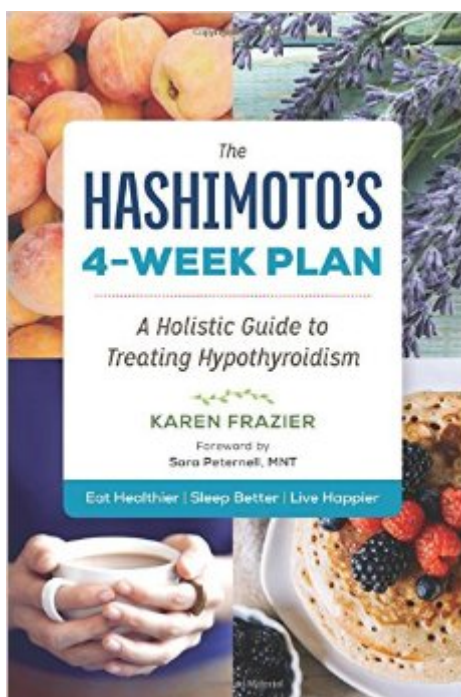


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# The Hashimoto's 4-Week Plan: A Holistic Guide To Treating Hypothyroidism



## Synopsis

"The Hashimoto's 4-Week Plan will be the book that I give to all of the clients who come to me seeking nutritional strategies for managing their Hashimoto's symptoms."â "Sara Peternell, MNT

From The Author of The Hashimoto's Cookbook & Action Plan Your Customized Lifestyle Plan For Better Health With 75 Quick & Easy Recipes Using 5 Main Ingredients or Fewer

If you already own The Hashimoto's Cookbook and Action Plan, now it's time to enhance your journey to wellness with a revolutionary Hashimoto's lifestyle plan. In The Hashimoto's 4-Week Plan, you'll learn to adapt lifestyle strategies by addressing the physical and emotional symptoms of hypothyroidism. Packed with inspiration and ideas for managing your Hashimoto's holistically, The Hashimoto's 4-Week Plan combines lifestyle advice, emotional support, and dietary tips with a practical meal plan featuring easy-to-make, Hashimoto's-friendly recipes. The empowering strategies help you achieve a healthier diet, better sleep, and greater self-compassion so you discover the path to wellnessâ "on your own terms. By committing to four weeks, you will take important steps toward a lifetime of better health.

The Hashimoto's 4-Week Plan provides practical strategies to help you:

- EAT HEALTHIER: A convenient meal plan, shopping lists, and 75 delicious recipes that use 5 main ingredients or fewer
- SLEEP BETTER: Action-oriented tips to improve sleep hygiene
- REDUCE STRESS: Practical advice to manage stress and anxiety
- PRACTICE SELF-COMPASSION: Simple step-by-step exercises and daily checklists to treat yourself with kindness

## Book Information

Paperback: 268 pages

Publisher: Sonoma Press; 1 edition (March 1, 2016)

Language: English

ISBN-10: 1943451060

ISBN-13: 978-1943451067

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (94 customer reviews)

Best Sellers Rank: #5,041 in Books (See Top 100 in Books) #7 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #22 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing #136 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

My husband was recently diagnosed with Hashimoto's thyroiditis. Some of his symptoms were stereotypical for the diagnosis, hair loss, swelling in throat, extreme fatigue, etc. Once diagnosed he set out to find out how he can help himself feel better and found that his diet was a HUGE factor and plays a much bigger role than even the specialists will admit to! He has gone to TWO specialists and they both eschew the diet myth.....but after a huge amount of research and a big dietary change, he has been able to put his symptoms at bay! Finding the appropriate literature, website, and books has been a challenge to say the least. There are a lot of âœsimilarâ • but not quite âœitâ • cookbooks and suggestions out there...but this book is the BEST I've found because all of the contents are specific for the diagnosis! The first two chapters discuss the diagnosis itself, what it means, and how to find help. This is followed by a chapter about how your diet affects you and one about living with the diagnosis and treating yourself right. The next section is the four week program laid out in an easy to follow format. The program offers you places to write in your own information and journal/log your progress. Chapter 6 gives you a general idea of what staples you will need in your kitchen for your future of eating right. The rest of the chapters are all recipes, sorted by meal-type. My husband is thrilled with this book and is very happy to know that there are other people out there that have found a way to live a little more comfortably with Hashimoto's disease by controlling their diet! I have included a few of my own product photos for you to see rather than relying on âœstockâ • photos in the listing. \*I received a sample of this item at a discount in return for an honest and unbiased review\*

The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism I was interested in this book because I have hypothyroidism and a family history of autoimmune disorders. The more I can learn and help myself, the better. The first half of this book educates about Hashimoto/hypo and empowers the reader to take control of the condition and care. I identified with the introduction writer's tale of fertility issues as well as the mentions in the main body of the book on doctors dismissing concerns and overlooking real issues because of a patient's weight. I experienced 7 years of infertility and even more years of mystery symptoms that were always attributed to my weight, even though my then doctor was aware of the autoimmune issues in my family. It wasn't until I got fed up and insisted on thyroid tests that I was diagnosed as hypo (I had "alarmingly low levels per my then doctor). This book offers encouragement to advocate for oneself. The second half of the book contains the 4-week plan - if you are familiar with elimination diets for food allergies, this will look familiar to you. And best of all: recipes, recipes, recipes. It is one thing to read dietary

recommendations, but putting them into practice is a different beast. As a longtime ethical vegetarian, I was pleasantly surprised by the number of meatless recipes. This book is a great source for education, encouragement, and did I mention the recipes?

Years of suffering with weight gain, inflammation, and overall feeling of disappointment finally the answers. I applaud the efforts and the research that went into this stellar approach to understanding and living with Hashimoto's.

Well, I have been dealing with a lot of health problems over the last few years, this being the latest. So what to do when you are given a new diagnosis that you know nothing about? Get a book and read it! This book goes into the disease deeply. It covers the symptoms, what is really going on, as well as possible triggers and causes. I am impressed with the information in this book on the disease itself. After a lot of information, that will probably make your head spin, you get to the 4-week plan. It tells you what you need to avoid, what to enjoy and why for each thing. It really is a great reference. The plan itself goes into not only foods you eat, recipes, shopping lists and the like, it goes into ways to cope, ways to reduce your stress and increase your sleep hygiene. It really is a great reference! And the recipes are yummy! Really a great book for anyone suffering, especially the beginner. I was given a free digital copy in exchange for an honest review. I was not paid in any way and all opinions are my own.

I was diagnosed with Hashimoto's thyroiditis 20 some years ago and have lived with it without ever really finding a good resource on how to feel better. I now know diet is a large factor and plays a huge role in living with it. A dietary change can mitigate many of the symptoms and effects. This book is specific for the diagnosis. The first two chapters discuss the Hashimotos and the diagnosis, what it means, and some ways to help. The next chapter discusses diet and the effect on you. The next section is a four week program to help you recover some of your quality of life and minimize effects. There is even places to write in your log and monitor your progress. Another chapter discusses the basics you should have for eating correctly and then there are the recipes, sorted by meal-type and easy to follow. This is a great handbook for those with Hashimotos who want to eat right and feel better. I have not found a better resource that is informative, easy to follow and has recipes. Note: I received this item at a discount in return for a fair and honest review

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