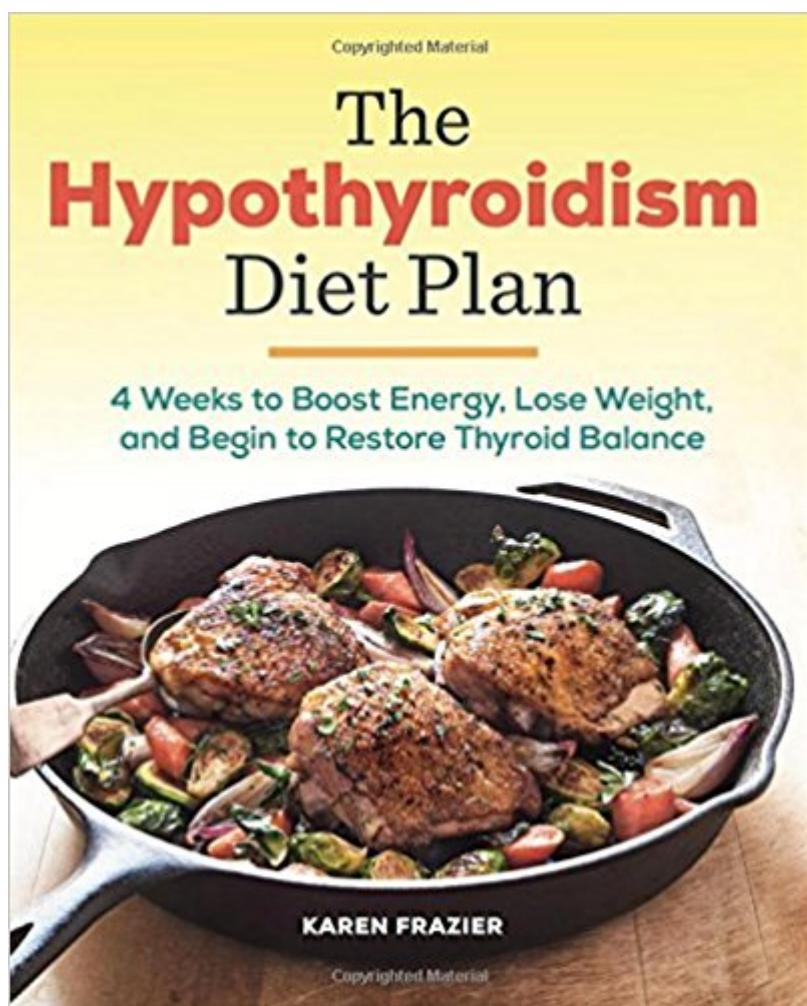


The book was found

# The Hypothyroidism Diet Plan: 4 Weeks To Boost Energy, Lose Weight, And Begin To Restore Thyroid Balance



## Synopsis

The Hypothyroidism Diet Plan is a groundbreaking resource to help manage the symptoms of hypothyroidism, including a 31-day meal plan that offers your body a chance to heal, and reintroduction recipes that are delicious, affordable, and simple. Nearly 5 in 100 Americans live with hypothyroidism, yet doctors struggle to treat what can be a confusing and debilitating thyroid condition. For most, hormone replacement is a first step, but it's not a solution. If you have hypothyroidism, making specific dietary changes can help you feel better by reducing inflammation and restoring your immune system, but knowing how and where to start can be difficult. Author Karen Frazier struggled with hypothyroidism for years before finally receiving a Hashimoto's diagnosis. After regaining control of her life through diet, she authored the bestselling cookbook, *The Hashimoto's Cookbook and Action Plan*. Here, in *The Hypothyroidism Diet Plan*, Karen offers simple recipes and an easy-to-follow meal plan designed specifically with hypothyroidism in mind. *The Hypothyroidism Diet Plan* is the first cookbook and meal plan written specifically for people with hypothyroidism. Knowledgeable and straightforward, *The Hypothyroidism Diet Plan* offers:

**UP-TO-DATE HYPOTHYROIDISM INFORMATION** to help you understand the powerful connection between nutrition and hypothyroidism

**A 31-DAY ELIMINATION MEAL PLAN** that knocks out trigger foods and hypothyroidism symptoms that prevent you from feeling good

**100+ SATISFYING RECIPES** to use as part of your 31-day meal plan and anytime afterward when you want to make tasty, healthy dishes—all of which conform to the Paleo Autoimmune Protocol (AIP)

**HELPFUL SUBSTITUTION RECOMMENDATIONS** so you can still enjoy these meals even if one of the Big-8 allergens is included in the ingredients list

Relief from hypothyroidism is possible. Discover the life-changing difference that your diet can make with *The Hypothyroidism Diet Plan*.

## Book Information

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to follow, but I would like to see photos of the finished product. I received this book for free from the publisher.

This cookbook is not just for the hypothyroid. If you're looking for a cookbook to retrain your thyroid to lose weight this book is for you. The recipes are easy to follow and aren't with all the crazy unheard foods.

Because hypothyroidism is a very individualized illness and not every single person suffers or deals with the same symptoms, I understand that there is no such thing as a hypothyroidism diet plan that will work for every individual suffering from it. However, if you're dealing with a lot of symptoms or just want to try something different this cookbook is very informative and helpful and I'd recommend checking it out. I can't speak on weight loss as I have not exclusively followed the "4 weeks of smart eating" but I have incorporated many recipes in our weekly meal plan and can say that I enjoyed everything that I made. I like that the book is split in two parts in [part one] the first 3 chapters it discusses managing hypothyroidism naturally and in part two it offers the recipes to manage [hypothyroidism]. I have been experimenting with foods that are categorized as "Foods to Consider with Care" in the book because I love dairy, eggs, and nuts but have struggled with not eating them at all. I have however, become more mindful about what I eat. I want to try the 4 weeks of smart eating soon but have to get the family on board first, until then I will continue to do a relaxed version of it.

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