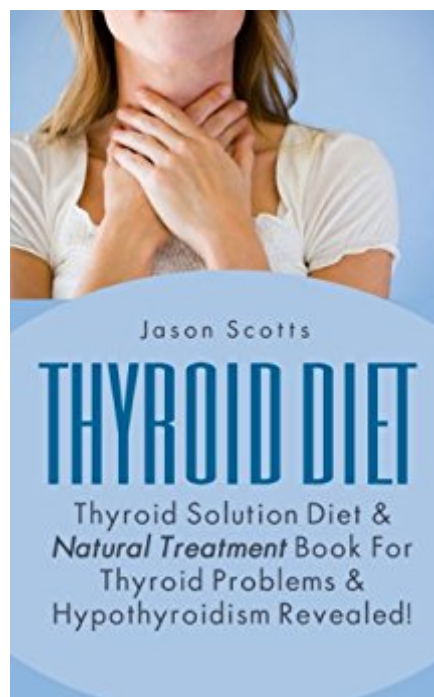




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# Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed!



## Synopsis

"The Thyroid Solution Diet" is a text that outlines all the current information that is available on issues with the thyroid. An increasing number of persons have been diagnosed with thyroid issues in the last few years and as such various solutions are being sought to alleviate the symptoms of the condition. Quite a number of texts have been published on the topic as well. This text is a compilation of numerous texts. It not only explains what the thyroid is but it goes in depth as to the various methods, medical and otherwise that can help the situation. It is an asset for any individual that wants to learn more about thyroid issues be it for their own benefit or for others who they may know that are afflicted with the condition. It is something that can be treated and not many know how to go about it.

## Book Information

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Metabolism

## Customer Reviews

My fiance has a thyroid problem. She is in the process of reading this book right now and is saying

how it has such a wealth of information that she can use to help her. Awesome book and indispensable for people with thyroid problems. Thanks for reading my honest unbiased review. I hope it was helpful to you...if I can be of any more assistance, please don't hesitate to ask questions in the comments below. I for one always read the reviews of products before purchasing and I rely on those reviews to help.....therefore, my reviews are always 100% honest. Although I got this product for free or for a discount, I do not and will not allow that to impact my review. The company that provided the product did not compensate me in any way for my review and I have nothing to gain for positive reviews. I review products on how I feel about them and how they perform the described task.

Thyroid Diet by Jason Scotts is a fact-packed book about the inner workings of the endocrine gland system. I have had a thyroid condition for many years, but I learned some new things about how the hormones produced by the thyroid gland and other glands interact with each other. Also, all these hormones are affected by things like stress, diet, and genetics. The thyroid controls the metabolism of foods to produce energy. If it does not function as intended, weight gain and fatigue can occur and these are the first symptoms often noticed, as well as cold hands and feet and thinning of hair and nails. Moreover, if a thyroid condition is undetected or untreated, it can lead to diseases like Type II Diabetes, heart disease, goiter, or even thyroid cancer, as well as obesity. The thyroid can become overactive (hyper) or underactive (hypo) and both are dangerous. Thyroid cancer is often referred to as "the easy cancer to cure," but in reality it can be fatal just like any cancer, so it is nothing to trifle with. Jason Scotts initially began researching to help the members of his family with thyroid issues. He is a strong proponent of another book, The Thyroid Solution Diet, by another author, and hints at tips, strategies, and recipes from that book. Many natural methods can be used to help the thyroid, but if the metabolism cannot be regulated with foods and supplements a person must get medical attention for their thyroid gland. This is a good informational book but I would like to see it go into more detail and provide more information. I received a free copy of this book in exchange for this review.

A total guide about Thyroid. I had a very little idea about thyroid as I am not from medical background yet I am keen to know about this gland. So this book gave a fair idea about thyroid which is largest gland of the endocrine system. As we all know this butterfly shaped gland is located on the neck and plays important role with respect to hormones. T4 and T3 are most famous among them. I do test my T3 and T4 level while doing annual body check up. Lack of iodine causes

goiter. Release of its hormones controls different body functions. It may cause body weight gain also. There are different foods that are advised for Thyroid Solution diet. I am sure I will look into that and will try to follow the guidelines for betterment for my life and healthy life ahead. Please grab this free kindle version and must read this for your own health benefit.

was excited to see a free e-book which dives into the shallow water on the thyroid and its simple yet complex function. As a person who has been diagnosed with Hypothyroidism I can attest to the impact it has had on my body & general well being. The most frustrating part of seeing an endocrinologist for your thyroid is the game they play with medications to find your balance. That frustration is exacerbated by a lack of understanding into what they're really doing. This book, although short and sweet, does an outstanding job of explaining the what and why of the thyroid. It does spend a good amount of time advertising another more thorough book on the subject of diet but in this free addition it gives some sample recipes and does show how some fairly basic dietary and lifestyle changes can have a direct and immediate impact on your thyroid and general well being. A Thyroid needs to be balance as it may malfunction either underactive thyroid (Hypothyroidism) or overactive thyroid (Hyperthyroidism). When hypothyroidism isn't treated, signs and symptoms can gradually become more severe. Constant stimulation of your thyroid gland to release more hormones may lead to an enlarged thyroid (goiter), which can cause you to become more forgetful, your thought processes slows down, or it may cause you to feel depressed. Hyperthyroidism (overactive thyroid) is a condition in which your thyroid gland produces too much of the hormone thyroxine. Hyperthyroidism can accelerate your body's metabolism significantly, causing sudden weight loss, a rapid or irregular heartbeat, sweating, and nervousness or irritability. Stress affects thyroid function; either emotional stress or physical stress may affect thyroid function if one is continuously under stressful conditions. Diabetes can also harm the thyroid gland and its functions. A low carb diet, low glycemic meals and a detox diet are great solutions to help the thyroid to keep a regulated activity. According to the author, the best diet to begin with is the Detox diet. Regular exercise along with a healthy intake will help anyone to keep the Thyroid regulated. This book is an outline of what the thyroid is, how it functions and how this function can be compromised. It then gives suggestions about how to start and what can be done to improve thyroid health. The illustrations are clear. This is a great place to start if you have a thyroid issue so you have a better understanding of this important gland and the advantages that come with improving it's function to better improve your overall health. I love the way this book breaks down what may help regulate your thyroid naturally. It doesn't list any recipes which I was kind of hoping for,

but all the information contained within the chapters well made up for that. It does tell you what foods are good for you and which ones you should avoid so at least now I have that information for my own meal planning. This product was provided at a discounted price in exchange for my honest review

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