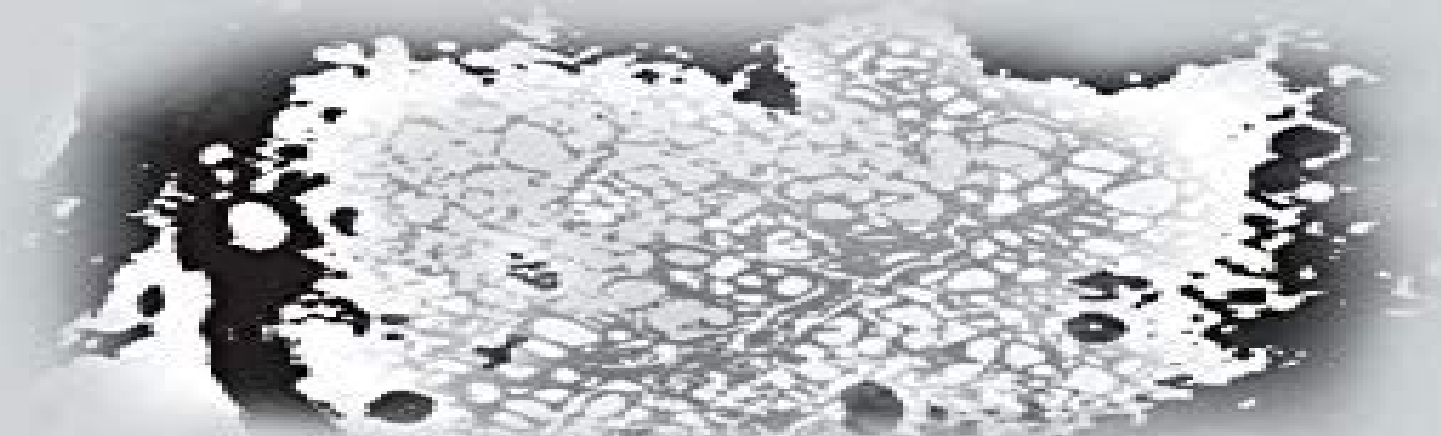


How I Reversed My Hashimoto's Thyroiditis Hypothyroidism



"Robert Dirgo's book proves again that by applying the principles of nature and sheer determination we can overcome disease. Congratulations on an easy-to-read accounting of your treatment and recovery. Stay well."

—Lorna Vanderhaeghe, January, 2001, coauthor of *The Immune System Cure*

COMPILED BY ROBERT T. DIRGO AND EDITED BY MARY DIRGO

How I Reversed My Hashimotos Thyroiditis Hypothyroidismhow I Reversed My Hashpaperback

Thomas Griffiths



How I Reversed My Hashimotos Thyroiditis Hypothyroidismhow I Reversed My Hashpaperback:

How I Reversed My Hashimoto's Thyroiditis Hypothyroidism Robert T. Dirgo, 2001-02-07 This is the first book of its kind in which the author details the specific step by step approach he took to reduce his Hashimoto s Thyroiditis Hypothyroidism This is an impelling story that will inform and inspire the reader This is a must read for any sufferer of Hypothyroidism or autoimmune related disorders who is open to alternative treatments The book will keep the reader engrossed anticipating the next turn in this fascinating journey to recovery It presents a personal triumph in laymans terms that are easy to relate to Its a message of Hope Faith and Joy In addition to being an inspiring source of possibilities it is also packed with valuable Thyroid related resources The author provides a Personal Health Diary as well which the reader can utilize on their personal journey to improved health

Why Asthma is Not a Lung Disease Daniel Ares, 2019-03-11 Just a short while back I was dysfunctional I needed a walker around the house I couldn t bend I could barely move Short of my eighties I now knew what it was like being near the end near dying When you are old the idea of dying is a frequent visitor I was wrong Whatever was wrong with me is today also wrong with much younger people The modern world does not do us favors in some ways I have learned and it is human ingenuity at fault I am writing about that too among other things Some of the subjects discussed in this book in lay language Asthma Allergies Digestion Back pains Skin issues Acid Reflux Sleep Apnea Autoimmunity Fungal infection Perhaps the information in this book will also help you your loved one or a friend back to better health and functionality

