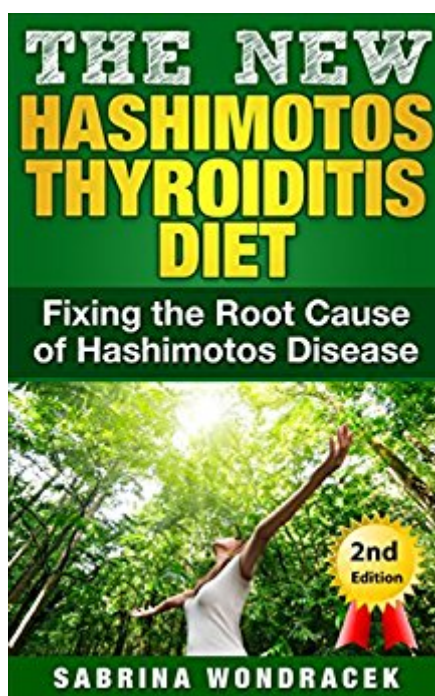


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# Hashimotos: Hashimotos Diet: An Easy Step-by-step Guide For Fixing The Root Cause Of Hashimotos Thyroiditis (thyroid, Hypothyroidism, Hashimotos Diet, Hashimotos Thyroiditis Book 1)



## Synopsis

"The Ultimate Hashimoto's Guide that takes you from suffering to thriving in record time!

08/10/2015: Revised and Expanded Edition 2.0 ^...^...^... Read this book for FREE on Kindle Unlimited - Download Now! ^...^...^...Do you feel tired?Do you lack the energy that would allow you to engage in strenuous activity?Do you feel puffy, bloated or gaining weight? 20 million Americans suffer from thyroid conditions like Hashimoto's thyroiditis!Most of them are living in constant struggle with their health and feel doomed to live a life in pain.Here is the truth, that most doctors won't tell you: There is evidence that Hashimoto's is treatable!And there is a good chance that you can go from suffering to thriving again in as little as 3 months time! What you will learn from this book:What Hashimoto's Disease is and what causes itThe main root cause of Hashimoto's most doctors won't tell you aboutHow to monitor food intolerances and effectively remove themHow to restore your gut health to heal your thyroidWhy your gut bacteria is heavily related to your conditionExactly which food skyrockets your energyThe best recipes to start your transformation todayAnd much, much more...! Get the book and start your transformation from suffering to thriving right away! Download The new Hashimoto's Diet NOW for Instant Reading by Scrolling Up and Clicking the "Buy" Button.

## Book Information

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## Customer Reviews

Well informed and informational. I know most of this because over the years of trying to learn and understand this condition, (most doctors do not tell you this), I have changed my ways of eating. This little book gives more information than any endocrinologist I have worked with. You must educate yourself about hashimoto. Doctors don't tell you about all of the side affects of hashimoto.

This is a very good book! It is very informative and well put together, an easy to read book. What I loved about this book the most was the simple to follow recipes like the almond bread easy to follow and very delicious. I recommend this book if you have issues with your thyroids this diet will help you!!

I was not given a book for this review, and I downloaded my own copy of it. I wanted very much to like this book and to find it helpful but I found too many inconsistencies throughout it referencing foods that should absolutely be avoided but then seeing those same exact foods on an allowed list and in recipes, such as nuts, coconut and goitrogens. Nuts are said to be avoided but there are so many recipes using nuts. Goitrogenic vegetables are said to be ok as long as they're cooked but then listed later in the book on the avoid list. Way too inconsistent, I lost believability that the author truly knows the material, especially that people with Hashimoto's thyroiditis like myself often are searching for the right help with our disease. There's some good information in the book but it's pretty much information that is in many other books regarding this topic. I was really hoping to find only dedicated recipes without any of the offending foods for thyroiditis

I'm going to recommend this book to some of my family members who have random ailments as this could be of use to them. Even if they don't have Hashimoto's thyroiditis the tips inside will still be of value to them I'm sure. I found the chapter on healing your gut and introducing healthy bacteria to be helpful for myself actually. Good book to get your diet on track!

Funny that I found out about the diet before I knew anything about the actual illness, I guess it's down to my eating habits and passion for food. Anyhow I believe firmly in this as a solution, as opposed to conventional medication. By dealing with the root cause of Hashimoto thyroidism we can eradicate it for good, instead of just lowering its effects and symptoms. This diet is easy to

follow, not to many sacrifices as far as food choices to be made. Most importantly it works. By reading this book I have gotten a more in depth understanding of the disease and how to deal with it naturally.

This book deals with the cause of Hashimoto's thyroiditis and how to successfully treat the autoimmune disease. I know most of this because over the years of trying to learn and understand this condition, most doctors do not tell you this, I have changed my ways of eating. This little book gives more information than any endocrinologist I have worked with. I found the chapter on healing your gut and introducing healthy bacteria to be helpful for myself actually. Good book to get your diet on track. I recommend this book if you have issues with your thyroids this diet will help you. Thanks.

This was a quicker read than I had hoped but it was good. It gives sound advice for diet and other helpful information for people who are suffering from Hashimotos. It also emphasizes the danger of not eating right and what the possible consequences might be.

I found this very helpful for understanding the causes and symptoms of Hashimotos and what to do to prevent and treat the disease. I have a relative who is suffering from this, and I wanted to familiarize myself so I can help her with my understanding, and I will surely get her to download this book as well on her kindle so she is aware of this useful information as well. The the page layouts / formatting on some pages are a little weird. Some of the pages are poorly formatted for some reason. Other than that the information is great.

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Hashimotos: Hashimotos Diet: An easy step-by-step Guide for Fixing the Root Cause of Hashimotos Thyroiditis (thyroid, hypothyroidism, hashimotos diet, hashimotos thyroiditis Book 1)  
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