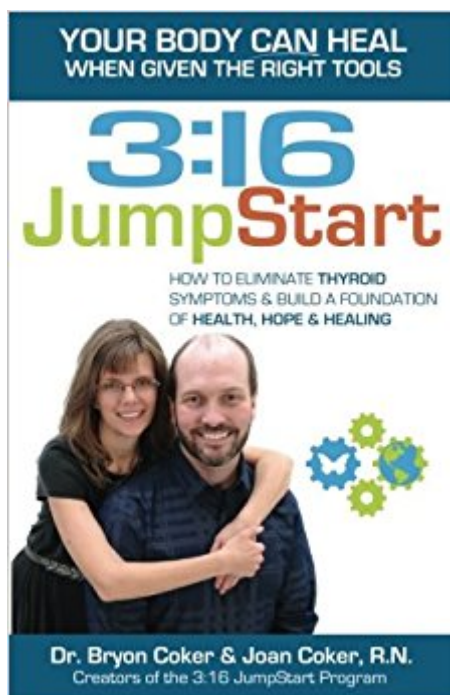


The book was found

# 3:16 JumpStart: How To Eliminate Thyroid Symptoms & Build A Foundation Of Health, Hope And Healing



## Synopsis

Whether you've been dealing with Thyroid symptoms for years and tried other programs, diets, or supplements, or if you are just beginning this journey, you will find everything you need to know to get back your life in 3:16 JumpStart. Dr. Coker and his wife Joan, a Registered Nurse, draw from their first hand experience in dealing with Hashimoto's in their own home, as well as the experience of helping hundreds of women regain their health through a foundational health program they developed called the 3:16 JumpStart Program. What if you could wake up in the morning and not feel like going straight back to bed, or step on the scale without worrying that your weight has gone up, even though you've been eating clean and exercising like crazy. What if you could make plans without that voice in the back of your head saying, "As long as I feel okay that day," or brush your hair without worrying about how much hair is left in the brush. What if you could get your life back? It's all in this book, and none of it is theory.

## Book Information

Paperback: 192 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (January 25, 2017)

Language: English

ISBN-10: 1541173465

ISBN-13: 978-1541173460

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 10.9 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #94,200 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #31 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## Customer Reviews

Dr. Bryon Coker and Joan Coker, R.N. believe that God created our bodies to be intelligent with the ability to heal themselves when given the right tools. That's why they are dedicated to tackling the root causes of chronic diseases like Hashimoto's and Graves by harnessing the power of Functional Medicine to transform lives. Dr. Coker, Nurse Joan, and their team work every day to empower women suffering from thyroid conditions with the education and resources to fuel their bodies and minds. Dr. Coker is a Chiropractic Physician practicing Functional Medicine, the creator

many Wellness Programs, and the Founder and Health Director of 3:16 Health Solutions. Joan Coker is a Registered Nurse, nutritional expert, and avid researcher. Joan was diagnosed with Hashimoto's after the birth of her youngest son, and lives a full and vibrant life thanks to the foundational health principles of the 3:16 JumpStart Program. The Cokers are parents of eight lovely children and reside in a suburb of Chicago, IL. They are co-founders of 3:16 Health Solutions, a virtual health practice devoted to women's health.

Good info but says the same things as others in getting healthy and staying healthy

I have suffered from hypo thyroid disorder for years, many of them with out a proper diagnosis...conventional medicine has failed me miserably. Through the help of my naturopathic physician, my own research, and books like this one, I am on the road to total healing! This book is easy to read and understand, full of other resources, and if you want it, the science is in there. The main point is how to eat properly and cleanly, with a "jump start" 21 day elimination way of eating, in order to promote healing in your body, the way God created it and intended it to be fed.

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Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) 3:16 JumpStart: How to Eliminate Thyroid Symptoms & Build a Foundation of Health, Hope and Healing Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Thyroid Diet Cookbook-Hashimoto`s Protocol Recipes: 50 Easy & Delicious recipes for Reserving Thyroid Symptoms and Getting Your Life Back Healing: Reclaim

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