
Adrenal Reset Diet 51 Days Of Powerful Adrenal Diet Recipes To Cure Adrenal Fatigue Balance Hormone Relieve Stress And Lose Weight Naturally

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 Adrenal Fatigue Diet & Action Plan
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 Adrenal Reset Diet Smoothies
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*Adrenal Reset Diet 51 Days Of Powerful
 Adrenal Diet Recipes To Cure Adrenal
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MAURICE GAIGE

Adrenal Fatigue Diet Chronos Publishing LLC

A transformational plan for women who find themselves struggling through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot flashes. Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and

clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn: What hormone changes cause, symptoms, and proven strategies to fix them The best way to stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

Adrenal Reset Diet Hay House, Inc

Claim Your Energy Back Today! Eliminate Stress and Anxiety From Your Life and Boost Your Metabolism by Beating The Adrenal Fatigue Syndrome! Are you frequently stressed? Do you feel tired all the time? Do you still feel exhausted no matter how long you rest? Chances are, you have Adrenal Fatigue Syndrome. Adrenal Fatigue Syndrome happens when your adrenal glands are not at their optimum levels. They are often associated with prolonged and/or recurring stress. They tire out your adrenal glands out; hence, leading to their poor function. Adrenal fatigue can cause an immense impact on your life. There are times when you don't feel like getting up from your bed, causing you to miss school or work. You don't eat a lot, but you still gain weight. You don't do anything but you feel like you have wrestled with an MMA fighter - that's how tired you are. Don't worry - there is still hope. You can still be cured, but there is a process to recovery - all of which are covered in this book. You will read all about the adrenal reset diet plan, as well as lifestyle changes that will help you recover. You will also learn about stress busters that may seem simple, but will contribute a lot to your wellness. Not everyone knows about adrenal fatigue. It is not even surprising if today is the first time you have heard about it. That's why it is good that you have this book - this is your key to unlocking the mystery that is adrenal fatigue. Here Is What You Will Learn from this Book:-

- Getting To Know The Adrenal Fatigue Syndrome
- Diagnosing Patients with Adrenal Fatigue
- Cortisol,Thyroid and Iris Contraction Tests
- Why are your Adrenal Glands Important
- The stages of Adrenal Fatigue Syndrome
- The Adrenal RESET Diet Plan
- Which Food to Eat and Which ones to avoid
- How To Stay Away From Stress and Much more!

Get This Book Today! Be Free Of Adrenal Fatigue once and for all by applying knowledge from this book. This book contains proven steps and strategies on how to deal with Adrenal Fatigue Syndrome, its signs and symptoms and how to recover from it! So don't waste time and get it before it is too late. The pain of Adrenal Fatigue will consume every aspect of your life UNLESS you take Action by buying this book Today!

Adrenal Fatigue Diet & Action Plan Simon and Schuster

You Are About To Learn How To Lose Weight And Improve Your Energy By Resetting Your Hormones! You've been using the wrong approach to lose weight and keep it off for years; that's why you never succeed to sustainably lose weight! Let me explain why and how... Your body is a complete system with everything working in perfect harmony and balance.... You gaining and losing weight also works in perfect harmony and if anything is out of balance, nothing you do is likely to be sustainable! Weight loss is as a result of the interaction of many processes - calories in and calories out is just one of the many factors. Other things happen behind the scenes that determine whether you lose weight and keep it off. You see, achieving a healthy weight and increasing vitality in your body doesn't have to be difficult. In fact, it's easier than you think. That simply means that by simply resetting your hormones, you could achieve your desired weight and improve your energy levels without trying too hard. I know you may be wondering... Can I reset my hormones naturally? Is there a one-fits-all way of resetting all the hormones? Which hormones should be targeted? How do you isolate them? Here's just a tiny fraction of what you'll discover: The basics of the hormonal reset diet, including what it is, how it works, why it works and more 21-day reset preparation The ins and outs of the 7 hormones that have a direct and indirect link to weight loss, including estrogen, insulin, Leptin, Cortisol, Thyroid hormones, Growth hormone, Testosterone What can you do after the reset? The role of physical exercise Meal planning for hormone reset Plus as a bonus you'll also get *Autophagy* to help you to lose weight, rejuvenate our

