



## 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 disease? You're one of the 15 million men and 30 million women who suffer from this chronic medical problem, know that you don't 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 Hungerford's work, you will understand: The thyroid's role in the endocrine system and the body's general function; The importance of thyroid hormones to the body's 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...



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