



Hashimotos: Hashimoto s Thyroiditis: Smashed! the Ultimate Guide to Overcoming Hashimoto s Thyroiditis Disease. Hashimotos Diet - Hypothyroidism, Thyroiditis

By Blake Nicole

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand *****.Hashimotos Thyroiditis Smashed! (Second Edition)

Hashimoto s Thyroiditis Smashed! helps the reader to gain a much better comprehension of this disease by examining the brief history, underlying (or root) causes, and methods of dealing with the disease, including: Causes and symptoms of Hashimotos Thyroiditis Understanding Hypothyroidism Holistic Treatments and Natural alternatives Diet and weight control Coping with and overcoming the effects of Hashimotos Thyroiditis and Learning to live a healthy life This book goes well beyond just defining Hashimotos Thyroiditis, by explaining exactly what this disease is all about, how it effects the body, what symptoms you can expect with the disease and (perhaps most importantly) how you can combat this disease. If you (or a loved one) has this disease it may seem overwhelming and may even cause depression and anxiety, but this book helps you by showing you that you need not be defeated by such a diagnosis. With some simple changes in your diet and lifestyle, you can not only overcome this disease, but actually become even healthier than you were before...



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