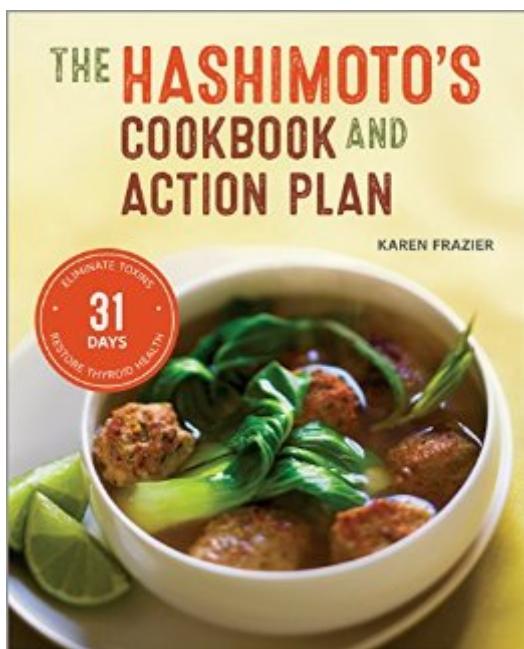


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# The Hashimoto's Cookbook And Action Plan: 31 Days To Eliminate Toxins And Restore Thyroid Health Through Diet



## Synopsis

The Groundbreaking Cookbook for Hashimoto's This is the first cookbook specifically for people with Hashimoto's thyroiditis, despite the fact that Hashimoto's is the most common thyroid disease in the United States and affects nearly 14 million Americans. Karen Frazier has been living with Hashimoto's for more than 20 years. She knows firsthand how hard it is to give up gluten, corn, soy, and dairy "inflammatory foods that also happen to be staples of the standard American diet. She also knows that it is possible to enjoy eating again because she's doing it, and she can help you, too. With The Hashimoto's Cookbook and Action Plan, you will find:

- Clear explanations of the causes and symptoms of Hashimoto's
- A guide to the most common dietary triggers
- A month-long action plan to eliminate problem foods, broken down into a 3-day cleanse and a 3-week meal plan
- Shopping lists for the entire month so you buy only what you need for breakfast, lunch, dinner, and snacks
- Over 125 recipes in all, including a chapter of reintroduction recipes

Prescription medicine is not the only hope or answer for Hashimoto's. Start cooking with The Hashimoto's Cookbook and Action Plan and feel for yourself how food really can be thy medicine.

## Book Information

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## Customer Reviews

I have Hashimoto's and one must do the elimination month in or to find out what ones triggers are. There really is no other way around your thyroid (and adrenal) problems. With that being said, who wants to give up everything "good" for 30 days and still get your family their meals too? Enter Karen's cookbook and action plan. If you are exhausted and feel like crap... This book will become your bible! I have named her the patron saint of all those who suffer from Hashimoto's. Clearly she is a genius. She "gets" the what, where and why's of each and everything one could ever need, who is silently suffering thru their 30 days. Because you have this disease, you need to find your triggers and reinvent what goes on with your diet. This is your new pathway to food and how it will help you. Consider it a primer. She explains why you need to take action with this plan. Why certain foods are off of your diet. Why you need to track your symptoms and then give you a chart to do it with. What to stock your pantry with. Shopping list for each week and every week. For delicious meals that serve four... For each meal of the day. And she tells you what to expect within this diet change, because for us, we will feel better each week. Then she explains in detail what to do after the 30 days are up. How to reintroduce the 10 foods you took out and how to tell if it is indeed a trigger. Plus, you get another chart to track these Symptoms too. All of this is important. However, it doesn't mean much if you don't like what you are eating. I was so surprised at how great Tasting everything was. We are talking about three meals a day for 30 days and then some. Recipes that you will reach for again and again - after - your 30 days are up. I would have been lost without her cookbook. The book does all of your thinking for you and avoids all of the hassles... Easy peasy!

I am very disappointed with this book. I thought I would be getting a cookbook that would help me manage the Autoimmune Protocol and provide me with recipes that would help me cook for myself and my family. Well, the book starts off with a 3 day cleanse, where as AIP recommends 3 weeks. Also, right from day 1, they tell you to buy 2 dozen eggs and have an egg salad recipe. Eggs are forbidden in true Hashimoto's AIP, so why are they filling these recipes with so many eggs? I'm doing the 3 week AIP cleanse as recommended and I can only make about 4 recipes in this book, and that will still require some modification. So disappointed and feel that this was poorly represented. This should be a Paleo cookbook and not for Hashimoto's.

Not what I expected. There are a lot of recipes taking up pages that use, nuts, night shades and

eggs. When dealing with autoimmune issues like Hashimoto's those are things you need to eliminate and try to reintroduce at a later time. The author has you eating eggs on the 31 day elimination phase. I feel like I wasted my money on this purchase!

The book includes Nightshades and Cruciferous vegetables which should be avoided by people with Hashimoto's problems. This book should be revised by the author. I do not recommend it.

I have to wonder how much the author really knows about Hashimoto's. She says in the elimination phase to not use eggs or nuts, for example. In her 3 day starter phase of the elimination 30 day plan, she has you eating eggs and almond milk. Doesn't make sense to me. I am not returning the book because it has some good sounding recipes, hence the 2 stars, but for Hashimoto's? I don't think she knows enough about it to write about it. Sorry.

Although I do not have Hashimoto's Disease, but I do suffer from Hypothyroid Syndrome. This cookbook and plans helped me realize that what you put into your body really does help with the symptoms of these diseases. The recipes are great and easy to do as long as you follow the directions. I love the fact that it shows you and guides you in the right direction to help you understand the disease and help you with recipes that you can follow for yourself, a family member or even friend who is having difficulties finding the right path to help with symptoms. I highly recommend this book.

Overall I got some good ideas for recipes and tried a few new things so I am happy, but the grocery lists aren't good when you go buy everything all at once. For example, buying fresh salmon, shrimp and clams in week 1 and wanting to make everything all at once so the fish doesn't go bad. Also, sometimes you start making a recipe and then all of a sudden realize you need 12 hour slow cooker bone broth or 10 hour caramelized onions - a little star next to the recipe item would be helpful for those of us who need to plan in advance and get limited time in the kitchen. Also, the pancakes and the muffins both turned out horribly. I am thinking maybe the coconut flour leaves something to be desired. That and the number of eggs each recipe called for - you might as well be eating an egg dish with as many as it wants you to put in. Speaking of eggs, this isn't a true elimination diet if you don't leave eggs out too which are known to be allergens.

There are too many things in the cookbook that I know we should not be eating. This information is

out of date. Paleo has helped me more than anything.

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