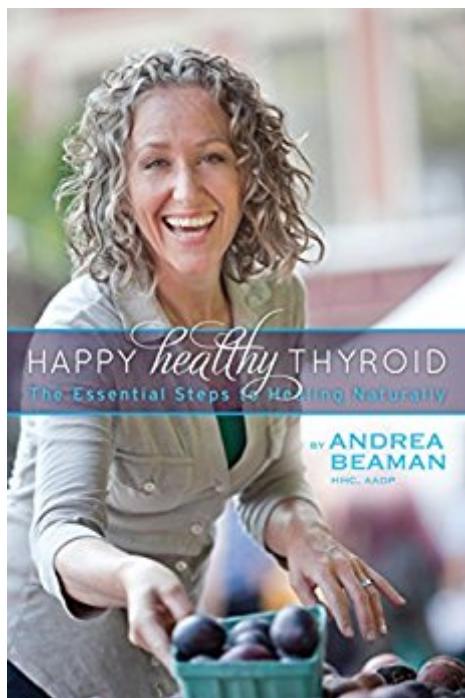


The book was found

Happy Healthy Thyroid: The Essential Steps To Healing Naturally



Synopsis

Happy Healthy Thyroid is a groundbreaking guidebook created specifically to help you treat your thyroid disorders. Learning from healing her own debilitating thyroid disease using natural and highly effective methods, and from teaching countless others around the world, Andrea Beaman has the expertise to successfully guide you through the process of healing your thyroid condition. In Happy Healthy Thyroid you'll discover the various foods, lifestyle activities, physical stressors, emotional contributors, environmental factors and spiritual connections, that all have an impact on the health of the thyroid. Included are delicious recipes to help you begin improving your condition right now! Using the information contained within these pages, you can stop struggling, learn to re-energize your thyroid on many levels, and start living a happier and healthier life.

Book Information

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Customer Reviews

I love Andrea, she is so full of life. Her story is inspiring. Being able to use food as her medicine is

wonderful. I wish everybody would read and understand that food can be your ally. It is so much better than medications.

Andrea writes her book from her experiences and from her research. I value her great advice and knowledge. I will try many of her healing advice suggestions. It gave me hope and understanding for my problems with weight gain and stress related thyroid problems. She gives helpful references for people who can't get the products in their local stores. I would read other books by Andrea Beaman.

Sold as used but this book was really new- fast shipment with careful packaging - The book is an easy to understand guide to thyroid health- the life style changes she suggests who apply to any chronic disease. I liked her approach to naturally improving your health with behavior and eating changes-- There is so much toxic products in our environment that I really need to be more careful. A must read for anyone who really wants a natural approach to healthy living.... author also has a web site with more information and coaching for further help

I have had a goiter for 15 years, all levels are normal, yet surgeon wanted to removed my thyroid simply because of its size. I refused. I am excited to try out Andrea's suggestions--there is nothing that will put me at risk, plus it is good overall health sense. The fact she was able to shrink her thyroid back to its normal size gives me hope!

well written, full of very good information and personal stories, really helpful to get a handle on something that could mean a difference between life and death. Highly recommended.

The most informative natural way to heal thyroid issues. There are also quite a few recipes.

First book I have read on thyroid that gives hope for healing my thyroid. I would have loved this knowledge 20 years ago before RAI.

A great layman's book for beginning to understand thyroid issues.

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