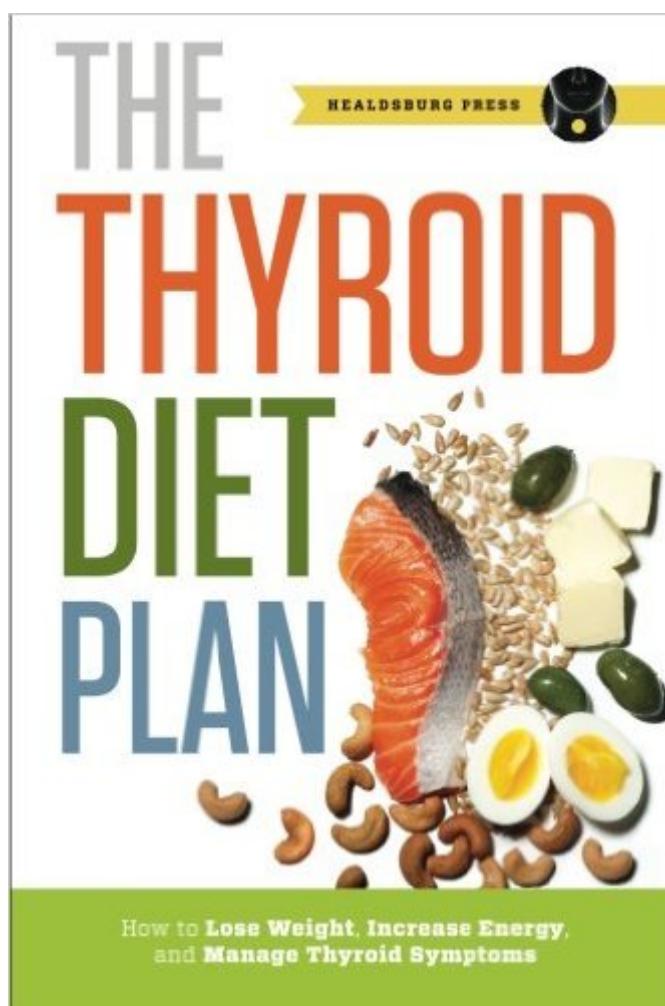


The book was found

# Thyroid Diet Plan: How To Lose Weight, Increase Energy, And Manage Thyroid Symptoms



## Synopsis

#1 BESTSELLER More than 59 million Americans suffer from a thyroid condition, which can severely hinder metabolism and stand in the way of weight loss. The Thyroid Diet Plan can help you manage the symptoms of thyroid disease with a smart diet plan that is actually enjoyable and easy to follow. Whether you have been suffering for years or you were recently diagnosed, The Thyroid Diet Plan can help you boost your metabolism, lose weight, and improve your overall well-being. Combined with exercise and hormonal treatment as recommended by your physician, the delicious recipes found in The Thyroid Diet Plan is the healthy way to reverse your symptoms and feel better right away. The Thyroid Diet Plan will make it easy to lose weight and boost metabolism with: 100 delicious and easy-to-follow recipes for every meal of the day 30-day thyroid diet plan to make managing thyroid disease simple and painless A detailed checklist of foods to avoid and foods to enjoy Q&A to help you recognize the common symptoms of thyroid disease Advice on toxins, exercise, and sensible weight loss Once you start The Thyroid Diet Plan you'll be on your way to feeling more energetic, less anxious, and more in control of your thyroid condition.

## Book Information

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## Customer Reviews

I am not one to read information books because they all seem to be written with the academic in mind and not for the lay person who only understands plain English - and they usually put me to sleep. This book, however, was different. It is written so much differently in a way that is easy for the

regular person - who didn't attend 7 years at medical school - to understand. I felt it outlined certain aspects in a clear concise manner, and gives clear examples of each point being made. For example - when referring to the types of food are goitrogenic, it then followed on to give an example of which foods (cabbage, broccoli, cauliflower). When discussing Vitamin D, it would end with an example of which foods were rich in Vitamin D. The same about Calcium, Selenium and Iodine. It is also outlined which foods to consume in moderation, which to avoid and which are safe. This makes it very easy to understand just which foods are safe and which aren't. As a sufferer of Graves' disease, I have been struggling to find out exactly what foods I can eat with my thyroid disease. Since having a total thyroidectomy 10 years ago I was not given any help with diet - what to have and what to avoid - and I have since become hypothyroid (a common result after a total thyroidectomy). Since I had been steered in the direction of a "Graves disease diet", I was unaware that that "diet" would actually do me more harm than good since I was no longer hyperactive but hypoactive. I especially like how it was explained the different medications and vitamin supplements could affect the absorption of your thyroxine medication, and the best time to take each medication for optimal effect.

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