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Hypothyroidism Diet: Natural Remedies and Foods to Boost Your Energy and Jump Start Your Weight Loss (Paperback)

By Susan T Williams

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to learn how to manage your hypothyroidism using innovative strategies and choosing the best foods? Learn about the causes of the disease and the symptoms that you need to look out for. You will find out what makes one person more at risk of developing hypothyroidism than another, and in the process, finally see the link between certain lifestyle factors and hypothyroidism. You will also discover the types of foods that you need to consume in order to get your health back on track, and the kinds of foods that you need to eliminate or reduce from your diet. And finally, this book offers you many natural food recipes that you will absolutely fall in love with. These delicious recipes can be used for whichever meal you desire - breakfast, lunch or dinner! Here Is a Preview of What You ll Learn The facts about hypothyroidism The factors that put you at risk of hypothyroidism How the right diet can give you more energy than ever before The type of foods to eat to treat the disease What kinds...



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Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

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