



The Thyroid Diet: The Thyroid Solution to Beating Hypothyroidism with Bulletproof Recipes (Metabolism Boost & Weight Loss)

Carmen Haynes

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Did you know that hypothyroidism is one of the most common metabolic issues facing women and that the majority of them do not even know that they are affected? Millions of people face issues with their thyroid gland that leaves them with a myriad of symptoms including weight gain and/or the inability to lose weight even when they think that they are doing everything right. Since the thyroid gland controls metabolism, it stands to reason that it would be one of the first things that we look to when we start trying to lose weight. But, that is a problem in and of itself.

You see, there are far too many people who discount their weight problems with a dismissive wave of the hand and the assurance that it is just the thyroid. Then they either do nothing to address the problem or they do all of the wrong things to address it. Either way, they will fail, and things will continue to get worse.

This book teaches you about the thyroid gland and will also give you clear symptoms to watch out for. Of course, it does not actually diagnose a problem, that task is left to the doctor but it will help you approach the discussion with your doctor and may also give you a sense of peace that there is an answer to the “why” of your problem and better yet that there is a solution to be had as well.

Here is a preview of what you will learn from this book:

- What the bulletproof diet including the basic guidelines and starter information.
- The benefits associated with not only the bulletproof diet but with getting your health in general under control.
- The risk factors that you should know about before you get started.
- And, of course, some easy to follow, but still delicious recipes to get you going.

Your metabolism is in the hands of the thyroid gland. Your health is in your own hands. Read on to see how to get your health and that of the thyroid back on track.

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