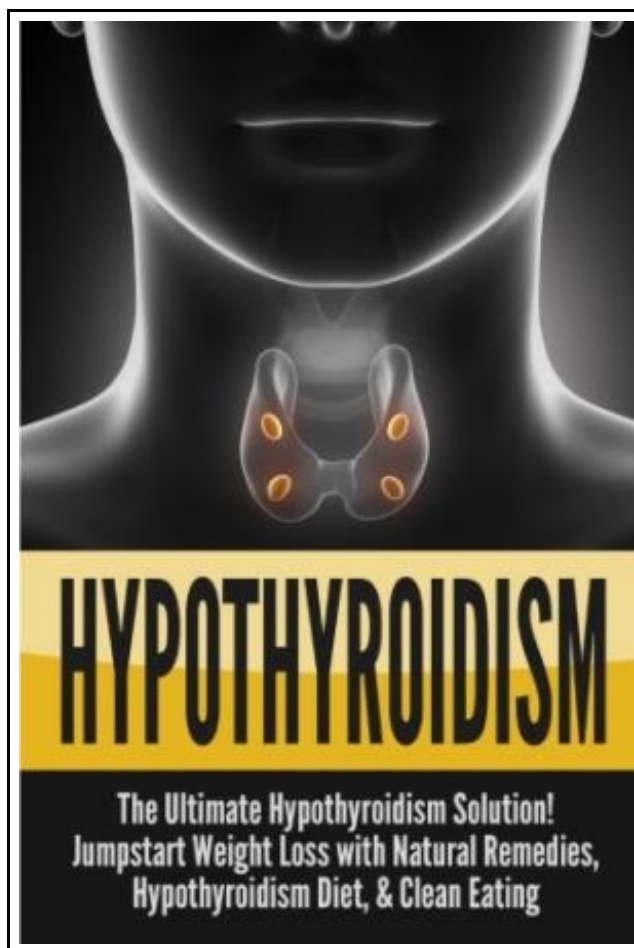


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.LEARN A Natural Hypothyroidism Solution Plan to Restore Your Health, Increase Energy and Feel Amazing! This book contains proven steps and strategies on how to gain more energy in order to live fully, lose hard-to-get-rid-of excess weight, and live well when facing hypothyroid issues. Now, you can lose weight and still have high levels of energy. This book will not only provide ways to cope with hypothyroidism but also provides significant health lessons so you can understand the mind-body connection in achieving optimum wellness. What is Hypothyroidism? It is a state in which the thyroid gland does not produce enough of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). Iodine deficiency is often cited as the most common cause of hypothyroidism worldwide but it can be caused by many other factors. It can result from the lack of a thyroid gland or from iodine-131 treatment, and can also be associated with increased stress. Here is an overview of what s covered inside this book: Background \*This section discusses the prevalence of hypothyroidism, how it occurs and and how it s diagnosed. Thyroid Hormones \*The four critical thyroid hormones that regulate how the thyroid gland works in the body. Insulin Resistance And Hypothyroidism \*This section discusses when insulin resistance is most likely to occur. You ll want to know this so you can avoid it! Steps To Losing Weight with Hypothyroidism \*A number of excellent and unique ideas on how to lose weight and maintain a healthy body. Solutions For Increased Energy Levels \*Tiredness and experiencing low energy are extremely typical symptoms of a thyroid condition. This section goes into some solutions you can use to...



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