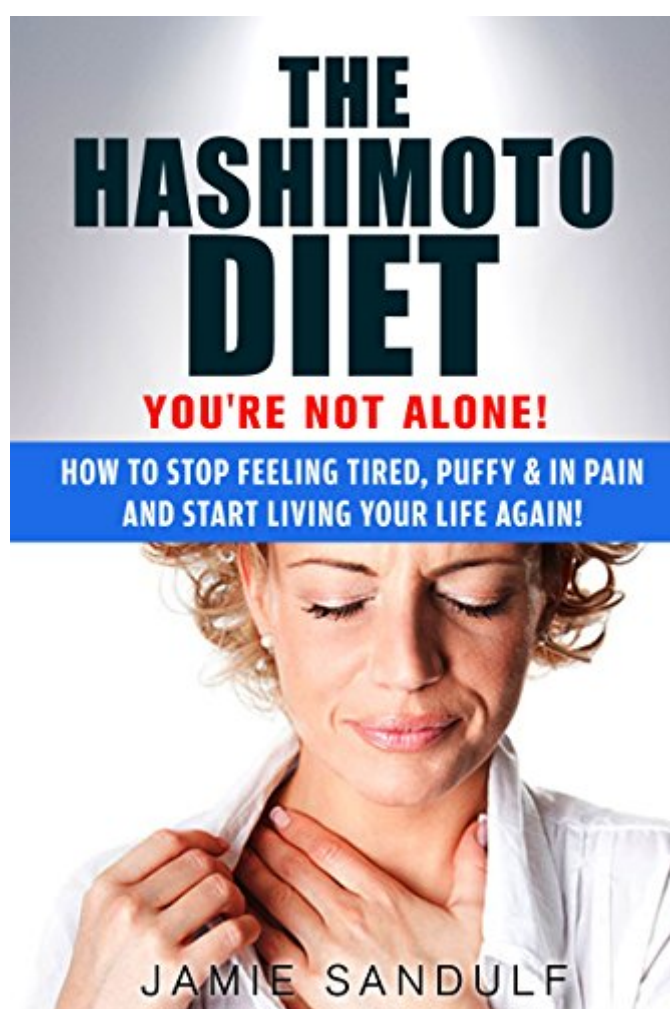


The book was found

The Hashimoto Diet: You're Not Alone! How To Stop Feeling Tired, Puffy & In Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management)





Synopsis

Are you tired and feel exhausted all the time? Does your constant joint pain make you feel like doing nothing all day? Is your face puffy and your hair is thinning? Is your skin dry and patchy? Are you frustrated and depressed most of the time? YOU MAY HAVE HASHIMOTO'S DISEASE! Often times your doctor and family may make you feel like it is all in your head. That there is nothing wrong with you. But you know that there is something wrong? You're NOT ALONE! Many like you are suffering from this autoimmune disease! And there is hope for you! The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain and Start Living Your Life Again! Here Is a Preview of What You'll Learn...

- Understanding Hashimoto's Disease
- The primary treatments of Hashimoto's Disease
- Benefits of the Hashimoto Diet
- How to reduce pain, swelling and return to your normal activities
- Stop relying on medications to control symptoms
- Why you should Say NO to dangerous thyroid surgeries!

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Immune Systems

Customer Reviews

I wasn't sure how in-depth of helpful this book might be, but since I'm really at my wits-end, I decided to buy it. I'm so glad I did! The author (especially for someone who just got diagnosed) explains what hypothyroidism is, its thyroid symptoms, and different thyroid management. After that there is a wealth of information about exactly how changing your diet can restore your energy and lessen the bloating etc. that comes with the disease. The different recipes and thyroid diet plans have worked wonders for me so far. Already I feel stronger and have more energy to spare. If you are suffering, PLEASE, try out these diets!

Jamie Sandulf's "The Hashimoto Diet: You're Not Alone!" is a concise and informative guide to dealing with Hashimoto Disease. Hashimoto is an autoimmune disease affecting the thyroid gland (thyroiditis and hypothyroid) and, to put it lightly, not a pleasant disease to live with. While there is no cure, there are many natural ways to effectively manage the disease, which the author highlights in this book, such as eating organics, going gluten-free, and eating protein, selenium, and fiber-rich foods. There are also some great meal plans listed to help get you started. This is an excellent book to get you started on your way towards a healthier life and managing Hashimoto Disease.

This was a good book...fast read, and hits on the basics. For a person new to the disease it could be a key to gathering more information or in a nutshell this followed will help a lot. I was already doing most of it, which took quite a while to get into. But the effects of this eating pattern do make a huge difference. It also reaffirmed things I found to be true, like my intolerance to wheat and soy. From here it's research on what you can eat and finding what works for you.

What a wealth of knowledge. I didn't realize there were so many options in dealing with Hashimoto's Disease. I loved how the author broke down the different diets and explained what each of them could do to combat the disease, as well as the different foods to avoid. And the sample diet plan,

makes it even easier to implement. Definitely a worthwhile read.

I got this book because recently a co-worker of mine told me she had a thyroid disorder, and would have to change her eating habits. I wanted to learn more about this ailment. I don't have time to sift through google to find info, so I bought this book. It was pretty brief and loaded with information. The book was straight forward and easy to understand and did help me to provide useful and beneficial information. Thanks to the tips found inside this book my co-worker has seen improvements in her general health. these tips could also benefit anyone looking to enjoy a healthy lifestyle.

Thank you Jamie for such a well written and informative guide. I got it for a family member and we find it really helpful. I agree that creating a healthy lifestyle can help- transitioning towards gluten-free, natural, paleo-style + alkaline/anti-inflammatory model of eating has been proven as a very effective, natural, nutritional therapy to fight off a whole range of conditions. More people should give it a try- everyone would be happier and healthier.

I have read other books by the author and was curious about this Hashimoto diet. I must say it is my first time hearing about Hashimoto disease, while some symptom's may appear similar to other illness I am grateful for the awareness and information. This book is packed with info that when applied will greatly contribute to a persons good health regardless of their health status. from exercise tips to, of course, choosing the right food adding this book to your library will benefit your health.

This book had a lot of helpful information in it and I especially enjoyed the recipes. I'm going to try several of those as they are simple, but sound delicious. I would highly recommend this book! (I do have Hashimoto's.)

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