body cells and improve your immune system. The meaning of autophagy, and the different types The science backed benefits of autophagy The process of autophagy and how to induce this process The role of intermittent fasting in better health, and weight loss How to diet in intermittent fasting The role of Ketogenic diet in better health, and weight loss How to improve your life with physical exercises The different ways of practicing intermittent fasting The role of autophagy in combating cancer diabetes, neurodegenerative diseases, osteoporosis and many others Take a second to imagine how you'd feel once you finally achieve the weight you've always targeted, and how your family and friends would react when they see the healthier-looking, animated person you become. How would life be when you're finally filled with an amount of energy and vitality... how much more would you achieve? If you truly have a burning desire to improve your health, size and vitality as soon as possible, Click Buy Now With 1-Click or Buy Now to get started.

The Metabolism Reset Diet Hay House, Inc

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book BEYOND THE PILL, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, BEYOND THE PILL is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, BEYOND THE PILL is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

The Menopause Reset North Atlantic Books

"The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond"--

The Adaptation Diet Harmony

Finally, Discover A Natural Way To Treat & Recover from Adrenal Gland Exhaustion! This book contains proven steps and strategies on how to treat your tired adrenal glands and recover at home and includes everything else you need to know about adrenal fatigue. You'll also discover what exactly causes exhausted adrenals and how your day-to-day habits and diet overwork your adrenal glands. Moreover, you'll learn how getting enough sleep,

avoiding stress and stressors, and being aware of the foods that you are sensitive to will help you recover and promote healthier adrenals. Likewise, we will also explain and reveal how you can get your better quality rest and sleep, the best diet for adrenal diet, and how to deal with stress to help aid you in your recovery. Lastly, this book also provides the best test options that you can choose from to find out if you have adrenal fatigue!

Adrenal Fatigue Diet Cookbook Createspace Independent Publishing Platform

The Adaptation Diet presents a plan clinically proven to lower levels of cortisol, the main stress hormone and a major component of the obesity epidemic. By reducing excess cortisol, you can:

- Decrease your risk for diabetes, heart disease, cancer, and high blood pressure
- Lose the fat around your midsection and increase your lean muscle mass
- Improve your ability to adapt to emotional and situational stress

Dr. Charles Moss takes readers through a three-step program—detoxification, elimination of common food allergens, and the implementation of an anti-inflammatory diet—with specific advice on the avoidance of toxins and the inclusion of key bioactive, cortisol-controlling foods and nutrients such as flaxseed powder, cold water fish, specialized herbs, and vitamins. In addition, using the newly emerging science of epigenetics, he explains how diet and environment influence our biological destiny, and he provides more than 100 delicious recipes, as well as menu plans, for life-long control of biochemical stress. You'll learn which foods protect gene expression and help reduce your risk for obesity as well as how to protect your children's gene expression before they are even born. By following the right dietary suggestions, we can change ourselves right down to our genes and reduce our chances for disease.

Beyond the Pill Hay House, Inc

"A must-read book for anyone suffering from chronic pain" (Sara Gottfried, MD), *No Grain, No Pain* demonstrates the proven link between a gluten-heavy diet and chronic pain and discomfort—and offers a groundbreaking, 30-day, grain-free diet to help you heal yourself from the inside out. More than 100 million Americans suffer from chronic pain, according to an Institute of Medicine report released in 2011. For many, chronic pain is part of an autoimmune disease, but all too often doctors turn to the same solution: painkilling drugs. But all of this medication simply isn't helping, and as Dr. Peter Osborne, the leading authority on gluten sensitivity and food allergies has found, the real solution often lies in what you eat. In *No Grain, No Pain*, Dr. Osborne shows how grains wreak havoc on the body by causing tissue inflammation, creating vitamin and mineral deficiencies, and triggering an autoimmune response that causes the body to attack itself. But he also offers practical steps to find relief. Using his drug-free, easy-to-implement plan, you will be able to eliminate all sources of gluten and gluten-like substances, experience significant improvement in fifteen days, and eliminate pain within thirty days. The first book to identify diet—specifically, grain—as a leading cause of chronic suffering, *No Grain, No Pain* provides you with the knowledge you need to improve your health. Based on extensive research and examples culled from thousands of his satisfied patients, Dr. Osborne recommends changing your diet to achieve the relief that millions of Americans have been seeking once and for all, leading to a healthier, happier life.

