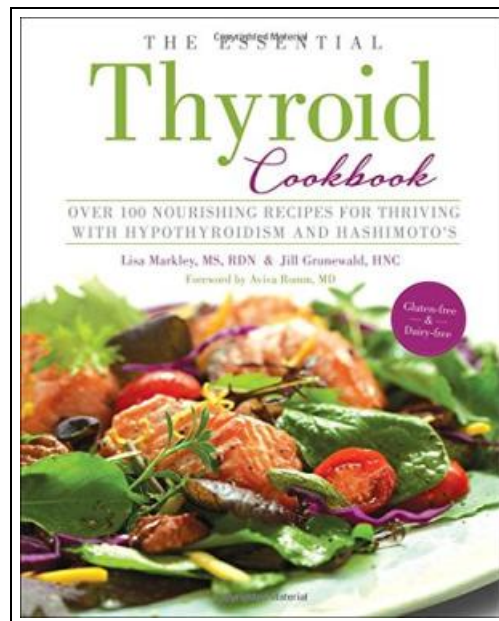


The Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto's (Paperback)



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Reviews

It becomes an remarkable publication that we have possibly go through. It is among the most remarkable book i actually have read through. Your lifestyle period will likely be transform when you total reading this publication.
(Dominique Bergstrom)

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Healthful Elements Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Lisa Markley, MS, RDN and Jill Grunewald, HNC have created a groundbreaking and scientifically supported cookbook for those with Hashimoto s (autoimmune hypothyroidism). It s masterfully written and will support you for a lifetime of peak thyroid health no matter where you currently are on your wellness journey. This long-awaited volume is a book within a cookbook - it contains a substantive educational component as well as over 100 original food as medicine recipes that not only satisfy and delight your taste buds, but also provide you with maximum nourishment for your thyroid and immune system and help you translate simple, thyroid- and immune-supportive nutrition to your plate. For anyone who has wanted to cook confidently for optimal thyroid and immune function, this is your definitive guide. Be prepared for more unfussy, artfully crafted, mouthwatering recipes and well-studied, reliable, non-dogmatic thyroid- and immune-supportive nutrition information than you ve ever seen in one cookbook. Hashimoto s is the most common autoimmune disease and thyroid problems are among the most prevalent yet overlooked conditions that compromise women s wellbeing. (Additionally, men are being diagnosed in increasing numbers.) With their combined 20 years of nutrition and culinary wisdom, the authors have a mission to help those with Hashimoto s reclaim their health. Markley is a dietitian with over a decade of nutrition and culinary experience and Grunewald is an integrative nutrition and hormone coach who s been in practice since 2008 successfully guiding her clients and students with hypothyroidism and Hashimoto s to health and vitality. They ve each experienced the challenges of Hashimoto s first-hand and have discovered that the most impactful way to reduce symptoms and improve thyroid and immune health - for themselves as well as...



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