Hashimoto's Protocol Izabella Wentz, PharmD., 2017-03-28 Instant 1 New York Times Bestseller Dr Izabella Wentz the author of the phenomenal New York Times bestseller Hashimoto s Thyroiditis returns with a long awaited groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country s fastest growing diseases More than thirty five million Americans currently suffer from Hashimoto s an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells To alleviate the symptoms of this debilitating condition including chronic cough acid reflux IBS allergies chronic pain hair loss brain fog and forgetfulness patients are often prescribed synthetic hormones that have numerous life altering side effects But there is a better way Diagnosed with Hashimoto s at twenty seven pharmacist Dr Izabella Wentz knows first hand the effects of the disease as well as the value and limitations of medication The key to improved health she argues involves lifestyle interventions In Hashimoto s Protocol she outlines a proven treatment that has helped thousands heal and many others feel better in as fast as ninety days Drawing on her own personal experience as well as her work consulting with thousands of patients Hashimoto s Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease The first step is a quick start two week detox that includes foods to eat and inflammatory foods to avoid advice on supplements to support the liver and an adrenal recovery plan Next readers create a personalized plan with foods supplements and other lifestyle interventions tailored to their body s own unique Hashimoto s triggers which they can identify using self tests

included in the book Hashimoto's Protocol also features original recipes Grounded in the latest science Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives Hashimoto's Andrew Johnson,2017-05-29 Hashimoto's The 30 Day Guide to Help Reverse Thyroid Symptoms and Live a Healthier Lifestyle is the only book you need to understand your diagnosis of Hashimoto's disease Were you or a loved one recently diagnosed with Hashimoto's Disease Do you have questions such as What is Hashimoto's Disease How did I get it Is it hereditary Will I need surgery Will I need medication What can I DO to help This book can answer all of these questions and more Throughout the book learn about many issues pertaining to Hashimoto's Disease such as The best diet for Hashimoto's Disease How to heal your gut The mind body connection How to remove chemicals from your body And more What is different about this book is we offer one chapter as a condensed version of the book so you can easily flip to that section over the next 30 days to see what your next step is and refresh yourself on those natural ways you can help to reverse Hashimoto's Disease and lessen your symptoms This book also comes with a 28 Day Walking Plan that ANYONE can do From start to finish this book gives you all the information you need after a diagnosis of Hashimoto's disease first going over the biological basics such as What is the endocrine system Will I get a goiter Just what does a thyroid do AND MANY MORE As the book progresses you will begin to learn how your thyroid is affected by everything that you put into your body including Cleaners to Stop Using Foods to Avoid Why a metal water bottle is a necessity That is just a sample of the myriad of questions that Hashimoto's The 30 Day Guide to Help Reverse Thyroid Symptoms and Live a Healthier Lifestyle will help you learn the answers to Whether you are newly diagnosed or know someone that has been reading through this book is the first step you should take after leaving the doctor's office Start reading now and learn what you can do to get your body back on track over the next 30 days *The Hashimoto's Thyroiditis Healing Diet* Kate Barrington,2016-10-04 THE ULTIMATE GUIDE TO REGAINING ONE'S HEALTH BY OVERCOMING THIS DEBILITATING AUTOIMMUNE DISEASE If you have Hashimoto's thyroiditis you may feel as if there is nothing you can do But have no fear this book walks you through the symptoms diagnosis and treatments so you will have the courage to face your situation head on The Hashimoto's Thyroiditis Healing Diet features A path through recognizing symptoms Information on diagnosis treatment plans A guide for foods to enjoy foods to avoid Over 100 wholesome delicious recipes Workout plans tips Teaching you everything you need to know this book will help you overcome this autoimmune disease by incorporating thyroid healthy foods into your diet and avoiding gut aggravating foods Follow this program to get back to your everyday lifestyle and be symptom free Reversing Hashimoto's Anshul Gupta,2021-09 Dr Anshul Gupta is a speaker author researcher and world expert in Hashimoto's disease He is a Board Certified Family Medicine Physician with advanced certification in Functional Medicine Peptide Therapy and also Fellowship trained in Integrative Medicine Through his innovative approach toward Hashimoto's disease he has helped several patients reverse their unresolved symptoms and live their lives to the fullest He is now on a mission to help one

