lot. And maybe they have two or three things. Or actually, the clients that you work with, do you find that there are a certain amount of themes that you typically see?
**Lauren Handel Zander:** Yes. They other thing that’s also, besides the chicken and the brat, there’s is also what I call the weather reporter. Where you pontificate as if you have no power.

**Inna Topiler:** Can you give us an example?

**Lauren Handel Zander:** I’m always going to be unhappy in my body. Really? Right? I’m always going to have a bad relationship with my mother. Oh, we can never talk about that, because we never have. And I’m bad at that.

So, generalizations. That sound like truths to you, but are not actually facts, right? No, you can change your relationship with your mother. No, you can change your body. No. Right?

But you think about your self like you’re a fixed. Like it’s 42 degrees out and I’ve never been good at that. And so, the other very important thing to chase down in your inner dialogue is the way you predict weather fronts for the rest of your life about yourself.

**Inna Topiler:** That’s a good one. And I think when it comes to health especially. That happens a lot. For those that have been dealing with Hashimoto’s and you know other autoimmune conditions, other health conditions they’ve been dealing with for a long time.

Because we see different doctors, and we don’t always get answers until we finally get to the root cause. You start to kind of think, “Well, I’m always going to be sick.” Or, “I’m always going to be tired,” because that maybe is the case for the last ten years.

But I think that what you’re saying is really wonderful that that can change. And you have to change that for yourself. It sounds like what you’re saying.

**Lauren Handel Zander:** Yes. It is true there are physical ailments. But your physical ailment is true. But your attitude about that ailment and how you deal with it, moment to moment. And how you make yourself feel like the mood it puts you in. And then, does that change your actions?

There could be a truth that you don’t know what’s wrong with you yet. Right? But how does that explain bag of chips that went down your face? Right? So, there’s still a level to which you’re making it worse or worrying more. Or not being your best when you have the flu. Right? So, like it isn’t that crap doesn’t
happen. There’s a part where you’re entitled to be a brat. Or like sad and pathetic.

And there’s moods that you do have power over.

**Inna Topiler:** Gotcha. And so, we have the chicken, the brat, and the weather reporter.

**Lauren Handel Zander:** Yes.

**Inna Topiler:** Are there any other themes that you see?

**Lauren Handel Zander:** Yes. Sorry folks. It gets a little worse before it gets better. Sorry. So, the other thing I study is lineage. The way we have epigenetics. The way you are like your mother and your father. And it’s not just their pretty blue eyes. It’s their wandering blue eyes. Right?

So, your dad might have cheated. And so, you have a nature that has lineage in it, right? So, if your mom was quiet, and you’re quiet, right? So, the voice of being quiet when you get upset, you shutdown. Right? Where’d you get that from? You got that. Is that true? And do I teach that part of the narrative in your head that you have to catch, are the traits that you inherited from your parents. I’m sorry, I apologize for being alive.

Yes. We all have our parents’ traits too. Not all of them all of the time. But some of the things that don’t work about us, our behaviors come from our parents.

And so, you could go, “My dad was depressed and drank. I don’t drink but I’m a little sad all of the time.” Right?

And so, that is influencing and can be caught and trailed in your inner dialogue. And yes, it can be changed.

**Inna Topiler:** I love what you’re saying, because when it comes to Hashimoto’s especially, it is something that can run in families. Whether it’s genetic, I mean, no it’s not genetic per say. But obviously there’s certain environmental factors and there’s certain familial factors that are going to affect it. And so, often times people think, and they’ve said to me. I’ve had clients come to me and say, “Well, my mother has it. My grandmother had it. My aunt has it. So, it just makes sense I have it.”
And then, it’s that attitude kind of what you’re saying. You kind of get into that mindset and that’s going to be very beneficial for you.

**Lauren Handel Zander:** Yeah. Humans are a little famous for throwing pity parties for themselves. And then, it entitles you to be disappointed in life. And then, some form of a martyr, right?

And so, many of our attitudes which you’ll catch if you trail your inner dialogue. It’s not going anywhere. So, what are you going to do about it? You going to just be sad about it? Right? Because that certainly creates an atmosphere and an experience.

And doesn’t actually help you be happy given the condition. Right? So, you have to trail your inner dialogue. You have to catch your narrative. And you have to get that you have a choice about that. Because you do.

But most people don’t take over that level of emotional intelligence, because we’re not taught it anywhere. It’s really no one’s fault, right? No one’s having these conversations. No one’s every trailed their inner dialogue and wrote it down. Unless you have.

And you go, “Wow. I have been alive for a really long time and I don’t know what my mind says to me all of the time.” And it’s not just your health. It’s your husband, it’s dating, it’s your career, it’s your relationship to yourself. It’s your relationship to your friends. It’s a relationship to making new friends. Right? It’s your sex life, right? It’s everywhere.

