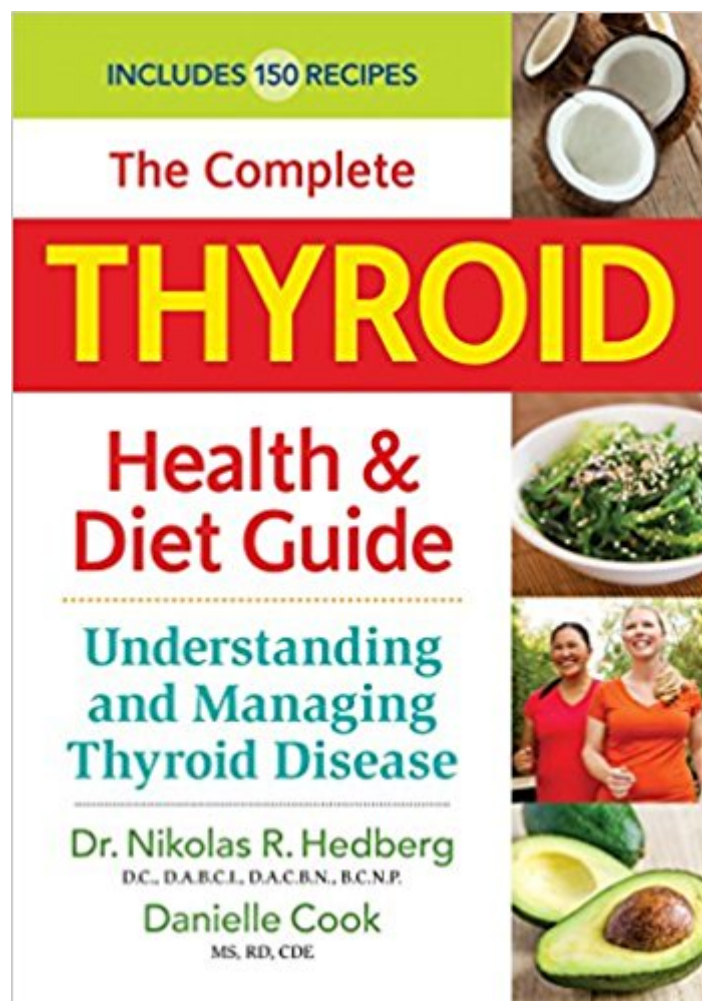




The book was found

# The Complete Thyroid Health And Diet Guide: Understanding And Managing Thyroid Disease



## Synopsis

One of every eight women has a thyroid disorder, an incidence five to eight times higher than men. The thyroid produces the "master hormone" that controls everything in the body. One of the biggest reasons the thyroid slows down is because of iodine deficiency and aging. The wide-spread use of medications delivers poor outcomes. Many patients with thyroid disorders are desperate for help, looking for alternatives to conventional medicine. This book provides a thorough understanding of why the thyroid may be out of balance and what to do about it. Each chapter breaks down the different body systems and how they relate to thyroid disorders. The author provides an in-depth look at autoimmune thyroid disease, which is the most common cause of thyroid disorders. The second half of the book is filled with thyroid-healthy recipes and nutritional strategies to ensure that metabolism is running at a high level. This book also has nutritional strategies to help the healthy thyroid work even better.

## Book Information

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## Customer Reviews

Hedberg, a chiropractic physician, and Cook, a dietitian, provide a clear, comprehensive understanding of thyroid problems and what natural approaches might be used to normalize them. The book covers anatomy and function of the thyroid, how thyroid disease is diagnosed, the causes of thyroid dysfunction, usual treatments, and diet as a therapy to complement conventional medical treatment. It also includes 150 recipes recommended for a healthy thyroid and nutritional strategies to maximize the metabolism. Interspersed in the book are case histories, illustrations, summary

tables, definitions, and health tips. The authors suggest non-medical treatments, but they caution readers to continue with prescribed medication and to discuss any changes in their treatment with their doctors, suggesting that even those using conventional medical treatments could benefit from the nutritional strategies outlined in the book. This is a useful addition to consumer health literature that should help those with thyroid problems better understand and make lifestyle and dietary changes to improve their health. (Publishers Weekly 2015-12-18)

Dr. Nikolas R. Hedberg, DC, DABCI, DACBN, is a Board Certified Chiropractic Internist and he is Board Certified in Nutrition by the American Clinical Board of Nutrition. He is the founder of the Immune Restoration Center, located in Asheville, North Carolina. Danielle Cook, MS, RD, CDE, has a master's degree in nutrition and food science. She has worked as an inpatient clinical dietitian a nutrition support specialist and a diabetes/educator/dietitian in an outpatient setting.

Book looks like it was never read and brand new. Very happy with purchase. Now to make time to read it.

Great book! I was inspired to the point where I became one of the authors patients. Dr. Hedberg helped me correct many of the issues that I had due to my thyroid and I have lost 25 pounds.

Good Read!

This book was very informative.

Thorough and educational. Good recipes.

Great info!

Useful, practical, easy to follow, essential life style choices for those suffering from Thyroid problems. A must have.

A very informative and easy to follow book.

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