million people reverse their health conditions To achieve this mission he has started a virtual functional medicine practice a blog and video series to reach people from all over the world **Science Citation Index** ,1992 Vols for 1964 have guides and journal lists The Everything Guide to Hashimoto's Thyroiditis Aimee McNew,2016-10-07 Heal your thyroid with the Paleo diet If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis you know how difficult it can be to improve symptoms However scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments through the Paleo diet By using functional medicine and healing foods you may finally find relief In The Everything Guide to Hashimoto's Thyroiditis you'll discover the causes and symptoms as well as the link between gut health and thyroid health You'll learn exactly which foods can help improve your condition and which ones exacerbate problems This all in one health guide features meal plans 200 nutritious recipes and easy tips for transitioning to the Paleo lifestyle so you can improve your well being and heal your body naturally Chemical Abstracts ,2002 *The Thyroid Reset Diet* Dr. Alan Christianson,2021-01-19 A surprising new plan to reverse the symptoms of thyroid disease by reducing excess dietary iodine from integrative physician and New York Times bestselling author Dr Alan Christianson The most innovative treatment plan around JJ Virgin New York Times bestselling author celebrity nutrition expert and Fitness Hall of Famer Though the thyroid gland is small it produces hormones that control the rate of nearly every chemical reaction in the body turning food into energy controlling the rate of tissue growth stimulating the activity of other hormones and much more An estimated twenty million Americans have some form of thyroid disease and up to 60 percent of them are unaware of their condition Depending on the type and severity of the thyroid disease symptoms can range from weight gain and fatigue to hair thinning and memory loss In *The Thyroid Reset Diet* Dr Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism and Hashimoto's Thyroiditis with nothing more than dietary change the reduction of iodine intake Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in as little as four weeks his diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones effectively resetting the thyroid Instead of following a restrictive diet for thyroid health *The Thyroid Reset Diet* does not require eliminating any food category Instead Dr Christianson recommends food swaps like brown rice instead of processed bread to regulate iodine intake He shares the latest on supplements and other thyroid health strategies along with more than sixty five recipes weekly meal plans and maintenance info His cutting edge research and clear results coupled with an easy to follow diet plan will help anyone struggling with thyroid disease *B.A.S.I.C.* ,1965 Hashimoto's Cookbook Isabella Karent,2019-12-10 You Are About To Discover How To Fight Hashimoto's And Live A Normal Energy Filled Life Through Diet Being diagnosed with an underactive thyroid gland or Hashimoto's can feel like your worst fears have been confirmed about your ability to live a normal life Think about it while you may have been struggling with symptoms such as lack of energy chronic fatigue reduced heart rate slowed down digestion joint and muscle pain inability to get warm and many other symptoms being confirmed that