And so, help you God, if you do not love your life, I know where to direct you. It’s in the voice in your head. And you can do something about that. Because that’s your voices. Right? Because that’s your mind.

**Inna Topiler:** And that’s so good to hear. And before we get into what we can do about it. How would someone know if their mindset is actually playing a role in their Hashimoto’s? Are there specific themes or any other type of like more specific dialogue that they may be hearing for that?

**Lauren Handel Zander:** This is an out of the box thing to say. So, you can correct me later. Right? So, I love the concept of the placebo effect. Right? Like why no scientific studies can ultimately work because if a human thinks a pill is working, the pill can work. Even though they got the sugar pill. Right? And that factor – someone else should say this. But I heard that factor could be like swing thirty percent, right?
And so, that is so inspiring. Because that really means that if you believe you’re getting well. There’s a power of belief that really makes a sugar pill cure things. Because you think you’re taking the right pill. And so, I love playing in that thirty percent.

Not that I don’t believe you’re sick at all. I believe you. Right? But I believe there’s a factor to what you think about your well-being. That can change everything. And it doesn’t mean don’t go doctors. It doesn’t mean don’t eat the pills.

But it’s like believe the pills are working is a type of attitude. Believe the diet is working. Like, “Really, it can swing the factor?” So, not only do you know you’re not taking a sugar pill, you’re doing the right thing. But there’s this mindset that if you’re actually thinking, “Nothing works.” I don’t know what that does. And if you think, “It’s working.” Right? Mmm....

Right? We got some stats here to throw the curve in interesting directions that really understands that we have never really tapped into the power of our minds yet. Right? And I love that.

So, I really think that a person’s attitude, if their fighting any disease. Matters beyond belief. And then, if you asked me how many people have I helped in Stage 4, or in serious conditions, get well, right? It’s real. Is it every time? No. But is there a, “Wow. You really helped me get well. I can’t believe I was ever going to get well.” The answer is yes. Right?

**Inna Topiler:** Which is amazing to hear. It really, really is. So, what you’re saying, and I agree with you completely. Mindset does have such a huge component. And what you’re saying, and is also for people to know if mindset is affecting them. Is this inner dialect. So, when they listen to it, if it’s saying them, “You’re never going to get well,” or, “You’re still sick,” or, “You’re still tired,” or, “You’re not getting any better.” Then that’s really what is partly of what’s stopping them.

**Lauren Handel Zander:** All you have to do is check your mood. If you’re exhausted and you want to go hide. You can be laying in your bed and giggling. Right? You can have the flu and have the best time. Right?

Yes, I’m almost 50. I’m 49, I have been sick and very sick. I’ve had three babies; I understand nine months pregnant. Right? I understand having fun no matter what.
And then, does that make life more fun even while I’m a beached whale? Right? The answer is it changes everything. Right? And it makes me have more fun.

For example, when I was nine months pregnant, what I used to do with my husband – trust me. Nine months pregnant means miserable. Right? What? And I did three times, okay.

So, but my husband used to rub my feet and he would read to me. Right? I would lay there and I would be in love with my husband and laughing because he would literally read to me for hours. Right? And it was because it was so fun. We’re not going out. We’re not doing anything. We’re not going to watch TV. And he loves history books and reading, right? So, he would read to me, and it was like if I were miserable and unhappy, me, I’d have Netflix on. Right?

This was like I’m not allowed to be under an eight in happiness, on a scale of one to ten. I’m not ever allowed to under an eight. If I’m under and eight I have to figure out what’s making me sad, and fix it. Right?

So, that has me tap into my inner dialogue, and then I have to shift what I’m doing so I’m having more fun and I’m proud of myself.

Does that all answer this?

**Inna Topiler**: Yes.

**Lauren Handel Zander**: And so, the attitude has so much to do with the condition. And it changes your actions and behaviors. And it has a bit of boop in it. Ba’ da’ boop. Right? It does.

**Inna Topiler**: And it’s great to know that the attitude can change so much. But how do we change that? I think everyone watching is probably asking this question as well.

So, let’s say, someone is listening to their inner dialogue. And, for me, for example, I know one of the things when I was going through a lot of health challenges. Ten years ago, fifteen years ago. I was tired all of the time.

**Lauren Handel Zander**: Right.

**Inna Topiler**: And it was one of those things where I felt like, okay, I want to have fun, I want to go out, but I’m too tired to go out.
Lauren Handel Zander: Yes.

Inna Topiler: I like to work out, but I’m too tired to work out. And then, I felt like I was gaining weight. My skin was really bad. There were all of these other things that were associated with my Hashimoto’s.

So, the dialogue, and I didn’t think of it then, but now kind of going back. I could hear it being like, “Ah, this sucks. I can’t do anything. I want to have fun. But I can’t.” And because I can’t, now I’m depressed. And because I’m depressed, I’m just so sad and I can’t do anything. And is this ever going to get better? What if I don’t get better? That’s like the chicken. What if it is always like this? What if it’s like this forever?

