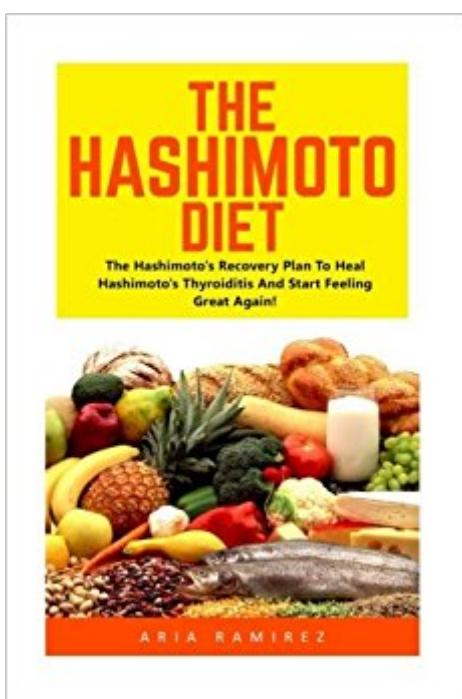


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# The Hashimoto Diet: The Hashimoto's Recovery Plan To Heal Hashimoto's Thyroiditis And Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism)



## Synopsis

The Hashimoto Diet The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! As a medical student if you want to know more about Hashimoto's disease or if you are someone who is suffering from this disease then this book is a perfect reading material for you. The writer in this book has touched all the aspects of Hashimoto's disease and Hashimoto's diet in great detail. In a very simple language very complicated medical concepts have been discussed. Some of the key highlights of this book are: Hashimoto's history and dynamics, Symptoms of the disease, Causes of Hashimoto, Health complications, Diagnosis and treatment, Hashimoto Diet, Hashimoto's disease and pregnancy.

## Book Information

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## Customer Reviews

Bought this for my daughter as she has been having a lot of thyroid issues. She absolutely loves this book. This along with two other books has sent her into body care that takes care of her issues. Wonderful to read. Makes a lot of sense. In the end diet is everything to your well being. Thank you so much.

This guide gives the best diet plan to treat and cure from Hashimoto disease. The recovery from Hashimoto's disease is fast when you follow the diet plan right and this book guides you well in that.

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