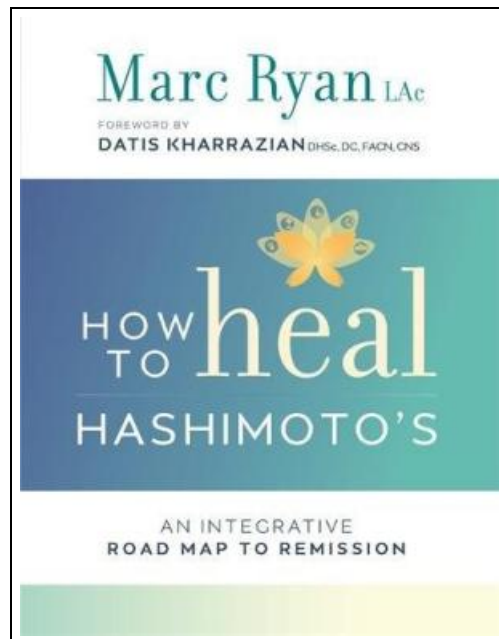


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Reviews

An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throgh studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Josefina Yundt)

HOW TO HEAL HASHIMOTO S: AN INTEGRATIVE ROAD MAP TO REMISSION (PAPERBACK)



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Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Here s the simple truth about Hashimoto s: it s way more than a thyroid problem. And even though it s an autoimmune disease, it s also way more than an immune system problem. Over time, it progressively becomes a body-wide disorder. Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss and constipation. But what many people don t seem to understand is that many Hashimoto s patients also have anxiety and depression, acid reflux, blood sugar imbalances like hypoglycaemia and insulin resistance, intestinal permeability, anaemia, food intolerances and much more. This is not coincidence. It is all caused by repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body. How to Heal Hashimoto s offers a practical, easy-to-follow approach that treats the whole body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentum - thereby allowing the body to return to balance. Get ready to take charge of your health and reclaim your life!.



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