Lauren Handel Zander: Yeah.

Inna Topiler: What am I going to do, right? So, then how do you get out of that?

Lauren Handel Zander: So, one of the first things I really do make a person do when there’s a real condition, and it really requires going to doctors. Like it’s real, right? Though it’s the same thing I would have some one do if they’re 37 years old and not married. And frightened out of their wits. And they haven’t dated anybody in two years. And they’re scared they’re not going to find love or get married. Right?

That feels very real. Okay. And daunting, right? And just like there’s actions for that person to take. There are actions for the person who’s not well, like to figure out the right doctor and find the right everything. Nutrition. Everything.

Once you know you’re taking the right actions and you’re proud of the actions you’re taking. So, that is not always being done. Right? If they put you on a diet, stay on the diet?

If they put are you getting an A at the actions.

So, now I’m going to assume you’re getting an A at the actions. Okay. Because a lot of times a bad attitude, lets you get a C, a C+. But yesterday was an A, but then you know the weekend.

Inna Topiler: We’ll circle back to that because I definitely want to ask you a few questions about that. But let’s assume for now assume for now.
Lauren Handel Zander: The person is getting a A. Okay. So, person’s getting an A on actions. This is one of my favorite woo woo practices. Okay. It really is woo woo. It is not mine. It’s been around for centuries. Right? And it really is manifesting. Right?

And what do I mean by manifesting? What I mean by manifesting is according to my favorite teacher, who is a man named Neville Goddard. He really does think that your inner dialogue creates reality. But he goes, “It can cause reality in the most ultimate way.” And you’re not allowed to engage in images, or thoughts that are against your vision of what you most want.

So, he would tell you if you’re sick, that you totally, like three times a day, ten minutes a day. If you need help instigating thinking about it, but literally, lay down, close your eyes, don’t go to sleep, and imagine yourself running around at the beach.

Easy. Until you literally can feel the cells in your body giggling at the beach, right? All through your imagination. It’s like the idea that you can smell a rose if you imagine smelling a rose. I know the rose isn’t there. But you can smell a rose and you feel the petals. And you can do that. We can use our imagination all the way to feeling the romance, who gave it to you. Right?

So, I would have people visualize. Create their visualizations. And have to get a ten, from one to ten, have to get a ten out of ten that they believed it, felt it, saw it, and knew it to be true. And ready, this is the hard part. You have to believe that because you’re visualizing that and putting it in your cells. It’s coming. Not today. But coming. You believe that that itself is healing your body. And bringing the man, the job, the health, right?

And so, you’re healing yourself by using your imagination. Your imagination according to him is God. God is not outside of you. It’s not like, “Oh, poor me, and pray.” That some God dawns goodness on me. But it really is you are made in the image of God. You have that ability. And so, your ability to use your imagination that you’re healing yourself is your birthright.

And you’re either doing that and believing or you’re sucking at it. Right now. But no matter if you tap into that inner dialogue, and you start to go, “Are my fears coming toward me?” “Are the negative inner dialogues I’m having always projecting and giving me experiences?”
You’ll find out that if you even remove the woo woo and the God, you’ll find out that your experiences are creating premonitions and that that is causing trouble.

Inna Topiler: It’s almost a negative manifesting in a way. Is that what you mean?

Lauren Handel Zander: Am I allowed to curse? You have to tell me.

Inna Topiler: No.

Lauren Handel Zander: Okay. Can I say the f’word?

Inna Topiler: No.


Inna Topiler: Gotcha.

Lauren Handel Zander: You’re either manifesting or mani_____.

Inna Topiler: Got it. Perfect. I think everyone will like that. And it’s something. I think it’s just so interesting what you’re saying. Because the manifesting thing is something that I think a lot of us may be familiar with to some extent. And I think we can understand that it’s not just thinking about it. It’s not just watching the secret all of the time, right? But it’s about putting yourself in that space. So, you imagine it, but you also feel it. You see it, you smell it. Like you said. You use all of your senses.

But what we don’t think about is the negative that when our inner dialogue is going, “Okay, you’re too fat, you’re this, you’re that,” or whatever it is. You’re not the way that you should be.

Not only are we hearing that, but we’re probably feeling that in itself too, right? We probably don’t realize. And so, you’re kind of manifesting or mani______. Right?

Lauren Handel Zander: So, if you go back to the concept weather report. And you go, “I don’t know if I’ll ever feel good again.” Right? So, then if you can push yourself to go for a walk. Like you really could. You’re not going to die.
You’re not going to sleep. I didn’t say, “Hurry.” Right? But you could go for a walk for ten minutes. And then, go back and lay down, right?

