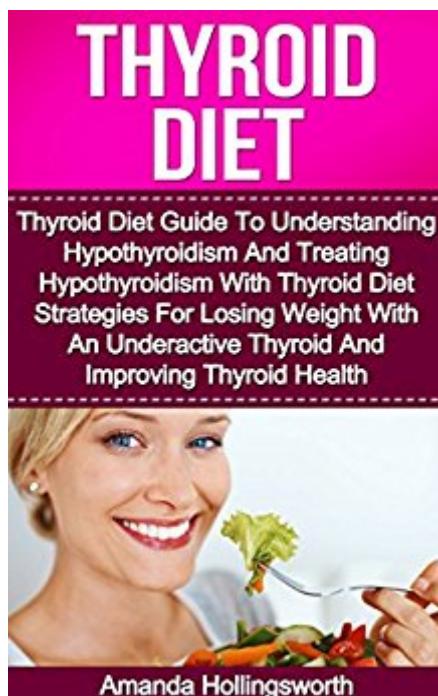


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# Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid)



## Synopsis

Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive Thyroid And Improving Thyroid HealthGet this bestselling book today!Hypothyroidism affects millions of people and is especially prevalent among women. In this book you will discover not only the causes of hypothyroidism but also how to treat hypothyroidism and once and for all get your weight back under control. The under active thyroid of hypothyroidism is a silent epidemic. People may experience its various symptoms but unfortunately the conventional medical treatment currently available fails to address the issue properly. This book aims to teach and enlighten those with hypothyroidism and their love ones that they can achieve good health and survive this condition with the help of the right foods, proper diet and a positive attitude. To effectively manage and cure thyroid disease, one must get to the real source of imbalance and thatâ™s what this book offers. I wish you all the success in the world as you embark on the road to greater health and fitness by understanding and treating hypothyroidism. You can win the battle with hypothyroidism and this book will help you do it!Here Is A Preview Of What You'll Learn...What Make The Thyroid Gland Tick?How Diet Affects the ThyroidThe Right Foods for the ThyroidFoods to be Cautious of with Thyroid DiseaseFoods to Avoid with Thyroid DiseaseHarmful Plant Substances for Those with Thyroid ConditionsHow Flavonoids Affect the Thyroid The Importance of IodineLosing Weight with HypothyroidismAnd So Much More!Download your copy today!Take action today and download this book now!Tags: thyroid diet, thyroid, hypothyroidism, hypothyroidism diet, underactive thyroid, thyroid health, thyroid disease, thyroid books, hypothyroidism diet guide, hypothyroidism health, hypothyroidism solution, thyroid diet, thyroid, hypothyroidism, hypothyroidism diet, underactive thyroid, thyroid health, thyroid disease,

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Thyroid Conditions

## Customer Reviews

Thyroid Diet Guide by Amanda Hollingsworth sets the record straight and takes all the guesswork out of dealing with a health problem that is being underdiagnosed. But thanks to this small yet powerful book you can take your Thyroid health back and start living again. I've long suspected (but never knew) that certain foods were bad for the thyroid and I never knew that protein was a must for good thyroid health. Quote from the book: *Implementing dietary changes is the first line of defense in addressing hypothyroidism. Those who have hypothyroidism usually experience brain fog and extreme fatigue. Hence, they tend to reach for the foods they should avoid such as caffeine and sugary items. Avoid the dietary bungee cord - one should lessen or totally eliminate sugar, caffeine and foods that contain refined carbohydrates. Go for grain-based carbohydrates and eat non-starchy veggies. Avoid soda and other beverages that contain caffeine.* And boost your protein. I'm a coffeeholic and always have been. Despite what they tell you there can never be too many Starbucks! So that last part really got me avoid caffeine! Are you kidding me? My thinking has always been: no caffeine no move. But after reading Thyroid Diet I'm thinking that a poor functioning thyroid may have been my get up and go problem all along. It's gonna take some time to get caffeine completely out of my diet and I may never be completely successful, but I'm going to try to cut back and see if my giddyup returns. I really appreciate the straightforwardness of Hollingsworth's book even when my sweet tooth reared its ugly head and told me not to listen or heed the advice given. Thanks for being honest, Amanda!

Thyroid Diet is what exactly I need. Currently, I am not eating enough to keep my thyroid healthy.

My mom used to cook fish for us every day and told us how important it is to thyroid health. But where I live is not as easy to get fresh fish at all. Glad I have read this book. It explained why I am having those health issues now. And how I can improve it. Honestly, reading from Amanda is much better than spending money to talk to my doctor, who would never tell me what I can do to improve my health naturally, but forcing me to go on long time medication. A Big Thank to Amanda delivered such informative book. It really helps.

A very informative and well-researched book about how to efficiently manage hypothyroidism through balance and a healthy diet. The author explains the disorder of hypothyroidism, its causes, symptoms and who is at risk of this condition. She then discusses which foods are beneficial for an underactive thyroid or hypothyroidism. A well balanced diet is necessary to bolster the thyroids functionality. The author also explains which vitamins and minerals are also necessary and which foods to avoid. This book contains a wealth of information about how to effectively and naturally manage your thyroid condition and about how the foods you eat affect your thyroid.

Thyroid Diet is a wonderful read and is full of smart strategies for losing weight and improving thyroid health. This is all a bit new and with all the information I have regarding my current issues, I really wanted a bit more info on nutrition and diet requirements that will truly help me lose weight but remain healthy and maintain a balanced routine. A great look at a bunch of foods, and I really liked the discussions and recommendations regarding vitamins, and not just with how they help and work, but what are some of the natural ways you can incorporate them into your meals. There's also a nice section on what to avoid and my favorite is the extensive chapter on how diet affects the thyroid and the really large overview on a lot of common foods and drinks. A great book for anyone with thyroid issues they're working on.

A couple of years ago I was diagnosed as diabetic. With that diagnosis I had regular blood tests done every 3 months. At each check my thyroid function was also checked. I have always thought I had some kind of hypothyroidism going on, but after reading this extremely well written book I now know I do not. Amanda Hollingsworth is a great author and by reading her books you can tell that she is thorough in her research. Easy to follow this book details what you should and should not ingest to keep your thyroid in working order.

My friend has been battling this condition for a bit now, so I decide to get read up on it. The thyroid

is connected to so many processes in the body, especially weight control, which is what my friend has mainly struggled with. This gave me a great overview of what Hypothyroidism is and how to treat it with dieting. Though she still needed to consult with her doctor, me and my friend started making recipes and meals with the thyroid friendly foods that Amanda Hollingsworth laid out. She goes over what to look out for, and what to include more of in your diet. My friend has already started feeling more energized, and even looks like she lost some weight! Really great book.

I have been living with hypothyroidism for about 10years or more and have read many books on the subject but never one as informative as this one. I have to say that I have read quite a few of Ms. Hollingsworth's books now and every one has amazing tips and suggestions that have all been very well researched. She doesn't come across as all scientisty either which makes for a much nicer read. There is some outstanding stuff in this book and I would highly recommend it to anyone trying to manage their hypothyroidism beyond the meds.

This book had lots of great info about what to eat if you have thyroid issues.

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