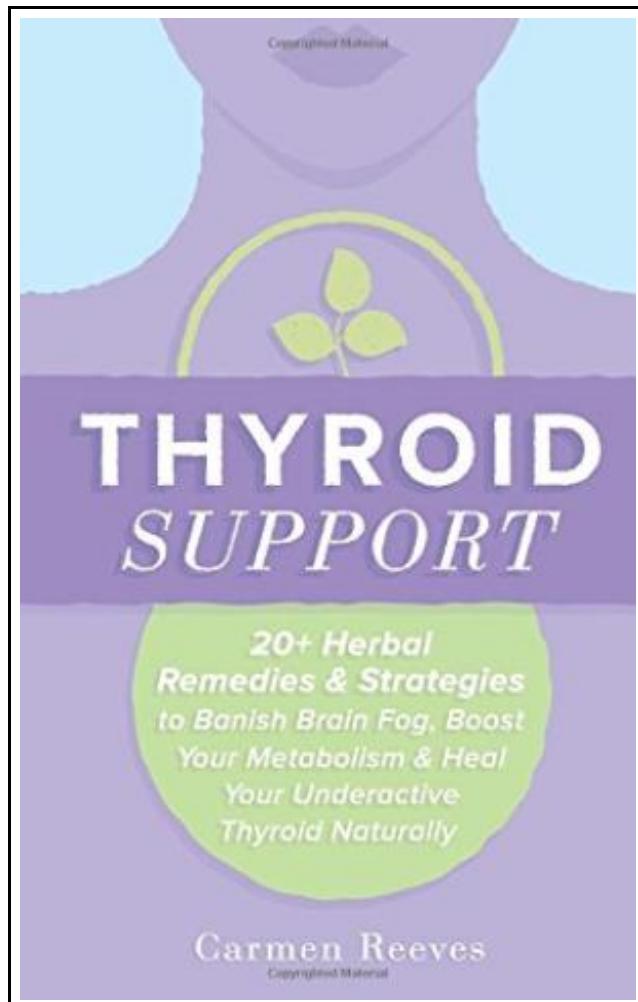


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.20+ Herbal Remedies Strategies to Banish Brain Fog, Boost Your Metabolism Heal Your Underactive Thyroid Naturally Discover diet, herbal and lifestyle tips to regain that lost energy, shed that excess weight, and support your underactive thyroid Hypothyroidism can be a confusing and overwhelming illness. Modern medicine does have ways of detecting and treating this nebulous health matter; but sadly, even the most well-trained, well-meaning, and understanding doctors of the day just don t know how to hit the nail on the head when it comes to dealing with those underactive thyroid symptoms. Statistics gathered by the American Thyroid Association (ATA) allege that somewhere over 20 million Americans suffer from some type of thyroid disease. Nearly 2/3 of these sufferers have no idea that they have a thyroid problem. If you feel lost in a sea of differing opinions, facts, practitioners, and approaches-or even those symptoms of fatigue, lethargy, brain fog, weight gain, or worse- you can turn to this book as your map and your compass. Why you must have this book: Learn how the thyroid works, how it is integral to our energy levels and feelings of vitality, but also how it is connected to every other organ system and cell in our bodies This book will teach you how to understand thyroid hormone levels: TSH, T4, T3, and RT3, but more importantly, which hormone levels to get your doctor to test for hypothyroid issues Read about how the thyroid governs our life force and metabolism - and why focusing on its health allows us the most mileage and highest quality of lifestyle possible Understand the exact symptoms of hypothyroidism: what they mean, and...

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