Your negative inner dialogue is like, “Nothing matters. You’re never turning out. This sucks.” Right? So, then it doesn’t have you push yourself in the right direction either. So, your negative inner dialogue, so that chic, that 37-year-old who hasn’t been able to find love doesn’t notice she’s not on the dating sites. Doesn’t notice she’s not going out. When she really could go out and meet people.

And she doesn’t notice it. She’s just lethargic, miserable, and throwing herself a pity party that she blew it. And if she only married that guy, she wasn’t really in love with in college. Right?

So, the negative inner dialogue if you start to trail it and write it down. You’ll find that it’s projecting not just your experience of yourself, but the actions you’re going to take.

And so, if you start to imagine things getting better, and images of what you most want. I swear it will change your actions and you’ll be able to hear your chicken or your brat yammering at you. To try to get you to hide and stay way. Like feel sad for yourself and predict misery. Because then you don’t also get your feelings hurt.

Because if you hope it’s all going to get better, right? Then you can be even more disappointed. Right? So, the inner dialogue is always protecting us. But really, it’s okay with being miserable and getting potato chips, right? And then, watching Netflix. Having potato chips and being miserable. And blaming whatever is true or not true in the moment.

Inna Topiler: Now, if someone hears their inner dialogue, and on the spot they’re like, “Ha, I got you.” And they heard it. Do you suggest that they go into that sort of manifesting visualization right in that moment or is there anything else they could do in the moment when it happens?

Lauren Handel Zander: So, here’s what I love. Right? And I’m a stickler, right? I developed my method at MIT, right? Like engineering. Right? So, I love a good process. First, I have a person trail their negative inner dialogue. And really catch them in the areas you’re unhappy.
So, if it’s your marriage, and your body, or your health. Don’t trail everything. Trail the ones that matter to you that you’re looking to make changes in your life and get happier.

Okay, so now imagine you did this for two to three weeks, and you really did it. Okay? And then you print it out. You’re looking at all of your little puppies, right? Like, “Uh, oh.” And I have a nickname for those puppies. It’s called your lower-self.

**Inna Topiler:** Okay.

**Lauren Handel Zander:** Okay? And now we need our higher-self to step on in, and get to work. So, what does the higher-self do? It takes what I’m now calling your lower-self, the narrative, the negative inner dialogue. And it’s going to do a talk back, right? It’s literally what you would say to your best friend, right? Or your kid. Or someone who you want to help not feel miserable. Right? So, the voice says, “What if I never find the right protocol?” And then, the negative inner dialogue says, “Shut up. You’re finding it. You even feel better now. You’ve only been to six doctors.” There’s six million, right?

So, you’re going to find your cure, because you’re a badass and you never will stop until you do. Trust yourself. And go look up two more, and go to the next two appointments. Right? And eat the diet that the last person said, right? Watch this podcast. Right?

So, there’s so many actions that you could be taking. But that negative inner dialogue is an instigator for your own talk back. Right? And so, then your higher-self tells you what you want to think. Right? So, you hear that negative thought, and you go, “What do I really want to say that negative thought when it comes up?”

So, what’s the bouncer doing for a living? It’s yelling at the negative inner dialogue, “Shut-up!” Right? And then saying, “This is what I really think.” So, it starts to make a very big capital I. Like higher-self.

**Inna Topiler:** Great. And you also, sometimes mentioned that you can laugh at it. What’s the benefit of that?

**Lauren Handel Zander:** Okay. Well, most people hate sending me their negative inner dialogue, because they cannot believe how disgusting it is. And
I always use this example so people appreciate that I am the grossest of the gross. So, maybe you can feel better about yourself. Right?

If I can tell you my inner dialogue, you can tell me yours. Okay. Because I’m awful in there, right?

Nasty. Sarcastic. So, I was walking down the street in my very early 20’s, and I figured out, only because I had this weird moment where I heard what I said for the first time. Like boom!

And it was disgusting. A mother and child were walking down the street. They were really kind of short. Very cute. But I said, “Baha. Look at that woman’s dress.” I literally style people and judge people as I walk down the street. And I am nasty. I am mean, girl.

And I am not that person. I love people. I’m nicer to a duck in my mind than I am to humans. Right? “Oh, that ducky is so cute.” Right? But the human walking by, I’m going to mean to. And I thought for this moment as I heard myself say that about, and feel this level of kind like, “Ha, he, ha.” And arrogance. I was like, “Ahhhh. That’s mean.” Ewww. And I swore off of styling people.

Like eww, I do that. That’s disgusting. Never again. That’s violent. And I went home, I told everybody.

So, one I told on myself. Like I discovered this disgusting thing about myself. First of all, do you do this? Guess what? Nobody else is doing this, right? I’m alone. Right? Some people are, but I really am. And so, I made a promise to myself. Which is the kicker. So, I heard myself. I had a higher-self moment. Where I go, “Shut up!” I felt embarrassed first. And then, I could laugh at how funny and gross that was.

