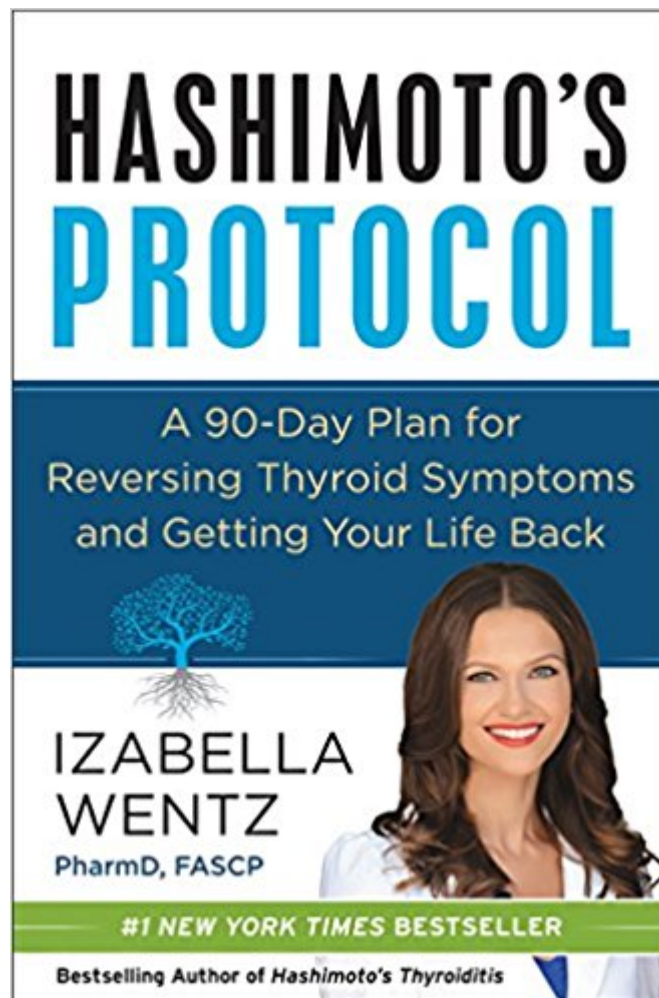




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# Hashimoto's Protocol: A 90-Day Plan For Reversing Thyroid Symptoms And Getting Your Life Back



## Synopsis

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.

## Book Information

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## Customer Reviews

“Izabella has healed herself and thousands of others and compiled her evidence-based approach in this must-have manual for reversing symptoms. Filled with success stories, personalized approaches, recipes and more, HASHIMOTO [S](#) PROTOCOL is the book that all those suffering from thyroid symptoms have been waiting for.” (Dana Trentini, founder of the thyroid advocacy blog [hypothyroidmom.com](#))

“Dr. Izabella Wentz is my go to resource for thyroid disease. Her new book, HASHIMOTO [S](#) PROTOCOL, is a user-friendly guide that will help you take charge of your health and heal from Hashimoto [S](#).” (JJ Virgin, CNS, CHFS Celebrity Nutrition & Fitness Expert and author of the NYT bestsellers *The Virgin Diet* and *Sugar Impact Diet*)

“Discover effective protocols, success stories, and recipes that you can use to get your health back. HASHIMOTO [S](#) PROTOCOL lets you take charge of your health!” (Dr. Sara Gottfried M.D., NYT bestselling author of *The Hormone Cure* and *The Hormone Reset Diet*)

“Dr. Izabella Wentz guides you through the HASHIMOTO [S](#) PROTOCOL to reduce symptoms and improve your health - reducing or removing the need for medication and, in some cases, eliminating the autoimmune attack completely! This book offers real solutions, and hope, to those suffering from thyroid disease.” (Katie Wells, Founder of [WellnessMama.com](#) and award-winning blogger, author, podcaster and real food crusader)

“I wish Dr. Izabella Wentz [S](#) HASHIMOTO [S](#) PROTOCOL was in my hands when I was hacking my own Hashimoto [S](#). Dr. Wentz spent years researching and perfecting her treatment on herself and thousands of patients. There is simply no better guide to Hashimoto [S](#) than this book.” (Dave Asprey, founder and CEO of [Bulletproof](#), author of *The Bulletproof Diet*)