Adrenal Fatigue Diet Rockridge Press

"Tami offers [a] ... thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that [may help]

boost your energy"--Amazon.com.

The Adrenal Reset Power Boost Diet Simon and Schuster
Finally Discover A Natural Way To Treat & Recover from Adrenal Gland Exhaustion! This book contains proven steps and strategies on how to treat your tired adrenal glands and recover at home and includes everything else you need to know about adrenal fatigue. You'll also discover what exactly causes exhausted adrenals and how your day-to-day habits and diet overwork your adrenal glands. Do I Have Adrenal Fatigue Syndrome? Easily startled Always feeling tired Recently developed new allergies Increase in panic attacks Diminished ability to cope with stress Feel dizzy after rising (Especially after getting up from lying down?) Feel helplessly weak your blood sugar level low experiencing low thyroid Caffeine dependent Sensitivity to bright light Weight gain Unable to recuperate or fight off illness Does exercise make you feel worse, not better? Low libido Food cravings Moreover, you'll learn how getting enough sleep, avoiding stress and stressors, and being aware of the foods that you are sensitive to will help you recover and promote healthier adrenals. Likewise, we will also explain and reveal how you can get your better quality rest and sleep, the best diet for adrenal diet, and how to deal with stress to help aid you in your recovery. Lastly, this book also provide the best test options that you can choose from to find out if you have adrenal fatigue!

The 30-Day Thyroid Reset Plan CreateSpace

Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely lose up to ten pounds in seven days.

Adrenal Reset Diet Rodale

65 Easy and Delicious Adrenal Reset Diet Smoothies **Get This Book Filled with Delicious Recipes By Amazon Best Selling Author Heather Leiman!** Adrenal Reset is a technique used by many people to combat Adrenal Fatigue, an increasingly common condition related to the stresses that modern life puts on our body. This book gathers together the best Smoothie recipes for achieving Adrenal Reset. Based on ingredients which will boost your natural hormonal production, and your immune system in general, the book also looks at effective techniques which will aid with weight-loss. A major feature of Adrenal Fatigue is weight gain and the inability to effectively achieve weight-loss through dieting. This book will help you to find the simplest way in which to build your energy levels, combat cravings and lose weight in a natural way which will work with your body and not against it! And, finally, the best news is that no cooking skills are required! Here Is A Preview Of What You'll Learn... Why Adrenal Fatigue occurs How to work with your body to lose weight Simple ways to ensure that cravings don't sabotage your efforts Loads of great, tasty and tempting recipes to get you started And much, much more...

The Cortisol Connection Createspace Independent Publishing Platform

The Adrenal Reset Diet was created by Alan Christianson and was designed specifically to reverse the effects of Adrenal Fatigue. Symptoms of Adrenal Fatigue can include, unwanted weight gain, chronic tiredness, wired feelings and can even lead to more severe health issues. The recipes in this book have been designed with the right amount of carbohydrates and nutrients to actively get your hormone rhythm back to normal. The effects of this can cause, rapid weight loss, radical boosts in energy and clear focus! The Crock Pot is an incredible kitchen gadget that allows you to let your food cook on its own for hours while you go about your day. The result is you coming back to a delicious comforting meal that took little effort to make. It is an unfortunate truth that the majority of us will become ill at some point in our lives. The few that do not are either very lucky or have an