And then, guess what? It’s my mother’s trait, right? That inner dialogue is connected to my mother’s trait, right? She looks gorgeous. She does. She cares so much. Right?

But it landed on me like criticizing everybody about how they look. Whatever. I’m not saying that’s right, wrong. I just don’t want to do it. I don’t want to hear it.
And so, making fun of it. And making fun of myself and telling on myself, and having a sense of humor about what it is to be human. Is how to counteract that.

So, that thought that arises is not what I think. It’s a thought that arises. Just like I am not my blinker. And I blink. I am not my thoughts. I have them, but I need to know them, so that I can use them for my own good. And if you don’t have a sense of humor about dark thoughts, and then you feel bad about yourself. You will miss the whole point.

**Inna Topiler:** Okay. So, you can talk back to yourself in a positive way of what you really want to think. Or you can just laugh at it. And it sounds like both are just as beneficial, right?

**Lauren Handel Zander:** No. I want you to laugh, like shock. Laugh, talk back.

**Inna Topiler:** Okay.

**Lauren Handel Zander:** And tell on yourself. Don’t do this as a pure inside job. Because getting validation from another person making fun of yourself, and going, “What do you talk about in your head that you’re embarrassed to say?” Right? Like, “Are you mean?” All you have to do is check with women. No matter how good you look. How do you talk to yourself in the mirror? Right? Do you find the one vein on the back of your leg? Right? Really? Have you ever been nice to yourself? Right?

Really?

**Inna Topiler:** Most people are not.

**Lauren Handel Zander:** Right. And so, I swear to God, I have a practice of looking in the mirror and loving my face. Not looking for what’s wrong with it. But I’m not allowed to talk mean to myself, ever. Ever. Ever.

And I actually think it’s helping me stay younger. And like, “I love you skin. Hi, babies.” Right?

You know there was that scientific experiment of if you yell at water and freeze it. And if you’re nice to it, it freezes beautifully.

And so, I’ve always used that concept. Oh, if I’m nice to myself, and love myself, and talk nice, not mean, it probably really makes me feel that way,
look that way, act that way. I’m going with good. And I’m going to hear bad. So, I can then go, “Screw you.” Cute, nasty voice.

What do I really want to say to myself in the mirror?

**Inna Topiler:** Yeah. No. That’s great. Yeah. There’s that resident in energy, right, of the good. And then, it’s a resident in energy of the bad. We don’t want that. So, I’m with you.

**Lauren Handel Zander:** And that’s the main reason we don’t want to hear ourselves, right? Because if you actually took notes on what you’re saying to yourself, you’d be arrested.

**Inna Topiler:** Yeah.

**Lauren Handel Zander:** For sure. And your husband, everyone would leave, including your children, right? But it’s not true. And you fundamentally know that. But if you don’t get to work inside of there, you’re experience of being alive will not be that you curated your existence. But it will be that you were always at the effect of it. And always hiding it.

**Inna Topiler:** Right. And it’s a way to really make sure that you are the driver of your own life. Because you’re hearing it. Otherwise, it’s the doctor’s in charge. Or I ate this food. Or whatever the environment. The mercury I’m exposed to. And yes, those things all matter. But you’re still the driver of your own life and that’s how you get into that driver’s seat. So, that’s awesome.

Lauren, I want to circle back to what you were saying earlier about getting an A, and what you’re supposed to do versus getting a C.

So, with that there’s a few things when it comes to Hashimoto’s that most people tend to get benefit from. One of them for example, is eating a gluten-free diet. And surely, I’m not saying everyone should be gluten free. But there’s a lot of research.

**Lauren Handel Zander:** Why not? You’re lying.

**Inna Topiler:** Okay. Maybe I’m lying a little bit.

**Lauren Handel Zander:** I think everyone should stick to fruit, vegetables, whatever protein they feel comfortable with it. And olive oil. Right? And
legumes, right? If it didn’t grow, don’t eat it. Right? If it has three ingredients or less.

**Inna Topiler:** We want to obviously stick to natural foods. And everyone is different. So, we are all going to have our individual things that we need.

**Lauren Handel Zander:** You’re much nicer than me. I’m not that nice. My clients have to like drop all of that.

**Inna Topiler:** There’s different metabolic types. Everyone is different. And what I’m saying is gluten-free is something that most Hashimoto’s patients have to abide by because we know that gluten can attack the thyroid if your body doesn’t like it. And there’s usually some type of a connection there.

And for some people they’re very open to it. And they see the benefit and they do it.

The other people will do it, and then they will say, “But I really want my cookie.” Or, “My pizza.” Or, “My bread.” And even if they feel better with it, they tend to just slip back and often hear people say, “Oh, look, I fell off the wagon. I was doing so well, and I fell off. And now, I’m ruined and I have to start over.”

