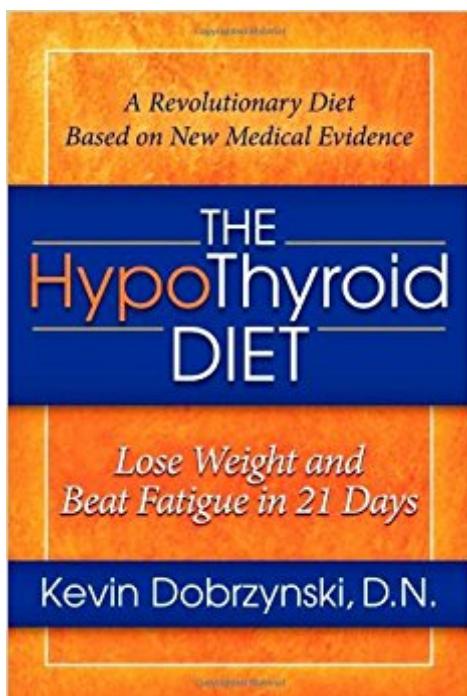


The book was found

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 Book

- 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. It's simple, safe, and it works!

Book Information

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Best Sellers Rank: #125,016 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #61 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #1084 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

The purpose of "The Hypothyroid Diet" is to help those with hypothyroidism lose weight, beat fatigue, and feel normal again. The number one thyroid disorder in the US is Hypothyroidism yet medication for this problem doesn't always work. This program helps jumpstart the thyroid by removing harmful substances that starve the thyroid and giving it the nutrients it needs to thrive.

Dr. Kevin Dobrzynski is a Doctor of Naprapathy, nutritionist, and personal trainer who has spent his career successfully helping others lose weight. In 2010 Dr. Dobrzynski's wife had her

thyroid removed due to cancer. Conventional medicine failed to help his wife but he discovered what works naturally and wants to share this with hypothyroidism sufferers. Author Residence: Western Springs, Illinois. (Suburb of Chicago)

This is an easy read book. It is clear and concise for those who want to feel better with hypothyroidism. This book is changing my life. My "mental fog" is clearing up and I have more energy. There are some honest and hard facts in the book concerning a good thyroid diet. If you want to change your diet to feel better, this is the book for you.

The title of this book called out to me since I was diagnosed with Hypothyroidism over 4 yrs. ago and have not been entirely sure of what diet to follow, what foods would be best to eat. I did the follow the plan for a mini detox and I did lose 5 lbs. in 2 weeks and now I am into the third week and at this point I know pretty much the way I will eat to keep my energy levels up and to continue to lose fat. This has been a battle for me for the past several years and I with the help of this book I do believe I am on my way to feeling better!!!

This gives great pointers on what worked for a Dr in Naturopathy when helping his wife with Hypothyroidism. It touches on food etc. At times it does seem confusing as to whether or not you should eat a food as it can inhibit your thyroid medication but it goes into the reason for the warning. In others words moderation. You can eat the foods just don't eat them everyday. Read the guide and have variety of foods, interpret the information and make wise choices.

Clear and concise, provided the necessary info to facilitate a diet change

My wife went through a thyroidectomy and knew she had to change her diet. When reading this book it allowed her to understand why she could not eat certain things and also what she can eat and how. Very helpful book.

This book was extremely helpful in diagnosing and treating my thyroid condition. I am happy to report my antibodies are now down by half! I have a little ways to go, but I'm almost there. I've also referred to several friends the particular tests recommended in the book for a person to bring to their doctors. I've been working with two integrative doctors, and all of their advice coincides with what is written in this book. Thanks Dr. Kevin!

It goes straight to the point. It's easy to read and covers most of the possible causes of thyroid dysfunction.

Great book with great information- an easy read! I recommend this book to anyone with hypo thyroid issues. Putting many things I read into practice.

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