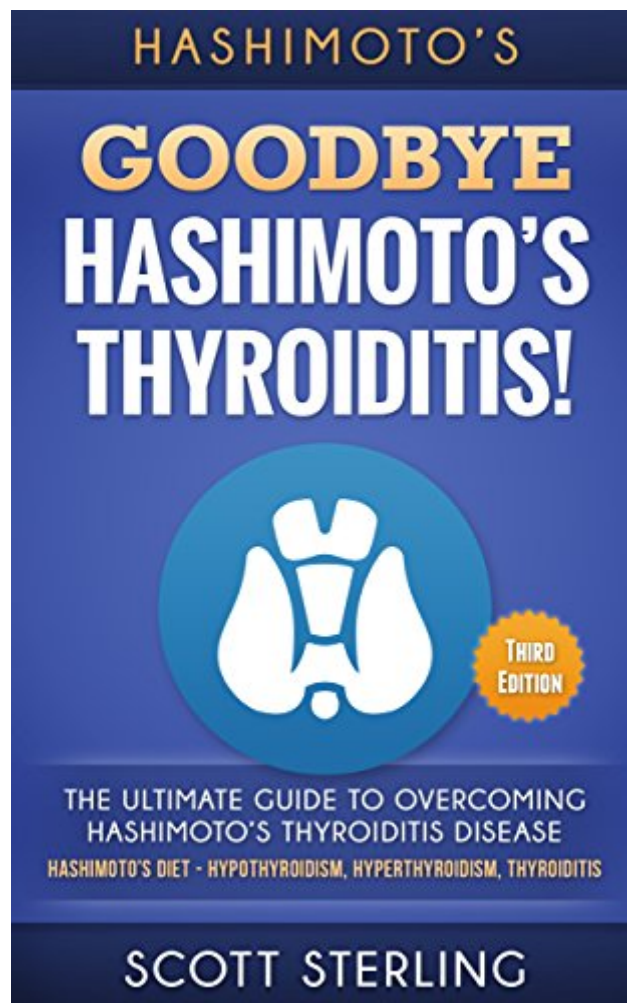


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# **Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease)**





## Synopsis

You are likely to be looking at this book as you, or someone you care for, has been diagnosed with Hashimoto's Disease. If this is the case then you'll be hungry for knowledge on the topic, and keen to know what actions can be taken to combat it – we want to help you gain an element of control. This book details what the disease is, how it relates to your thyroid gland, the effects on the key hormones produced by the thyroid, and how this can show itself in wider symptoms in your body. † Read it FREE on Kindle Unlimited - Download TODAY! † Furthermore, the book details some of the history of the discovery of the disease, why it is called what it is, and some information on how its discovery has opened a window on some of the thyroid related symptoms some people had been suffering from for years. The book considers diagnosis of the disease, how you can help with this by learning to monitor your symptoms in addition to taking medical advice, before outlining the types of treatments which tend to be used. It offers some advice on the types of actions an individual can take to build up their own constitution, to try and have as robust an underpinning system as possible - the idea of this book is to help you identify what those actions are – and then implement the most effective plan to fit with your needs and lifestyle. † Scroll to the top and click the "BUY" button †

## Book Information

File Size: 254 KB

Print Length: 54 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 24, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015T6EUAA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #384,364 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52

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## Customer Reviews

I picked this book up because a client of mine (I work in the health and fitness field) was just diagnosed with this, and I needed to learn more about it. She had been gaining weight (which was the reason she came to me) but had also been having some muscle weakness (amongst some other symptoms) and didn't know why. The doctor diagnosed her with Hashimoto's. Obviously, I need to know about it in order to work with her and make sure the things I do with her are not contraindicated for this disease. This book really opened my eyes! I learned not only what Hashimoto's was all about, but that it is also confused with other conditions (which is helpful to know). The book did a great job talking about the symptoms of this disease, as well as the (similar) symptoms that occur with conditions that are commonly confused with Hashimoto's. It also does a good job at explaining the outcomes of the disease, and that a lot of holistic practitioners are pretty well-versed to treat this disease (which might be something I could suggest to my client). The most helpful thing to read, to me, at least, was the section on eating right and losing weight. I know that my client has struggled with this for a while now, and let's face it: when you want to lose weight and nothing's happening, it's really frustrating. I now know that I should not only be working with her on exercises, but also talking with her about her eating habits, and helping her with that. Focusing on the foods with the vitamins in it that she needs the most. A very helpful and eye-opening book for anyone trying to figure this disease out, either for themselves, or to help someone they know!

This book contains in-depth explanation of what a Hashimoto's thyroiditis is, its symptoms, diagnosis and treatments. It provides excellent tips on how to combat the disease naturally and a few medical treatment suggestions as well. Other books are confusing and conflicting not to mention very overwhelming. Just starting to go gluten free and notice the change. Also adding safe vitamins and supplements seem much less scary than some other things out there that have not been tested or proven. I can possibly keep my mind still stay focus and feel relieve all the time. This book is great. I highly recommend it to all.

Medical School is hard, especially I'm studying in the field of the human body. There are diseases

that we are not aware of that we had it like Thyroiditis that happened in the thyroid which is the critical part of the body. Symptoms are quite tricky because it will slowly show you every now and then like diarrhea, depression and dry skin. Exercise can also help in reducing the pain that you will feel. Treatment is a long process but once you're done with it, everything will be okay.

This appears to be a very good book in helping treat Hashimoto's thyroiditis, a very serious medical condition. This book is highly informative and a great resource for dealing with Hashimoto's disease as well as a host of other autoimmune disorders. Easy, excellent read with awesome information!

I got this book because I was somehow interested and curious what is this all about. It's pretty well written and very educative indeed. It's sometimes good to read about for self awareness disease or illness book, even though I don't have one, even a friend. The book is full of awareness about the Hashimoto's Thyroiditis, from introduction, down to causes and symptoms as well as the treatments. Guess I have to discipline myself in eating right and losing weight and change my lifestyle for the betterment of my body. Thanks to this book. It's not all about giving information about the certain sickness, but it's also an eye opener for us in living our life to the fullest.

When I first saw the book, I thought it was an exercise tip. After reading it, I have learned and gained a new knowledge about Hashimoto's Thyroiditis. The book explains the meaning of Hashimoto's, the causal factors, possible symptoms and how to handle/treat patients with it. The book also helps with some weight loss tips/guides that will help you lose some excess fat and that extra pound you no longer need in your body. This is a good book and no knowledge is wasted so I will recommend for all out there.

I honestly had no idea what Hashimoto's Disease was until I stumbled upon this book. I decided to give it a shot and as a result, I learned so much in such a short time that would have taken me hours researching online. The author gives a huge description on what Hashimoto's Disease is, its symptoms, treatments, and even has some recipes for a victim. If you'd like to learn more about an uncommon disease, I'd definitely give this a try.

It's always important to educate yourself before you go to the doctor for a diagnosis of your health. I was amazed to find out that over 10 million people suffer with this autoimmune disease. Although I

don't suffer from any of these symptoms I have a friend that have been diagnosed with fibromyalgia and there treatment isn't working so my friend recommended me this book and it's been extremely valuable. This is a priceless resource for thoughts looking for information on hypothyroidism..

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