And then, they feel bad about, then they say, “Oh, I’m just terrible. I’m such a bad person,” or, “I’m going to start again tomorrow.” And then, “I’ll start again next week.”

So, you have this concept that you call personal integrity. Which I think is amazing to help fix all of this. Tell us more about that.

**Lauren Handel Zander:** Okay. So, personal integrity is that your thoughts, how you feel, and your actions are all aligned. You’re literally doing what you know to be right for you. Right?

And when you’re keeping promises to yourself, right? Then you’re being true to yourself. Like there’s no way to break a promise to yourself and be true to yourself. Right?

Which then kicks in all the guilt, and all of the drama, and all the saga, right? But if you’re keeping a promise to yourself, you feel great about yourself. Or then you can really just adjust your attitude, right? Because you’re being great. And what’s the voice yammering about?
So, I teach personal integrity. And what personal integrity also inherently means is these interesting phenomena that people can keep promises to others. But they suck at keeping promises to themselves.

**Inna Topiler:** So true.

**Lauren Handel Zander:** And you’ll always go for feeling bad and guilting yourself and wishing you were different. Like a weather report about poor me, right? What’s wrong with me? Feel bad about myself. As if that keeps you a good person. As if feeling bad and hurting yourself and being mad at yourself helps.

So, the way I short-change all of that crap that human dynamic that comes with all of us. That we’re all inclined to do when we don’t want keep a promise to ourselves. Because we’re brats.

Anyone who needs the bread basket when they are not allowed to eat gluten sounds like my ten-year-old. I promise. “I want it.” Right? I’m sorry. I’m sorry. I know you don’t go. That’s immature. “I need it for the quality of life.” Right? I’m like, “Yeah.” That’s just a fancy way to say, “I want what I want when I want it.”

Right. I know you don’t know it’s a brat. “It’s the quality of my life.” Right? It’s not true. It’s an inner dialogue that doesn’t develop itself to love a salad, right? Loving what you can eat is something you’re utterly capable of learning. Like being in love. You can’t get me to eat that stuff. Right? It’s been 20 years now. And I don’t want it. You can’t.

There’s a rule in my house that if my kids or my husband want me to taste something, I have to. And that’s usually in the carb category. Because I won’t eat it.

So, personal integrity is being able to keep a promise to yourself and then learning how to manage your inner dialogue so you can hear the brat, or the chicken, or your weather report. Lying to you to get the cookie, or to get the piece of bread.

And for you to start to understand the reason you don’t want to hear that inner dialogue is that inner dialogue gets you your vices. And that inner dialogue is dark and it’s your lower-self. And really doesn’t care about your health. It cares about instant gratification.
Inna Topiler: So, how would someone go about doing that? So, they would make a promise. So, let’s just say someone is trying to be gluten-free but having a hard time. So, they would make a promise that they are not going to eat gluten for let’s say three months.

Lauren Handel Zander: Fabulous.

Inna Topiler: Okay. Then what do they do?

Lauren Handel Zander: Okay. So, here’s what I do, right? So, I make a promise. And a promise that I know will be hard to keep. So, for example, I was working with Emily Fletcher on meditation. And I wanted to meditate twice a day. And Lord knows that sounds annoying to me. And a lot.

So, I set up a promise. Because I knew my higher-self would really like it. And my lower-self didn’t want to give up the time. Right? But it wasn’t that I didn’t have the time. So, I was doing it, right?


Yeah, baby. And if everyone knows that; you understand I did not miss one morning meditation. Right? Not one in six weeks. Not one. Not even and option.

Right? Because it was brilliant. Right? If I didn’t get my coffee, I’d be miserable. So, I’d put in a consequence. Would I die if I didn’t get a cup of coffee, guys? No. A consequence is not a punishment. It’s a ding, right? It’s something that if you took that away from you, you won’t let yourself take that away from you.

And then, here’s how I did the later in the day one; I didn’t get any fun screen time until I meditated. Guess what? I only missed it once. Once in six weeks. Because I was out late that night. Right? I was out. I was working all day.

And then, what you’ll discover is that your proud of yourself. I’m so proud of myself that I was doing my meditation twice a day. I got to have the whole experience of it. And I kept my promise. It was public and I put in a consequence that I knew if I didn’t drink my coffee, and I didn’t meditate and it also pays the bill, right?
If you’re late on your taxes they give you a bill. And if you pay it, it’s not like your going to jail, right? It’s like, “I got a bill.”

And also, it takes out the guilt and feeling bad.

So, let’s say you make a gluten-free promise. And you go, “If I eat gluten today, I don’t get any screen time for 24 hours. Except for only work.”

How many days are you blowing your gluten promise? How many? Right? You’re like, “Eww, I’ll be reading books. By candlelight again.” Right?

So, you want take away something that will not hurt you, right?

