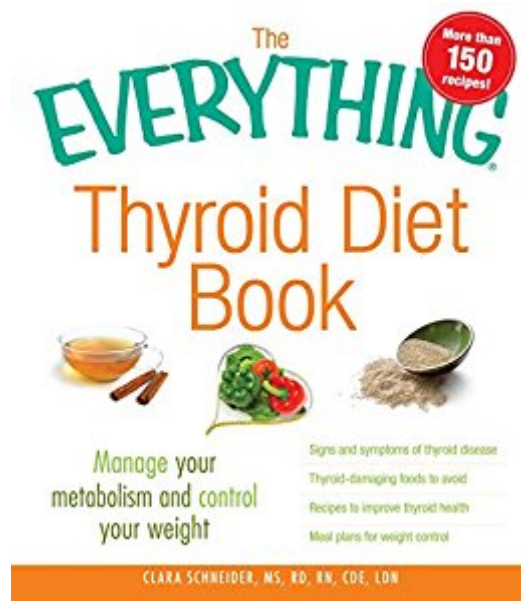




The book was found

The Everything Thyroid Diet Book: Manage Your Metabolism And Control Your Weight (Everything®)



Synopsis

Thyroid problems, affecting an estimated 25 million people, can wreak havoc on your metabolism and overall health. With this diet book, you will find more than 100 recipes that are specifically designed to help you manage your condition and weight. This guide includes: An overview of how metabolism affects your body Foods to eat frequently . . . and foods to avoid at all costs 100-plus recipes to aid specific thyroid problems--and help you stay healthy Lifestyle changes and techniques that complement the recipes With recipes so good it's a wonder they're healthy, this is the ultimate resource to learn how to eat right and successfully manage your thyroid condition!

Book Information

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Customer Reviews

This is really only helpful if you are hypo. I was hyper at the time I ordered it so they foods didn't apply to me as much.

This was well done. The author was an R.D. who had had both hypo and hyper thyroid issues. She gave practical advice in a way that was easy to understand. It was a great help.

I purchased this book because after 12 years of being diagnosed with hypothyroidism, I learned there are certain foods to avoid for the thyroid to function properly. I passed the book on to my sister who also has hypothyroidism. It is a good read and it also has a lot of good recipes.

not only a cookbook... but also answers alot of those questions about thyroidism and keys to working with it!!!

The recipes are good, nutritious, and easy to make. My wife has a Thyroid issue, and she is very pleased with her road to a recovery, less drugs, and frankly, just feeling better. S Brittle

I did not find this book useful at all. I felt like it was really outdated.

My underactive thyroid is back to normal. When I found out a friend has Hashimoto's, I bought a 2nd copy for her.

Awesome

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Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)
The Thyroid Diet Revolution: Manage Your Master Gland of Metabolism for Lasting Weight Loss
DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes
To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss
Book 1) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems &
Hypothyroidism Revealed! PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30
Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet,
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