



Hypothyroidism Diet: Lose Your Kilos and Fight Exhaustion in Less than 3 Weeks (Hypothyroidism Diet Books, hypothyroidism diet guide, hypothyroidism health)

Monica Selman

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Reduced thyroid function can cause a wide variety of symptoms, from weight gain to low energy level, and more. Whether you have been diagnosed with hypothyroidism or not, following a few simple dietary suggestions can help support healthy thyroid function as well as help you lose weight, and find increased energy throughout the day.

Learn how to manage your weight, lose pounds, and increase your energy without using caffeine. A simple, easily customized approach is outlined and includes an effective method for weaning yourself off caffeine, and checking yourself for gluten-sensitivity, as well as keeping your gut healthy with probiotics.

The Hypothyroidism Diet is not as restrictive as it first sounds. The list of foods to avoid is fairly limited, and since it's all about seeking balance, it leaves you free to find what works for you. There are foods that help promote healthy thyroid function, and help with weight loss and reducing fatigue.

Here is what you will learn after reading this book:

- Hidden causes of poorly functioning thyroid
- Foods to avoid and foods to choose
- The role of fiber
- Supplements to support healthy thyroid function and promote weight loss
- A simple plan for three weeks to see results

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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