So, I believe in putting in consequences that are good for you, but ding you and you’ll keep your promise. And you make it public with a buddy. So, another good example. You guys laugh at me, right?

Ready? I’d have to play Monopoly a whole game of Monopoly with my one child who likes to still play. Right? If I don’t keep that promise.

Do you understand? That sounds like a nightmare to me. And I have to be fun, right?

So, it’s very easy to do something good that feels like a nightmare, right? But it’s really good for you. And guess who will be keeping their gluten-free promise? You. It’s guaranteed.

**Inna Topiler:** No. That’s perfect. And I’ve done that with certain things that I’ve set out to do. And my consequence, kind of similar to what you were saying, was good. My consequence was running on the treadmill. So, I didn’t want to do it, but so good for me.

**Lauren Handel Zander:** It’s like that. I also like in a marriage, sexual favors. Right? You can never go wrong, right? That’s always good for the marriage. Right? And then, you’re like what do you mean? Right? A massage, right? Anything. Anything, like I’ll reorganize my closet. Oh, you’ll be keeping that promise. Right?

And then, I always get the question about like, “Why not give me a reward?” “Why put in a ding?”
Inna Topiler: That’s a really good point. I didn’t even think about that. That’s a good point.

Lauren Handel Zander: Yes.

Inna Topiler: Why not?

Lauren Handel Zander: Ready? Because you’ve been used to living without it all of your life. You’re not used to it and we’ve been living without it. It’s the vices that we love. That if you even touch our goodies. Things we’re used to getting, right? Then we get pretty nasty and protective, and then we’ll keep our promise.

And then, it really gets you to test, do you really want to be gluten-free and do this, right? Because then you find out that you’re full of it. And you’re not trying to keep that promise. So, this test really works if you’re committed to your higher-self. And the right actions getting an A.

Inna Topiler: You also talk about in addition to inner dialogue, there’s another epidemic that you call lying. That impacts not only our health, but our relationship with ourselves in general. So, is that true? Tell me about that.

Lauren Handel Zander: Well, a science even backs me on this. So, I’ve been reading up on it. Every human, hi, yeah, you. Eleven lies a day. And so, and I’ve been studying how lying has us not be true to ourselves, right?

And in my book, I have the seven different ways a human lies. Right? Seven. Right?

And what happens when you’re lying, is you’re hiding. Like, I can’t tell the truth. I can’t tell you what I think. I can’t reveal that to you. I’m embarrassed about that. I can’t tell you what I really did. Right? Versus just lying directly. There are so many different ways we lie.

And then what happens then is we hide our true selves. We don’t deal with the truth. And then we pretend it’s not true. Right? We’re lying. Right? It’s awesome. Right?

So, what else would you like to know about that? And I make people write lie lists.
Inna Topiler: Yeah. So, with lying, one of the things that I find a lot. People will come and say, “Oh, but I only had two cups of coffee day.” And I’m like, “Okay.” And then, we got to talking. And it’s like, “Oh, well what do you do in the afternoon at 2:00? And then, what do you do at 3:00? What do you at 4:00?”

And then it turns out it’s four cups of coffee. So, there’s a lot of those lies about what we do with our health. So, is that something that you would recommend people would write down and kind of see if it’s actually true?

Lauren Handel Zander: So, lying is pretending it’s better than it is. Like you’re not going to tell how many drinks you’ve had. Right? You’re not like, “Oh, you know. We were drinking a bottle of wine. It’s a special night.” Right? Every night’s a special night. So, people are not facing what they’re doing that’s hurting them.

So, assume that there are things that you are lying to yourself about. And hurting yourself with that leave you very unhappy with yourself. For real. And you’re not proud of it. You would tell your kid to do it too.

Inna Topiler: And what if you are lying for someone else’s sort of benefit. For example, and this may not be as health related, but it happens a lot. You may not tell someone something, because you feel like well maybe their too fragile to understand. Or maybe they’ll get upset and it’s better that they not even know.

Lauren Handel Zander: So, I do a lot of explaining. So, for the thirty second explanation. Know that this is a lot more complicated, and really important to deal with.

So, when you listen to your inner dialogue it tells you to be a chicken, right? And it has a weather report. So, she can’t handle the truth. And she’s too fragile, right? What it really gets you away with is thinking those two things about that other person. And then, you’re arrogant. You think you’re better than them. They can’t handle your truth. And then, you’re now lying. How much more do you want to hang out with that person? Right?

You’re like, “I don’t know why I don’t like my best friend anymore.” And then, the right answer is what are you lying to her about? What aren’t you saying? Right? If you’re not having fun with someone and feel connected and intimate, including with yourself. Like do you love yourself? Right? You can bet. I mean that every time that at the bottom of that pile is a lie.
A lie that you’re not addressing something in your life. You’re not facing something. You’re not saying something. And you’re letting yourself get away with it. And that’s a lie too. Because if I asked you if you want to deal with your life, do you need to deal with your life so you can be happy? Do you want to be happy? You go, “Yes.”