“Izabella has healed herself and thousands of others and compiled her evidence based approach in this must-have manual for reversing symptoms. Filled with success stories, personalized approaches, recipes and more, HASHIMOTO [S](#) PROTOCOL is the book that all those suffering from thyroid symptoms have been waiting for.” (Dana Trentini, founder of the thyroid advocacy blog [hypothyroidmom.com](#))

“HASHIMOTO [S](#) PROTOCOL is an essential book for

anyone with Hashimoto's. Dr. Wentz has created a 90-day program from her clinical training, personal experience, careful research, and feedback from thousands of fans. I've seen countless people follow her advice and regain energy, improve autoimmunity, lose weight, and regrow hair. (Alan Christianson, NMD, NY Times bestselling author of The Adrenal Reset Diet and founder of the Integrative Health Clinic) "In HASHIMOTO'S PROTOCOL, Dr. Wentz presents an evidence-based, practical approach to treating Hashimoto's from the inside out. Instead of just suppressing symptoms with drugs, Dr. Wentz will show you how to address the underlying causes so you can truly heal." (Chris Kresser, MS, LAc, founder of Kresser Institute for Functional & Evolutionary Medicine, creator of ChrisKresser.com and Revolution Health Radio, NY Times bestselling author of The Paleo Cure) "Dr. Wentz brings a focused study of Hashimoto's to her latest book, and a sensible, achievable plan born of her own experience as a Hashimoto's patient who has gone from struggling to thriving. With her unique vantage point, she is leading the way for others to do the same." (Aviva Romm, MD, author of The Adrenal Thyroid Revolution and Botanical Medicine for Women's Health)

More than thirty-five 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. Conservative estimates state that one in five women will be affected by Hashimoto's or another thyroid disorder at some point in their lives. And many individuals who suffer the daily symptoms including chronic cough, acid reflux, irritable bowel syndrome, allergies, persistent pain, hair loss, brain fog, and forgetfulness of this debilitating disease may not even be aware that they have it. Even with a proper diagnosis, conventional medicine tends to treat Hashimoto's with an ineffective prescription for a synthetic hormone, ignoring the autoimmune implications of the condition. For all who struggle with the disease, this is a life-altering mistake. There is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows firsthand the effects of the disease. Drawing on her personal experience, her work with thousands of patients, and multiple years of research, Hashimoto's Protocol delivers a much-needed accessible lifestyle intervention for identifying, healing, and reversing the autoimmune damage at the root of the condition. This is the first comprehensive program of its kind and it has already helped thousands reverse symptoms in as fast as ninety days. Inside you will discover: The Quick-Start Two-Week Detox, Including Foods to Eat and Inflammatory Foods to Avoid Liver Support, Adrenal Recovery,

and Gut Balance ProtocolsA Comprehensive Self-Test and Personalized Treatment PlansDelicious Recipes, Success Stories, and MoreDr. Wentz writes, “Wherever you are in your journey, I want you to know that things can get better, and you will get better, as long as you commit to take charge of your own health and make changes in your life. This book is the first step.” Hashimoto’s Protocol is the comprehensive solution you have been waiting for •change your health and start today.

I read her first book "Root Cause" and have to say I MUCH PREFER this new book! So if you are deciding between the two, opt for the new one! I can tell that she worked much more closely with an editor because there is far less rambling & repetition. Right now I am about 3/4 the way through the book and have started on the first protocol but have not started feeling "great" yet. The information however is very useful and concise, you know what brand of supplement to order and how much, which is a big improvement IMHO to the first book which was a bit vague. It's a shocker to see just how many supplements are required each day, it is pricey... but so is feeling sick and tired all the time!(Attached photo shows supplements required for 1st protocol)UPDATE #1:Finished the 2 week liver protocol with some success.We are now in 2nd week of 4 week Adrenals protocol.A) I took the thyroid symptom assessment quiz before we started went from a score of around 229 to a 166, now at 83!(lower number means less symptoms)B) In the liver assessment test I went from a "severe" toxicity 50, down to a moderate 23, now an 8!C) Adrenal Assessment I went from a 16 to a 3!D) Also my hubby's blood pressure went down & it's now in the acceptable range.E) I do seem to have more energy and mental clarity the last week and have been losing weight.F) No cravings for sweets, salty foods or coffee. (yay!)I will update again once we finish the 2nd protocol. (added photo of supplements for 2nd protocol)