you have an underactive thyroid gland or that you have Hashimoto's may seem like you've just been handed a death sentence. How are you supposed to cope with the condition? What does it mean to have an underactive thyroid gland? What are the possible risks and complications that come with an underactive thyroid? Is there anything you can do to remedy the situation and possibly live a normal life despite your condition? Is the condition reversible? What lifestyle changes do you need to make to make it easier for you to live with the condition? If you have these and other related questions, this book is for you, so keep reading as it covers the ins and outs of Hashimoto's to help you cope with the condition and live a normal life despite the unique position that having the condition puts you in. More precisely, the book will teach you the basics of Hashimoto's, including what it is, its connection with the thyroid gland, the concept of hypothyroidism and hyperthyroidism, the causes, and more. The functions of the thyroid gland, including how hypothyroidism comes in. How the thyroid gland produces and regulates different hormones. Signs and symptoms of a hyperactive and underactive thyroid gland. The diagnosis of hyperactivity and underactivity of the thyroid gland. How to treat a hyperactive and underactive thyroid gland. Risk factors of Hashimoto's thyroiditis. How to fight Hashimoto's thyroiditis with diet, including an introduction to the AIP diet along with other diets that can help you improve the functioning of the thyroid gland. Foods to eat to help improve the functioning of the thyroid gland and those you should stay away from for the health of your thyroid, including reasons why you should take certain foods and reasons why you should take others. The key nutrients you should look out for in an autoimmune diet. Delicious autoimmune-friendly breakfast, lunch, dinner, and snack recipes that will improve the functioning of your thyroid gland and possibly help you reverse the disease and live a normal life. Recipes complete with nutritional information, cook time, and prep time to ensure you know the kind of nutrients you are putting into your body for optimal thyroid functioning, as well as the total time it takes to prepare yourself psychologically before preparing any recipe. Powerful tips for success while following an autoimmune diet. And much more. It is true, you can fight thyroid problems with diet. And this book breaks down the seemingly complex concept into bite-sized, easy-to-follow steps that you can apply to improve the functioning of your thyroid and ultimately live a normal life. Click Buy Now With 1 Click or Buy Now to get started. **Hashimoto's Food**

Pharmacology Izabella Wentz, PharmD., 2019-03-26. When I was in pharmacy school, I discovered that food has a profound impact on our healing, and that what we put in our bodies will either heal us or make us sicker. In the same way that we use pharmaceuticals to impact our biology, we can use food as our medicine. I call this concept food pharmacology. Food is one of the most powerful tools in your healing journey. Dr. Izabella Wentz. More than 35 million Americans currently suffer from Hashimoto's, the country's fastest growing autoimmune disease, which affects the thyroid gland and causes the body to attack its own cells. Many individuals, with or without a formal diagnosis, suffer from daily symptoms including chronic cough, acid reflux, irritable bowel syndrome, allergies, persistent pain, hair loss, brain fog, and forgetfulness. Hashimoto's Food Pharmacology combines Dr. Izabella Wentz's revolutionary and proven approach to reversing thyroid symptoms with delicious, easy-to-use

recipes that delight the taste buds while they heal the body Inside you will discover 125 delicious and nutritious recipes for salads smoothies bone broths and crockpot and bibimbap style meals with thyroid supporting nutrient details on every page Over 100 stunning food and lifestyle photographs Tips for revamping your kitchen and pantry An FAQ for easy reference and quick answers Easy to use personalized meal plans and food rotation schedules to accommodate any diet Successfully transforming the lives of thousands Dr Izabella Wentz makes it easier than ever before to live a life free from the suffering of autoimmune disease

Hashimoto's Diet Cookbook Patrick Hamilton,2020-07-13 Hashimoto s thyroiditis is an autoimmune condition that affects your thyroid gland which is responsible for controlling hormone levels in your body Hashimoto s can lead to frustrating weight gain and can also drain your energy making it hard to maintain your quality of life There is no official cure for Hashimoto s thyroiditis but many people with the condition have successfully alleviated symptoms through careful control of their diet Regardless of whether your Hashimoto s is in its early or late stages and whether or not your doctor has prescribed you medication to cope with the disease changing what you eat can go a long way toward a symptom free life Armed with a bit of knowledge you too can heal your Hashimoto s successfully Here is a preview of what you ll learn The processes of the disorder and why thyroid health is so important to your overall wellness Which nutrients are key for those suffering from Hashimoto s thyroiditis Foods that can be a benefit in addressing the root causes of thyroid disorders Foods to cut out of your diet that will alleviate your symptoms An easy 4 step plan to re setting your diet and working toward better health