The minute you say, yes, I do, then you’re lying because you’re not facing that thing. I can catch any person in their lies.

**Inna Topiler:** Yeah. I know lying is definitely a big thing. And I think that it’s very interesting for all of us to really make that list and kind of look throughout the day. And from what you’re saying, eleven lies a day. That’s a lot. So, it’s very interesting.

**Lauren Handel Zander:** Yeah. And lying, the other thing I would say about it is if you’ve had children.

Lying starts when they figure out language. Right? I remember the first time I walked in on Daisy with cookie on her face. Children do not understand they leave incriminating evidence. Right? And I’m like, “Daisy, did you have cookie?” And I knew it, right? She wasn’t supposed to have a cookie, where’d she even get that cookie? I guess she knows how to climb now. Right? Better put cookies higher, right?

So, look her in face, and she’s like, “No.” And I don’t shame her, right? I’m like, “Come with me, cookie.” Right? And I show her the mirror. And I’m like, “Would you like to try that answer again honey?” And she’s like, “I had a cookie.”

And then, she instantly wants to go and, “I didn’t think it was going to be bad.” Right? She’s going to come up with an excuse. Like she’s going to BS me right now.

And you go, but I’m a 50-year-old, I’m a 35-year-old. Yeah. You’re still doing that exact same thing, kitten. Unless, you’re not lying and you’re not eating those cookies, you are making stuff up that’s getting you the cookie. Unless you are in love with your body and you’ve earned your cookie.

Sorry, humans.

**Inna Topiler:** No. Makes a lot of sense we just have to pay attention. Lauren,
as we wrap up here, can give everyone watching your best three pieces of advice for those that are dealing with Hashimoto’s from your perspective?

**Lauren Handel Zander:** First, figure out what you’re going to do get an A. Okay. Because what I’m about to tell you will not really work unless you’re proud of the actions that you’re taking.

Listen to everything that you’re hearing here, and follow those instructions.

So, now I’m going to assume you’re getting an A. And then comes my part of the work. Okay?

Okay, good. You’re getting an A, then I want you to, while you’re getting an A, trail your inner dialogue for two weeks. Put on an alarm. Set it three times a day, when you’re eating, go into the bathroom, right? Bring your little phone and catch negative inner dialogue about your body, about your health, and about your husband, right?

So, throw in a kicker, right? And catch it. And then, do the next assignment that I said. Which is do a talk back. And don’t do this alone. Have your best friend with you. Have your nutritionist with you. Really confront this step and figure out what you really should be saying back to that negative inner dialogue.

And watch yourself radically change.

And the only other thing I would put in is I would do the once to twice a day, truly do the lay down and visualize. And put happiness in yourselves. Put healing in yourself. Actually, believe you can heal yourself with your mind. And wait until you are at a ten that you believed that you saw yourself running around at the beach in three months. So, you’re not feeling bad that it didn’t happen tomorrow.

And then, still get an A and do all of this. I swear it will make a radical difference.

**Inna Topiler:** That’s great advice. That’s awesome, Lauren. Now for those that want to connect with you. How can they contact you and work with you?

**Lauren Handel Zander:** Oh, my. So, first of all I have a company of coaches. So, you don’t need to find me, I’m a little extra expensive. Right? And I have a lot of products that really make what I do much more affordable. But if you
want a fancy coach, or you want me. We have a free consultation with a coach. And we’re very money sensitive. What are you looking for? What do you need? And you can have a consultation, and find out everything we have available. I have a book, Maybe It’s You. You can get the book on Amazon. Or go to Barns n Noble. Or on Audible. It’s everywhere, right?

And we’re at The Handel Group. Which handelgroup.com. And I’m Lauren Zander.

Inna Topiler: And you have a course, an online course too which is coming out. Which is great.

Lauren Handel Zander: That is probably what I am most proud of right now. It’s my second time I’m doing my online course. I did the whole first time. It was loved and wonderful. I’m retiring that one. Because I made it way more fun, way smarter. Took all of the notes from the first course, anyone who bought the first course gets the next upgrade anyway.

And then, it’s profound and it’s digital, and you can get a buddy. So, you can get an accountability buddy. And you can go through the whole course and it’s all online. And you can listen and it’s funny. Yes. Inner you. Yeah.

And that’s launching in April, and I swear, you know, it’s going to be there forever.

Inna Topiler: Well, that’s great Lauren. Thank you so much for being here and for all of this information. It’s going to be so helpful for so many people watching. It’s just looking at it from a different perspective. But it is so beneficial, and I think that people are really going to love this.

Thank you so much for all of this.

Lauren Handel Zander: And I think you’re doing an incredible job getting your message out to everyone who needs you. And there are millions of people.

Inna Topiler: Thank you so much.