I've read pretty much everything out there on the subject of Hashimoto's, and I can honestly say without a doubt that this is the #1 resource in existence on the subject.Dr. Wentz has been leading thinker on Hashimoto's for years, and though her book Root Cause was excellent, this book takes things to a whole other level. It's not only much easier to navigate, but also lays out the path to recovery so simply and clearly.The unfortunate reality of our world today is that we are suffering from massive information overload. And there are few places where this is more true than on the subject of hypothyroidism. On the one hand, we have many mainstream conventional physicians who believe that little to nothing can be done for Hashimoto's except to give a prescription for thyroid hormones (which will require ever-increasing dosages as the thyroid gland is progressively

destroyed). On the other hand, we have a mess of various people suggesting all sorts of lifestyle and diet interventions that are often not supported by science (for example, one notable thyroid guru who has a large following of people advises to consume large amounts of orange juice, milk, refined sugar, and to avoid omega-3s and green vegetables at all costs. I'm not making this up.) In short, we have a mess of information that has the potential to easily lead people down paths that are ultimately likely to either leave people feeling like there is nothing they can do except pop thyroid pills, or alternatively, sort through a mess of information to figure out how to implement diet and lifestyle changes to benefit their thyroid health. Dr. Wentz has done all the hard work of sifting through this mess of information, and through the scientific research itself. She has also hugely advanced the entire paradigm of how we think about hypothyroidism with her "Safety Theory" -- which by the way, is genius. This book is not just about covering up symptoms -- it's about getting at the root cause of the problem. And Izabella guides step-by-step on exactly how to correct each of the root causes, from her slow and gentle liver support and detox approach, to fixing your adrenals, to healing your gut. It's all laid out in easy-to-follow steps. To sum up: If you have Hashimoto's, get this book right now. It lays out the exact steps you need to take to reverse your symptoms and get your health back. Make it your health bible -- study it and implement it, and you'll be on the path to recovery. -Ari Whitten

Having suffered forever with Hashimoto's and never truly receiving any type of guidance on how to get myself better. I have been made to feel like it was all in my head and always being offered anti-depression medication never giving me any insight into this horrible journey that I was on. Constant struggle with weight, mood swings, joint pain, muscle cramping and as you all know all too well the list goes on and on. After trying everything under the sun along with a lot of financial outlay still with no relief in sight. I was desperate and came across the thyroid pharmacist and I started reading and reading her facebook page. Intrigued by her knowledge and a complete understanding of how horrible one feels with this and the dread of looking in the mirror and seeing a faint shadow of our old selves. I ordered the Hashimoto's Protocol and thank God I found the answers I was so desperately searching for and with each turning of the pages and taking the assessment test which sadly I did not score too well on. I began my journey only on day 2 of the liver detox but if this is any indication of what is to come thank the lord. My only regret is not finding this beautiful woman and her knowledge sooner but then there is nothing like today to start for the rest of my life.

I have bought both of Izabella Wentz books and they're both amazing just like the author. It is just

interesting read and be able to know that you are not alone in this journey that there are many people that have the same symptoms and there is help out there you just need to look in the right direction and hashimoto protocol is a great place to start!!!!!!

Wonderful book, have a family member and a friend with Hashimotos. Bought this book to be able to better understand the condition and what they are living with. Highly recommend it to others with Hashimotos or family members and friends to help their loved ones with this condition.

This book is full of useful information and very hands on advice. Thank you Izabella for providing real value to the readers.

Got this 2nd one and great to listen to and learn from. The first one ordered skipped a bunch and I had to return it.

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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) Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back Thyroid Diet Cookbook-Hashimoto's Protocol Recipes: 50 Easy & Delicious recipes for Reversing Thyroid Symptoms and Getting Your Life Back Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! 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) Hashimotos Protocol Cookbook: 50 Hashimoto Meals For A Healthier Thyroid-Heal And Repair The Gut Essential Oils and Thyroid: The Essential

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Hypothyroidism, Hashimoto's, Metabolism)  
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Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms  
Medical Medium  
Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr  
Why Do I Still Have Thyroid Symptoms? when My Lab Tests Are Normal: a Revolutionary Breakthrough in Understanding Hashimoto's Disease and Hypothyroidism  
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed!  
Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet  
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