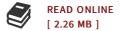




## The Hypothyroid Immediate Action Plan: Start Losing Weight, Feel Energized and Healthy, the Natural Way

By Elizabeth Hungerford

Paperback. Book Condition: New. Paperback. 93 pages. Tired of the burden imposed by hypothyroidism Want to rid yourself of the tiredness, weakness, and weight problems associated with the diseaself youre one of the 15 million men and 30 million women who suffer from this chronic medical problem, know that you dont have to struggle alone, and that there are several things you can do to maintain good control over your thyroid hormone levels. The book The Hypothyroid Immediate Action Plan by Elizabeth Hungerford will show you how to beat hypothyroidism through a treatment that involves diet and natural supplements. Every journey starts with a single step, so if you want to take the path to healing your thyroid problems, start by reading The Hypothyroid Immediate Action Plan. After reading Elizabeth Hungerfords work, you will understand: The thyroids role in the endocrine system and the bodys general function The importance of thyroid hormones to the bodys metabolism, heart beat and body temperature How a gland as small as the thyroid can affect the entire body The root cause of thyroid problems What you can eat to keep hypothyroidism at bay Complications linked to low thyroid hormone levels How to manage your...



## Reviews

The book is simple in read safer to comprehend. It is writter in straightforward words and phrases instead of confusing. You wont truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me). -- Brannon Koch

This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.

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