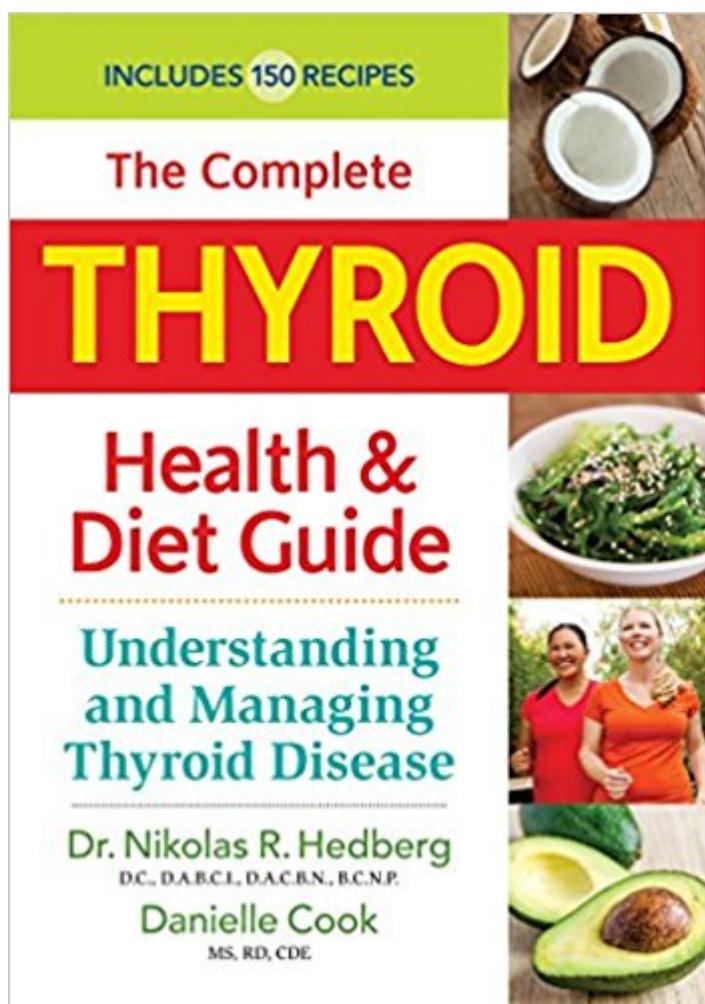


The book was found

The Complete Thyroid Health And Diet Guide: Understanding And Managing Thyroid Disease



Synopsis

One of every eight women has a thyroid disorder, an incidence five to eight times higher than men. The thyroid produces the "master hormone" that controls everything in the body. One of the biggest reasons the thyroid slows down is because of iodine deficiency and aging. The wide-spread use of medications delivers poor outcomes. Many patients with thyroid disorders are desperate for help, looking for alternatives to conventional medicine. This book provides a thorough understanding of why the thyroid may be out of balance and what to do about it. Each chapter breaks down the different body systems and how they relate to thyroid disorders. The author provides an in-depth look at autoimmune thyroid disease, which is the most common cause of thyroid disorders. The second half of the book is filled with thyroid-healthy recipes and nutritional strategies to ensure that metabolism is running at a high level. This book also has nutritional strategies to help the healthy thyroid work even better.

Book Information

Paperback: 384 pages

Publisher: Robert Rose; 1 edition (April 9, 2015)

Language: English

ISBN-10: 0778805042

ISBN-13: 978-0778805045

Product Dimensions: 7 x 0.8 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 17 customer reviews

Best Sellers Rank: #139,591 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #46 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #66 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism

Customer Reviews

Hedberg, a chiropractic physician, and Cook, a dietitian, provide a clear, comprehensive understanding of thyroid problems and what natural approaches might be used to normalize them. The book covers anatomy and function of the thyroid, how thyroid disease is diagnosed, the causes of thyroid dysfunction, usual treatments, and diet as a therapy to complement conventional medical treatment. It also includes 150 recipes recommended for a healthy thyroid and nutritional strategies to maximize the metabolism. Interspersed in the book are case histories, illustrations, summary

tables, definitions, and health tips. The authors suggest non-medical treatments, but they caution readers to continue with prescribed medication and to discuss any changes in their treatment with their doctors, suggesting that even those using conventional medical treatments could benefit from the nutritional strategies outlined in the book. This is a useful addition to consumer health literature that should help those with thyroid problems better understand and make lifestyle and dietary changes to improve their health. (Publishers Weekly 2015-12-18)

Dr. Nikolas R. Hedberg, DC, DABC, DACBN, is a Board Certified Chiropractic Internist and he is Board Certified in Nutrition by the American Clinical Board of Nutrition. He is the founder of the Immune Restoration Center, located in Asheville, North Carolina. Danielle Cook, MS, RD, CDE, has a master's degree in nutrition and food science. She has worked as an inpatient clinical dietitian a nutrition support specialist and a diabetes/educator/dietitian in an outpatient setting.

Book looks like it was never read and brand new. Very happy with purchase. Now to make time to read it.

Great book! I was inspired to the point where I became one of the authors patients. Dr. Hedberg helped me correct many of the issues that I had due to my thyroid and I have lost 25 pounds.

Good Read!

This book was very informative.

Thorough and educational. Good recipes.

Great info!

Useful, practical, easy to follow, essential life style choices for those suffering from Thyroid problems. A must have.

A very informative and easy to follow book.

[Download to continue reading...](#)

Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dietfing, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) The Complete Thyroid Health and Diet Guide: Understanding and Managing Thyroid Disease Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline

Diet & Balance Your Acidity Levels..: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)