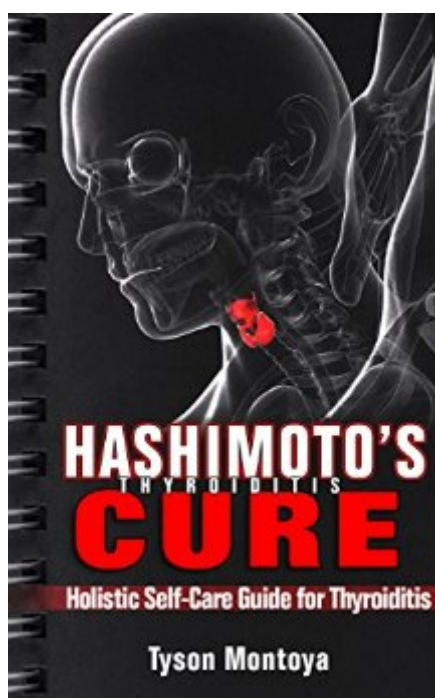


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# THYROID: Hashimoto's Thyroiditis Cure: Holistic Self-Care Guide For Thyroiditis (Self-Help Alternative Medicine Action Plan To Heal Hypothyroidism And ... Issues) (Treating Thyroiditis Book 1)



## Synopsis

Hashimoto's Thyroiditis Cure: Holistic Self-Care Guide for Thyroiditis Learn How to Help Treat Your Thyroid Issues....At HomeHashimoto's disease, also known as Hashimoto's thyroiditis, is a very difficult autoimmune medical condition that is on the rise worldwide. There are many theories as to the true cause thyroiditis, but sufferers know that it is a very difficult, long-term condition. Frequently Hashimoto's disease leaves sufferers with little or no hope except a lifetime of medication. Fortunately, there are many alternative therapies which can be just as effective if not safer than the pharmaceutical options. This book, Hashimoto's Cure: Holistic Self-Care Guide to Thyroiditis, can help jumpstart your own home treatment to this very difficult condition. In Hashimoto's Cure: Holistic Self-Care Guide for Thyroiditis you will learn:How to tell is Hashimoto's is really your issueLearn about the causes and symptoms of thyroiditisEating right for Hashimoto's diseaseHow certain foods can dramatically improve your conditionHelpful supplements to treat Hashimoto's thyroiditisThe role of physical fitness in treating Hashimoto's thyroiditisAmazing and sometimes very common herbs to improve your conditionThe importance of responsible self-careMuch, much more!Don't suffer unnecessarily when there are easy options to help with your condition.Simple changes in your diet and lifestyle can significantly impact how thyroid problems affect your life.Take action now. Scroll up and click the 'buy' button at the top of this page and you can read Hashimoto's Cure: Holistic Self-Care Guide for Thyroiditis on your Kindle device, computer, tablet or smartphone.Tags: Hashimoto's, thyroiditis, thyroid, hypothyroidism, hyperthyroidism, holistic, cure, Hashimoto's disease, Hashimoto's thyroiditis

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## Customer Reviews

I appreciated how quickly the author got to the point of each chapter. Medical facts were easy to check and common foods and supplements were mentioned, making it easy to remember and thus implement dietary changes. The only downside was a complete lack of editing and appropriate use of English grammar. I am guessing the author is bilingual, which is fine, but lack of proper English made reading slow in some areas.

awesome this explains so much and you don't have to read for an hour..i learned sooo much.. This is a great book

This was a quick yet informative read. Though it doesn't go into complete details it is a great place to start.

I am an RN and appreciated all the advice. I believe it is written in plain terms and would be helpful to anyone with Hashimotos or a relative with the disease.

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