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Hypothyroid Diet Secrets: How I Beat My Hypothyroidism By Eating Smarter – Even When Nothing Else Had Worked – and How You Can, Too!





Synopsis

When I had hypothyroidism, I never knew exactly what to eat. Do you feel the same way? I mean, it was CONFUSING! Some foods help the thyroid gland, and others block the absorption of replacement hormones (if you're taking those). After a lot of research and trying things out, I finally came to one inescapable conclusion... There's no such thing as a "hypothyroidism diet" that will make everyone feel better! There is, however, a way to eat smarter that helped me get better when nothing else worked. Who knows? It might work for you, too! So read on and find out how I kissed my hypothyroidism goodbye -- and so can you!

Book Information

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Customer Reviews

Such a waste of money. Not enough information. You cannot cure hypothyroidism. You can maintain it, but not cure it. If you claim you had it and now you don't, then you didn't have it to begin with.

Autoimmune issues take a huge amount of time; trial and error to find what your body responds to. Very generalized info, but for someone just diagnosed, this book would be most appreciated.

Terrible. No true information unless you paid for it through a website link. I felt it was a waste of valuable resources

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Too, Can Live Your Biggest, Boldest Life

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