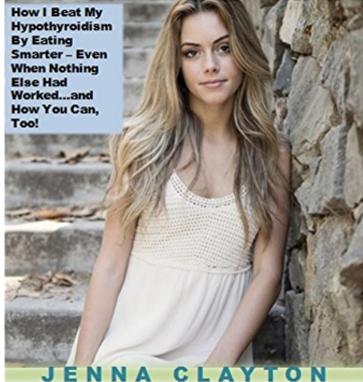


### The book was found

## Hypothyroid Diet Secrets: How I Beat My Hypothyroidism By Eating Smarter ââ,¬â€œ Even When Nothing Else Had Workedââ,¬Â¦and How You Can, Too!

# HYPOTHYROID DIET SECRETS





### 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**

File Size: 137 KB Print Length: 20 pages Simultaneous Device Usage: Unlimited Publication Date: March 28, 2016 Sold by: A Â Digital Services LLC Language: English ASIN: B01DJX7YJO Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Screen Reader: Supported Enhanced Typesetting: Enabled Best Sellers Rank: #355,517 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 inà Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #70 inà Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #133 in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

#### **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 disgnosed, 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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