Thyroid Healing Kitchen Alaena Peterson,2019-07-29 THYROID DISEASES are now epidemic MANY people SUFFERING from THESE CONDITIONS have SEARCHED for ALTERNATIVES by USING NUTRITION and LIFESTYLE CHANGES With this eBook THYROID HEALING KITCHEN which UNCOVERS the ROOT CAUSE of THYROID DISEASE and FIX the underlying PROBLEM rather than COVERING UP the SYMPTOMS With the INFORMATION and RECIPES in this book you can EMBARK on this PROCESS for Yourself finding BETTER HEALTH while thoroughly ENJOYING every LAST BITE This beautifully done eBook THYROID HEALING KITCHEN is an essential RESOURCE for anyone SUFFERING from THYROID DISEASES It s so much MORE than a COOKBOOK FILLED with INFORMATION MEAL PLANS TIPS TRICKS and DELICIOUS RECIPES to MAKE LIVING HEALTHY and symptom FREE EASY and ENJOYABLE Take Charge of Your THYROID HEALTH Inside you will discover 150 Nutritious Quick And Easy To Use Recipes That Delight The Taste Buds While They Heal The Body And Are Dietician Approved These Are Gluten Free Dairy Free And Free Of Refined Sugars And Other Highly Processed Ingredients Also Discover Well Researched And Scientific Facts About Root Causes Sign Symptoms Of Hashimoto s And Hypothyroidism About Goitrogens Gluten Other Harmful Nutrients Detailed List Of Foods To Eat Omit To Use With Care Easy To Use Meal Plans To Accommodate Your Diet Tips Hypothyroidism And Your Diet Much More REPAIR your BODY and REVERSE your SYMPTOMS by EATING your way to GOOD HEALTH with THYROID HEALING KITCHEN Cookbook

Conquering Hypothyroidism Naturally Susan Tolliver,2024-11-12 Are you tired of feeling sluggish stressed and

drained Hypothyroidism doesn't just affect your thyroid; it can impact your energy, mood, metabolism, and overall health. But what if you could heal your thyroid naturally without relying on medication or endless doctor visits? In *Conquering Hypothyroidism Naturally*, holistic health expert Susan Tolliver offers a step-by-step guide to restoring your thyroid and reclaiming your health. This empowering book explores natural, science-backed solutions to help you reverse hypothyroidism and manage symptoms through diet, herbs, lifestyle changes, and more. Inside, you'll discover how to nourish your thyroid with the right foods and supplements, the powerful connection between stress, gut health, and your thyroid, stress-reducing techniques, and the best herbs to boost thyroid function. How to regain energy, balance hormones, and feel like yourself again without pharmaceuticals. Whether you're just starting to explore natural remedies or looking to take control of your thyroid health, this holistic guide will provide you with the tools to heal, thrive, and live life to the fullest. Take charge of your thyroid health today and start your journey to a healthier, more vibrant you. Susan Tolliver is a naturopath and passionate advocate for natural health. With over 20 years of experience in holistic healing, Susan specializes in helping individuals overcome chronic health conditions like hypothyroidism, hormonal imbalances, and digestive issues using natural therapies, nutrition, and lifestyle modifications. Drawing on her extensive knowledge of herbal medicine, nutritional therapy, and stress management, Susan has helped countless clients restore balance to their bodies and reclaim their health without the need for pharmaceutical drugs or invasive treatments. She believes in empowering people to take control of their health through natural remedies, food-based healing, and mind-body practices that work with the body's innate healing power. This book is used for Hypothyroidism, Hypothyroidism treatment, Natural hypothyroidism treatment, How to reverse hypothyroidism naturally, Thyroid health, Thyroid healing, Thyroid diet, Natural thyroid healing, Hypothyroidism cure, Reversing thyroid problems, Healing hypothyroidism naturally, How to support your thyroid, Thyroid nutrition, Thyroid function, diet, Best foods for hypothyroidism, Hypothyroid lifestyle changes, Hypothyroidism and diet, How to heal thyroid naturally, Treat thyroid without medication, Thyroid recovery, Natural thyroid support, Thyroid wellness, Thyroid hormone health, Thyroid disease prevention, Healing the thyroid naturally, How to treat hypothyroidism without medication, Holistic treatment for hypothyroidism, The best thyroid supplements for hypothyroidism, Hypothyroid healing foods, Natural remedies for low thyroid, How to manage hypothyroidism with diet, Prevent hypothyroidism with food, What foods help with hypothyroidism, How to reverse hypothyroidism with diet and lifestyle, Nutritional guide for thyroid health, Foods to avoid with hypothyroidism, How to fix thyroid imbalance naturally, Thyroid health supplements.

