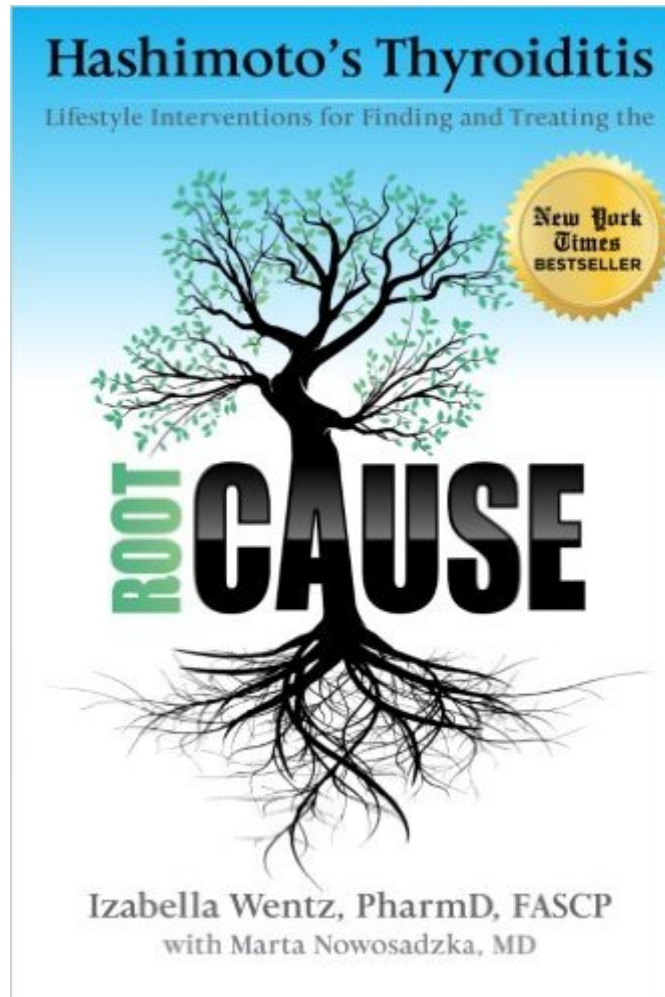


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# Hashimoto's Thyroiditis: Lifestyle Interventions For Finding And Treating The Root Cause



## Synopsis

What's Really Going on in Hashimoto's? Hashimoto's is more than just hypothyroidism. Most patients with Hashimoto's will present with acid reflux, nutrient deficiencies, anemia, intestinal permeability, food sensitivities, gum disorders and hypoglycemia in addition to the "atypical" hypothyroid symptoms such as weight gain, cold intolerance, hair loss, fatigue and constipation. The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation, and thyroid hormone release abnormalities. This cycle is self-sustaining and will continue causing more and more symptoms until an external factor intervenes and breaks the cycle apart. The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece. We start with the simplest modifications, by removing triggers, and follow with repairing the other broken systems to restore equilibrium, allowing the body to rebuild itself.

## Book Information

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## Customer Reviews

HASHIMOTO'S THYROIDITIS: LIFESTYLE INTERVENTIONS FOR FINDING AND TREATING THE ROOT CAUSE brings together the most up-to-date and helpful research and information available on Hashimoto's Disease. I was diagnosed at the beginning of 2011, at the age of 23. Since then, I've spent hours upon hours, researching everything I could find online related to this disease. I was determined to beat my disease if at all possible! I've read the Stop The Thyroid Madness site, Mary Shamon's thyroid-info website, Dr. Alexander Haskell's book, Dr. Datz Kharrazian's book and his diet recommendations, read what Jack Kruse has to say... I've looked

into the GAPS diet, the paleo diet, the autoimmune paleo diet, and researched intestinal permeability and how to heal it. I've searched high and low to find success stories of other patients who have successfully put their Hashimoto's into remission. Eventually, I found the Hashimotos 411 FB group and found a bunch of other people who had done their research as well and were on a good path of healing as a result. My point: I spent TWO YEARS and HOURS to find all the info present in this book. Back then, I searched to find such a book, and none was available. Much of this info wasn't even "out there" a couple years ago. I kept waiting for something to be missing from this book, but no, it was all there. Every related topic was covered with conciseness, thoroughness, and detail. If you have Hashimoto's, don't feel well, want to feel better, and don't know where to start, I highly suggest you buy this book. It will save you a ton of time, and if you implement what you learn, it will quicken your healing journey. And for those of you who are already healing, it's still an amazing reference manual to have.

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