amazing immune system. It is very comforting to know that, when you do get sick, the medical community is there for you. Unless it is an emergency, the usual route is to book a doctor's appointment. Some of us may attend the local chemists first, for their opinion but the doctor is usually the first official contact. [Heal Your Body, Cure Your Mind](#) Turner Publishing Company Get Your Health Back for Good In 30 Days Millions of Americans have thyroid disorders and don't even know it. Dr. Becky Campbell, who has years of experience in the field, was one of those people but cured herself using this revolutionary program. What makes this approach different—and more effective for lifelong results—is that it looks for root causes and offers a well-rounded, holistic treatment plan that addresses lifestyle, diet, environmental toxins and more. This way, you can fix the underlying problem rather than covering up the symptoms. Because the thyroid affects every system in the body, a whole host of symptoms can arise and can vary from person to person. To help individuals find the root cause of their thyroid disorder, Dr. Becky Campbell explains the seven hidden triggers that cause illness: gut infections, leaky gut and food sensitivities, vitamin deficiencies, HPA-axis imbalance, heavy metal toxicity, sex hormone dysfunction and chronic infections. She then provides her all-natural treatment plan, which includes a highly effective and easy-to-follow 30-day reset diet, so you can find which foods work for your body and which do not. She will also help you adjust your lifestyle with recipes for toxin-free products, ways to reduce stress and much more. Invest in your health and use The 30-Day Thyroid Reset Plan to heal your body for life.

The Thyroid Reset Diet Createspace Independent Publishing Platform

Do you need help balancing your hormones? Would you like to change your lifestyle without suffering? Do you need a reset of your mind and mood? Do you feel stagnant, stuck in a rut, and ready for a renewed metabolism? Are you terrified of ending up old and tired having wasted years of your life with chronic fatigue? If you keep doing what you've always done, you'll never lose that weight and control your hormones. Is this positive for you? Adrenal Fatigue Diet: Balancing Your Hormones And Boosting Your Energy teaches you every step, including meal plans for putting the pep back in your step. This is a book of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Adrenal Fatigue Diet is full of recipes and ideas for people with thyroid issues, proven techniques of that have worked for thousands of people just like you. These methods are backed up countless research studies, all which will arm you with a mindset primed for success and powerful, concrete weight loss techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you ignore your diet? * Learn what causes your weight challenges. * Why should you care about your high blood pressure * What habits you have that can quickly be broken * The consequences of ignoring your hormones How will you learn to be free from fat once and for all? * Identify the role your diet plays in your problem * What you can do today to kiss your low energy levels goodbye * Tricks for handling cravings * How to develop habits that will improve your willpower What happens when you don't let life pass you by? * Never wonder "what if" you could be free of your weight! * Wake up every day with high energy and desire * Inspire yourself and others to create the life they want with less pain. * Feel comfortable with your body again. Find out how to let go of your weight and take flight towards the body of your dreams, period. Create the life and body you want. Try Adrenal Fatigue Diet: Balancing Your Hormones And Boosting Your Energy today by clicking the BUY NOW button at the top right of this page! P.S.

You'll be able to notice the new energy within the first week.

The Hormone Secret Createspace Independent Publishing Platform

A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With The Adrenal Thyroid Revolution, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

[Is It Me or My Adrenals?](#) CreateSpace

Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day. When these small but important glands malfunction, you may start to notice the telltale signs of adrenal fatigue. Decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed. If you suspect that adrenal imbalance is causing symptoms for you, this book will help you figure out what's going wrong and partner with your health care provider to find solutions. In *Overcoming Adrenal Fatigue*, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle. The complete program in this workbook will help you: Rebuild fatigued adrenals with balancing herbs and supplements Eat for all-day energy and improved concentration Practice mindfulness and relaxation techniques to reduce stress Learn about medications that can help [Overcoming Adrenal Fatigue](#) Hay House, Inc Go from wired and tired to lean and thriving with The Adrenal Reset Diet Why are people gaining weight faster than ever