The Hashimoto's Healing Handbook Dr. Laura Kensington, 2025-05-30. *The Hashimoto's Healing Handbook: A Complete Guide to Managing Hashimoto's Thyroiditis Naturally and Effectively* is a comprehensive resource for anyone struggling with the debilitating symptoms of Hashimoto's thyroiditis. Written by Dr. Laura Kensington, this handbook empowers readers with the latest research-backed strategies, holistic approaches, and practical advice to reclaim thyroid health and restore overall well-being. Hashimoto's thyroiditis is one of the

most common autoimmune disorders silently affecting millions worldwide Despite its prevalence many sufferers feel lost frustrated and overwhelmed by conflicting information Dr Kensington's handbook cuts through the confusion and provides a clear actionable roadmap for understanding and managing this complex condition In this guide you'll first gain a solid foundation in the science of Hashimoto's Dr Kensington explains the underlying causes of thyroid dysfunction including immune system imbalances inflammation nutrient deficiencies gut health issues environmental triggers and hormonal disruptions She translates complex medical information into easy to understand language making it accessible even to readers without a medical background Beyond simply addressing symptoms this handbook focuses on healing the root causes of Hashimoto's You'll learn how dietary changes can dramatically reduce inflammation and support thyroid function Dr Kensington outlines which foods to eliminate which to embrace and how to build nutrient dense meals that nourish the thyroid and immune system The book also explores how blood sugar balance adrenal health and gut restoration play crucial roles in reversing autoimmune damage The Hashimoto's Healing Handbook goes far beyond diet alone Readers will discover how stress management quality sleep exercise detoxification and lifestyle modifications work together to support lasting healing Dr Kensington includes practical protocols for reducing toxic exposures optimizing digestion and supporting liver function all essential components in reversing thyroid dysfunction In addition to physical healing this book addresses the emotional and psychological aspects of living with a chronic autoimmune condition Many Hashimoto's patients experience anxiety depression and frustration as part of their daily struggle Dr Kensington offers compassionate guidance on managing emotional health building resilience and creating a positive supportive mindset throughout the healing journey Whether you are newly diagnosed or have struggled for years with unresolved symptoms The Hashimoto's Healing Handbook will serve as a trusted companion With its holistic approach practical tools and step by step action plans you'll gain the confidence and knowledge needed to take control of your health and move forward with renewed hope Inside this handbook you will discover

The science behind Hashimoto's and why thyroid function declines The most effective dietary protocols for thyroid healing Strategies for balancing hormones improving gut health and calming the immune system Stress reduction techniques to support adrenal and thyroid health How to detox safely and reduce toxic exposures that contribute to thyroid dysfunction Natural supplements that may support thyroid function and reduce inflammation Emotional support techniques to cope with the mental challenges of autoimmune disease With The Hashimoto's Healing Handbook Dr Laura Kensington delivers a clear compassionate and comprehensive guide to overcoming Hashimoto's naturally giving you the tools to reclaim your energy balance your hormones and restore your life

Hashimotos: Hashimotos Diet Sabrina Wondracek, 2015-06-09 The Ultimate Hashimoto's Guide that takes you from suffering to thriving in record time presented by internationally recognized health expert Sabrina Wondracek Second Edition of the Number 1 Bestseller released on 21 08 2015 Now with over 200 Pages of Content Do you feel tired Do you lack the energy that would allow you to engage in strenuous activity Do you feel

