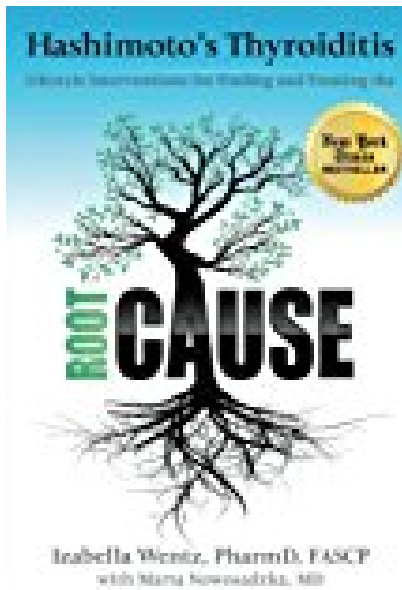


Hashimotos Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause



BOOK DETAILS

- Author : Izabella Wentz PharmD
- Pages : 372 Pages
- Publisher : Wentz LLC
- Language : English
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BOOK SYNOPSIS

"Hashimotos is more than just hypothyroidism. ... The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation, and thyroid hormone release abnormalities. ... The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece, ...allowing the body to rebuild itself."--P. 4 of cover.

HASHIMOTOS THYROIDITIS LIFESTYLE INTERVENTIONS FOR FINDING AND TREATING THE ROOT CAUSE

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