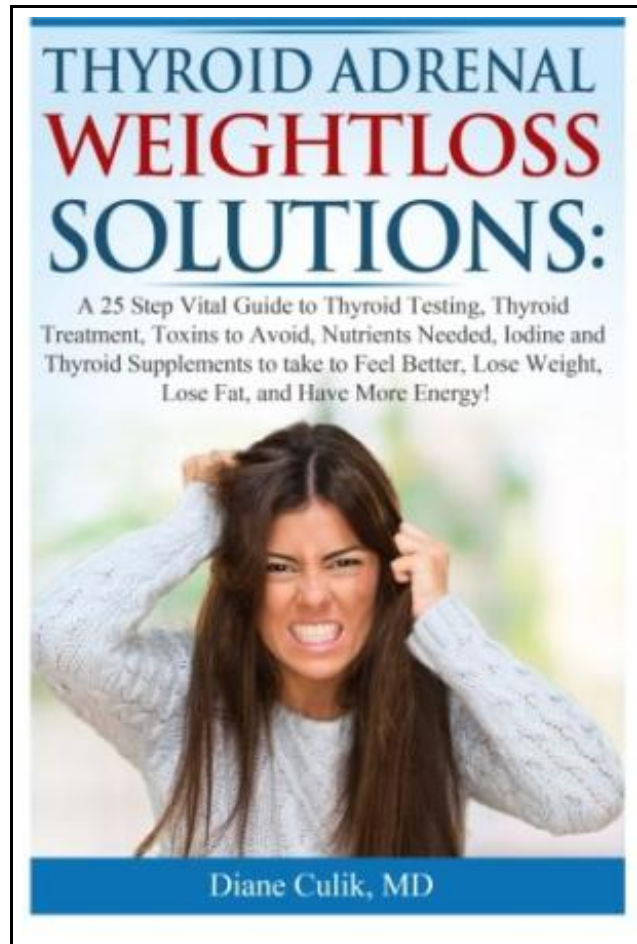


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.NEW and IMPROVED! Twice the info! Bonus sections added. STOP! Could your thyroid or adrenals be an obstacle to Weight loss? This extremely useful thyroid and adrenal testing and treatment guide provides 25 easy steps to take one who is hypothyroid or has adrenal insufficiency and guide them back to superior health. It actually is helpful for all people. Topics include Complete Lab Testing for Thyroid, Physical Exam for Thyroid, a Thyroid Questionnaire, info on Body Temperature Testing and Food Allergy Testing, Nutritional Consultation, Heavy Metal Testing, Vitamin Testing, Spectra cell Testing, Thyroid Toxins to Avoid, Sleep information, vital Thyroid and Adrenal Supplements, Liver Detoxification, Herbs and Supplements to eliminate Yeast, Iodine Amounts Needed, Vitamin C and other vitamins and minerals needed for Thyroid and Adrenals, Adaptogenic Herbs, Saliva Testing for Adrenals, Food Allergy Panel, Probiotics and Nutrients needed for Gut Healing, and Natural Thyroid Hormone Therapy! Unlike most thyroid books, this no nonsense guide gives those with thyroid symptoms only immediate action steps they can take to very quickly address the situation. Actually, every person who has a thyroid (yes, that s you!) should have this thyroid book because many topics beyond thyroid are covered, things we all should know about! Want to lose weight - perhaps easily? Consider this - over 60 million people are estimated to have low thyroid or hypothyroid symptoms. Could you be affected? Find out now, and how to shed unneeded pounds, and feel better immediately! Do you have any of the following symptoms of hypothyroidism? You may have thyroid or adrenal fatigue! Fatigue and urge to nap Thinning Hair Dry Skin Brittle Nails, perhaps with vertical ridges Weight Gain Cold hands...

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