



The Hashimoto's Thyroiditis Healing Diet: A Complete Program for Eating Smart, Reversing Symptoms and Feeling Great

Kate Barrington

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THE ULTIMATE GUIDE TO REGAINING ONE'S HEALTH BY OVERCOMING THIS DEBILITATING AUTOIMMUNE DISEASE

If you have Hashimoto's thyroiditis, you may feel as if there is nothing you can do. But have no fear?this book walks you through the symptoms, diagnosis and treatments so you will have the courage to face your situation head-on. *The Hashimoto's Thyroiditis Healing Diet* features:

- **A path through recognizing symptoms**
- **Information on diagnosis & treatment plans**
- **A guide for foods to enjoy & foods to avoid**
- **Over 100 wholesome & delicious recipes**
- **Workout plans & tips**

Teaching you everything you need to know, this book will help you overcome this autoimmune disease by incorporating thyroid-healthy foods into your diet and avoiding gut-aggravating foods. Follow this program to get back to your everyday lifestyle and be symptom-free.

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