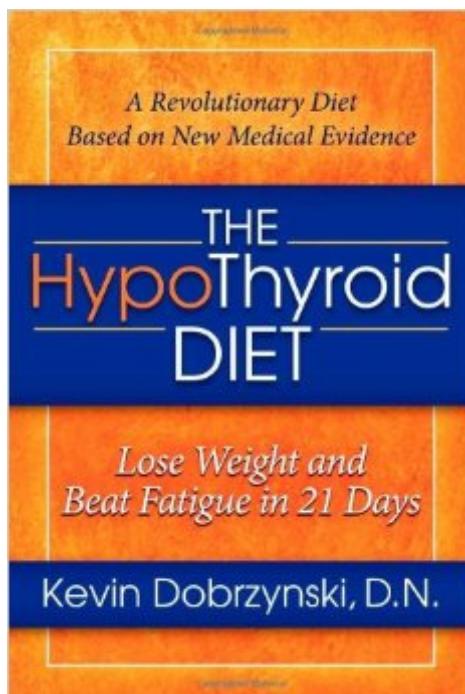


The book was found

The HypoThyroid Diet: Lose Weight And Beat Fatigue In 21 Days



Synopsis

Is hypothyroidism affecting your life, work, and family; are you a different person now than you were a few years ago? "The Hypothyroid Diet" is a simple step-by-step system you could use to start eliminating your symptoms one by one. It will show you exactly what to do so you can jumpstart your thyroid, lose weight, beat fatigue, and feel normal again. Ten Reasons Why You Should Buy This Bookâ | 1. It will help you lose weight 2. It will help you beat fatigue and boost your energy 3. It will help you feel normal again 4. It includes a specific exercise program for hypothyroidism 5. It shows you how to find the right doctor 6. It tells you what blood tests you need and their values 7. It lists what supplements you need 8. It shows you what foods you should and should not eat 9. You get a FREE 30-day membership worth \$97 10. Itâ™s simple, safe, and it works!

Book Information

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Customer Reviews

This is a fantastic book. I was diagnosed with hypothyroidism 5 years ago. I had to switch to an Endocrinologist for treatment because my internist said my levels were normal. Once the Endocrinologist tested me he raised my mcg by 75! I felt instantly better. My advice is to get a new doctor when you don't feel yours is listening to you. Before I read this book I read "The Belly Fat Cure". At that time I realized I was insulin resistant. (Diabetes runs in my family and I had gestational diabetes with my last two births) After reading BFC I gave up diet soda, and eliminated most sugar from my diet. I managed to lose 9lbs in 6 weeks and take 2+ inches off my waist. I plateaued after that and pretty much kept off the sugar and diet sodas. I started up again on a

serious power walking program (4x a week 45 min and 1x for 1.5 hours) and counted calories. I calculated my BMR (1860 cal to maintain weight with NO activity) and stayed in a calorie zone of 1300-1700. After 7 weeks of being a good I lost 3lbs. Something was very wrong. At this point I looked for books regarding diet and thyroid. This book was a godsend! I have added supplements to my diet, taken out the peanuts (thought they were good for me) whole wheat bread (who knew?) and cut out some (not all) gluten. I feel great. For the first time in weeks I have not gone to bed at 9 pm. I do plan on doing the detox, but I need to ease into it. It's one thing to give up diet soda, another to give up major food groups at one time. (Atkins made me a mean and nasty person years ago). I'm shocked that my doctor hasn't talked to me about dietary changes to help with my thyroid. It seems that the pill I am prescribed is suppose to cure everything.

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