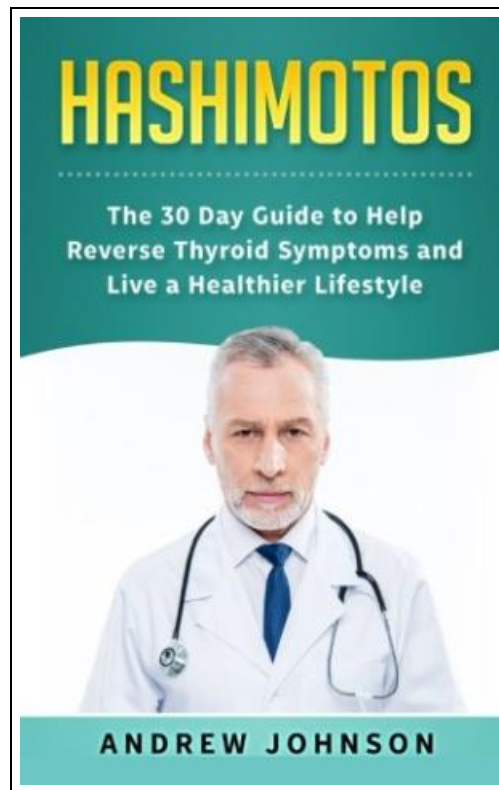


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Hashimoto s: The 30-Day Guide to Help Reverse Thyroid Symptoms and Live a Healthier Lifestyle is the only book you need to understand your diagnosis of Hashimoto s disease. Were you or a loved one recently diagnosed with Hashimoto s Disease? Do you have questions such as. What is Hashimoto s Disease?How did I get it?Is it hereditary?Will I need surgery?Will I need medication?What can I DO to help? This book can answer all of these questions and more. Throughout the book learn about many issues pertaining to Hashimoto s Disease such as. The best diet for Hashimoto s DiseaseHow to heal your gutThe mind-body connectionHow to remove chemicals from your body And more! What is different about this book is we offer one chapter as a condensed version of the book so you ca easily flip to that section over the next 30 days to see what your next step is and refresh yourself on those natural ways you can help to reverse Hashimoto s Disease and lessen your symptoms. This book also comes with a 28-Day Walking Plan that ANYONE can do! From start to finish this book gives you all the information you need after a diagnosis of Hashimoto s disease first going over the biological basics such as. What is the endocrine system? Will I get a goiter?Just what does a thyroid do? AND MANY MORE! As the book progresses, you will begin to learn how your thyroid is affected by everything that you put into your body including. Cleaners to Stop UsingFoods to AvoidWhy a metal water bottle is a necessity That is just a sample of the myriad of questions that Hashimoto s: The 30-Day Guide...



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