before? The idea that people simply eat too much is no longer supported by science. The emerging idea is that weight gain is a survival response: Our bodies are under attack from all directions—an overabundance of processed food, a polluted world, and the pressures of daily life all take their toll. These attacks hit a very important set of glands, the adrenals, particularly hard. The adrenal glands maintain a normal cortisol rhythm (cortisol is a hormone associated with both stress and fat storage). When this rhythm is off, we can become overwhelmed more quickly, fatigued, gain weight, and eventually, develop even more severe health issues such as heart disease or diabetes. In *The Adrenal Reset Diet*, Dr. Alan Christianson provides a pioneering plan for optimal function of these small but powerful organs. His patient-tested weight-loss program is the culmination of decades of clinical experience and over 75,000 patient-care visits. In a study at his clinic, participants on the Adrenal Reset Diet reset their cortisol levels by over 50% while losing an average of over 2 inches off their waists and 9 pounds of weight in 30 days. What can you expect?

- Learn whether your adrenals are Stressed, Wired and Tired, or Crashed and which adrenal tonics, exercises, and foods are best for you
- The clinically proven shakes, juices, and other delicious recipes, to use for your Reset
- New ways to turn off the triggers of weight gain with carbohydrate cycling, circadian repair, and simple breathing exercises
- An easy 7-day ARD eating plan to move your and your adrenals from Surviving to Thriving

[The Adrenal Reset Diet](#) New Harbinger Publications

Adrenal Reset - 7 Steps to Restart Energy and Cure Adrenal Fatigue Although not officially recognized by the medical profession, Adrenal Fatigue is affecting more and more people each year. Characterized by extreme lethargy and fatigue, the condition often is also noted for the inability of those suffering from it to lose weight, however hard they try. Adrenal Fatigue affects people from all backgrounds, although reports are more common amongst women than men. Frustratingly, for those who suffer from Adrenal Fatigue, the condition often attacks those who have apparently active, healthy lives and achieve strongly in other areas of life. The lack of clear diagnosis or sense of being "fobbed off" only contributes to the frustration that many experience when dealing with this condition. This book takes a look at the main causes of Adrenal Fatigue and also, importantly, the tried and tested ways in which many individuals have learned

to achieve Adrenal Reset. The techniques described are simple and should be easy for any individual to implement. If you've started to experience the symptoms of Adrenal Fatigue and yet cannot get recognition or a clear diagnosis from your doctor, then this book may be just what you are looking for! Here Is A Preview Of What You'll Learn... The symptoms of Adrenal Fatigue and associated conditions The causes of Adrenal Fatigue Steps that you can begin to implement today to achieve Adrenal Reset How our lifestyles may be behind the rise in Adrenal Fatigue And much, much more

Hormone Reset Diet 2 in 1 Value Bundle Independently Published

A surprising new plan to reverse the symptoms of thyroid disease by reducing excess dietary iodine, from integrative physician and New York Times bestselling author Dr. Alan Christianson. "The most innovative treatment plan around."—JJ Virgin, New York Times bestselling author, celebrity nutrition expert, and Fitness Hall of Famer Though the thyroid gland is small, it produces hormones that control the rate of nearly every chemical reaction in the body—turning food into energy, controlling the rate of tissue growth, stimulating the activity of other hormones, and much more. An estimated twenty million Americans have some form of thyroid disease, and up to 60 percent of them are unaware of their condition. Depending on the type and severity of the thyroid disease, symptoms can range from weight gain and fatigue to hair thinning and memory loss. In *The Thyroid Reset Diet*, Dr. Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism and Hashimoto's Thyroiditis with nothing more than dietary change: the reduction of iodine intake. Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in as little as four weeks, his diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones, effectively resetting the thyroid. Instead of following a restrictive diet for thyroid health, *The Thyroid Reset Diet* does not require eliminating any food category. Instead, Dr. Christianson recommends food swaps like brown rice instead of processed bread to regulate iodine intake. He shares the latest on supplements and other thyroid health strategies, along with more than sixty-five recipes, weekly meal plans, and maintenance info. His cutting-edge research and clear results, coupled with an easy-to-follow diet plan, will help anyone struggling with thyroid disease.