puffy bloated or gaining weight 20 million Americans suffer from thyroid conditions like Hashimoto's thyroiditis Most of them are living in constant struggle with their health and feel doomed to live a life in pain Here is the truth that most doctors won't tell you There is evidence that Hashimoto's is treatable And there is a good chance that you can go from suffering to thriving again in as little as 3 months time What you will learn from this book What Hashimoto's Disease is and what causes it The main root cause of Hashimoto's most doctors won't tell you about How to monitor food intolerances and effectively remove them How to restore your gut health to heal your thyroid Why your gut bacteria is heavily related to your condition Exactly which food skyrockets your energy The best recipes to start your transformation today And much much more Get the book and start your transformation from suffering to thriving right away When you purchase The New Hashimoto's Diet today you'll save 3 off the regular price for a limited time only Go to the top of the page and click the orange BUY NOW button on the right of the page to solve your Hashimoto's forever

Hashimoto's Healing Blueprint Reuben Pieters, 2025-02-27 Do you struggle with Hashimoto's thyroiditis and its frustrating symptoms like fatigue weight gain brain fog and more Are you ready to take control of your thyroid health and feel better than ever In Hashimoto's Healing Blueprint Reuben Pieters provides a personalized roadmap to help you reverse symptoms balance your thyroid hormones and restore vibrant health Inside this comprehensive guide you will discover Personalized Detox Plans Learn how to cleanse your body with effective detox strategies that support thyroid detoxification and reduce inflammation Explore the most powerful ways to support your liver gut and immune system for a holistic approach to healing Nourishing Recipes for Thyroid Health Enjoy a collection of nutrient dense thyroid healing recipes designed to promote energy reduce inflammation and support hormone balance These easy to make meals are packed with anti-inflammatory ingredients that support your body's natural healing processes Proven Strategies for Thyroid Recovery Implement science backed strategies to help you manage autoimmune thyroiditis and restore thyroid function From improving gut health to balancing hormones this book provides a step by step guide to healing from the inside out Stress Management Lifestyle Tips Learn how to manage stress improve sleep quality and boost your energy levels with simple lifestyle changes Discover the powerful connection between stress thyroid function and immune health and find out how to take control of your healing journey This book is more than just a guide it's a blueprint for lasting health and well being If you're ready to make lasting changes Hashimoto's Healing Blueprint will show you how to create a sustainable plan for thyroid health that works for your unique body and needs Whether you've just been diagnosed or have been struggling with Hashimoto's for years this book offers a roadmap to reverse symptoms reduce inflammation and support optimal thyroid health Take charge of your health today and begin your journey toward thyroid healing

The Thyroid Connection Amy Myers, 2016-09-27 From the author of the New York Times bestseller The Autoimmune Solution a comprehensive accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health Are you exhausted all the time plagued by brain fog and unable to lose weight Do you struggle with

insomnia panic attacks and tremors But does your doctor insist that your labs are normal and that you just need to eat less and exercise more As anyone who has been there knows nothing is more frustrating stressful and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you The truth is your symptoms could be triggered by a thyroid disorder the hidden cause behind a wide array of health problems that can threaten to ruin your life Thyroid dysfunctions like Hashimoto's disease hypothyroidism and hyperthyroidism affect at least 20 million Americans and yet conventional medicine frequently misses the diagnosis The scariest part Most doctors won't even order thyroid tests unless you specifically ask Now in *The Thyroid Connection* Dr Amy Myers teaches you how to take your health into your own hands Dr Myers originally misdiagnosed herself understands the struggles of thyroid dysfunction firsthand Fortunately she also knows how achievable recovery and well being are and just how to get you there In *The Thyroid Connection* you'll discover How to work with your doctor to get the correct diagnosis What blood tests to ask for as well as what they mean How to find the right type and dose of supplemental thyroid hormone for you The role of gut health diet toxins infections and stress in thyroid dysfunction A complete 28 day plan to jumpstart your health and reverse your thyroid symptoms Complete with advice on diet and nutrition supplements exercise stress relief and sleep *The Thyroid Connection* is the ultimate roadmap back to your happiest healthiest self

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How I Reversed My Hashimotos Thyroiditis Hypothyroidismhow I Reversed My Hashpaperback Introduction

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