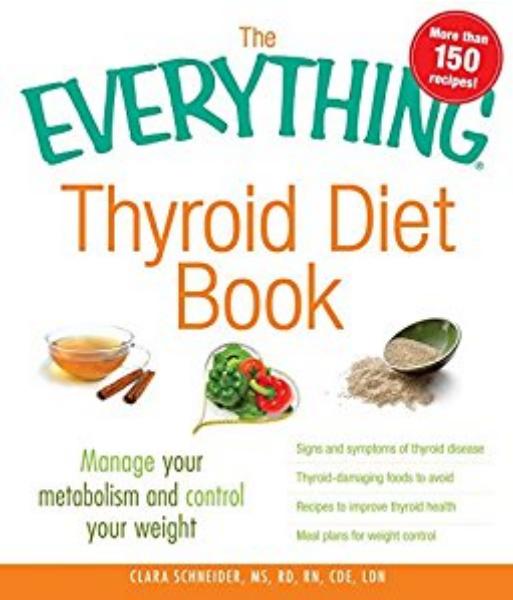


The book was found

# 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 the 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 a lot 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 I felt like it was really outdated.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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Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dietfing, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! The Everything Thyroid Diet Book: Manage Your Metabolism and Control Your Weight (Everything®) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days

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