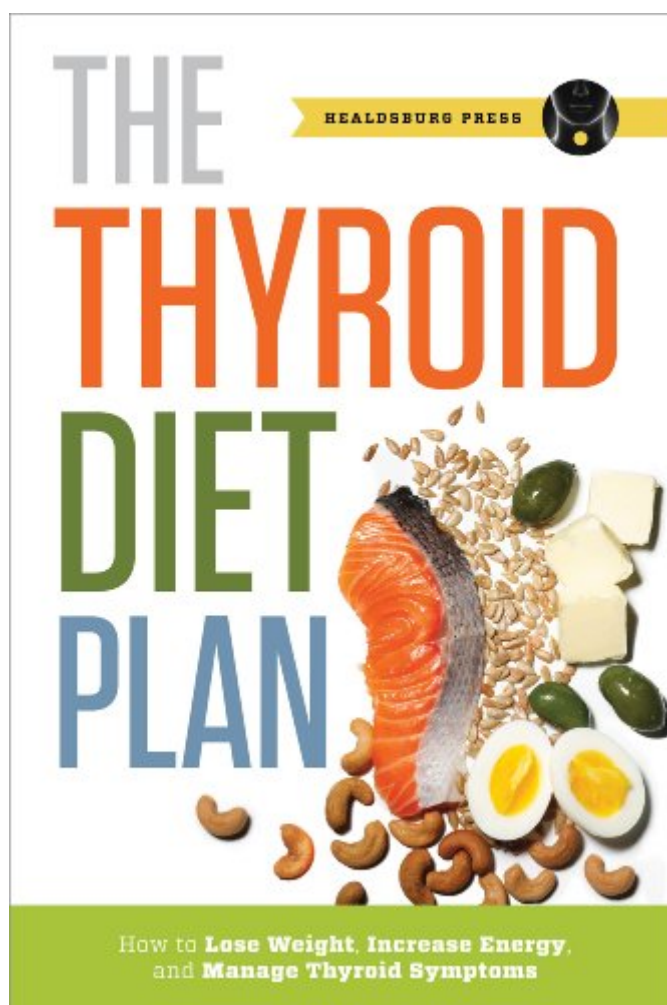


The book was found

Thyroid Diet Plan: How To Lose Weight, Increase Energy, And Manage Thyroid Symptoms



Synopsis

#1 BESTSELLER More than 59 million Americans suffer from a thyroid condition, which can severely hinder metabolism and stand in the way of weight loss. The Thyroid Diet Plan can help you manage the symptoms of thyroid disease with a smart diet plan that is actually enjoyable and easy to follow. Whether you have been suffering for years or you were recently diagnosed, The Thyroid Diet Plan can help you boost your metabolism, lose weight, and improve your overall well-being. Combined with exercise and hormonal treatment as recommended by your physician, the delicious recipes found in The Thyroid Diet Plan is the healthy way to reverse your symptoms and feel better right away. The Thyroid Diet Plan will make it easy to lose weight and boost metabolism with:

- 100 delicious and easy-to-follow recipes for every meal of the day
- 30-day thyroid diet plan to make managing thyroid disease simple and painless
- A detailed checklist of foods to avoid and foods to enjoy
- Q&A to help you recognize the common symptoms of thyroid disease
- Advice on toxins, exercise, and sensible weight loss

Once you start The Thyroid Diet Plan you'll be on your way to feeling more energetic, less anxious, and more in control of your thyroid condition.

Book Information

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Customer Reviews

As its title promises, *The Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms* delivers comprehensive information to people who have, or suspect they may have, hypothyroidism or hyperthyroidism on how to maintain a healthy weight and boost metabolic function. Not only does the book provide a complete description of how the thyroid functions and how important these functions are, it also provides exercise tips and recipes for promoting optimum health. Two quizzes, through a series of symptom-based questions, allow us to self-diagnose thyroid issues prior to consulting a medical professional. Obesity, carpal tunnel syndrome, fatigue, dry skin, depression, shortness of breath, heart palpitations, and unusual weight loss are only a few of the symptoms that indicate your thyroid isn't functioning properly. Although some people may ultimately require medication to regulate thyroid function, this book shows everyone the techniques for boosting and maintaining improved thyroid function through exercise and diet. The book includes a 30-day meal plan and enough easy, delicious recipes to keep you eating well for months to come. Start the day with a Quick Chocolate-Banana Smoothie, Greek Eggs and Potatoes, or Egg Muffins on the Go. For lunch, try Smoky Black Bean Burgers, Roasted Pepper Salad with Chicken, or Italian Cream of Mushroom Soup with Red Wine. Baked Ziti, Hearty Clam Spaghetti, or Stuffed Bell Peppers are just a few of the savory dinner recipes. And don't forget dessert; Banana Cream Pie Parfaits or Blueberry Mousse provide a yummy conclusion to your meal. An in-depth glossary of terms, references, and a recipe index make searching the book simple. This book is highly recommended for anyone who wants to lose weight and speed up his/her metabolism while eating well in the process.

Though the title of this book is *The Thyroid Diet Plan*, it is much more than a book about the thyroid. It's more of a book about what ails America. The US is fat and getting fatter, which is leading to increases in Type-2 diabetes, obesity, heart disease, and other serious problems. This book has great information on the thyroid and potential problems with this important gland, but this information is also useful for anyone who wants to lose weight, sleep better, get healthier, and have more energy. Besides useful information on the thyroid, problems associated with the gland, and medications and supplements that help improve its function, the book really scores with its diet plan and recipes. There is something for anyone and everyone in the recipes section. Whether you have

a diagnosed thyroid problem, or are feeling the effects of our fast-paced, fast-food society, this book can help you heal your thyroid and improve your health.

I have suffered from thyroid issues in the past, and I often see the symptoms creep up on me. The symptoms for thyroid issues can be mild, and sometimes make you think that there is something else wrong. *Thyroid Diet Plan* is a wonderful book that goes in-depth into hyperthyroidism and hypothyroidism. This book shares the symptoms of both issues, as well as what to do if you think you have a thyroid problem (including what your doctor will do for testing). My favorite part of this book is the section on diet plan. I love all of the fitness and eating tips. There are certain foods and minerals that are beneficial for health, and this book points those out. It also contains a great 30-day meal plan that anyone who wants to lose weight can benefit from.

The first part of this book tells about the thyroid. It's a body part whose main function is to regulate metabolism. Both too little and too much activity are bad. The author gives symptoms of each condition. Not surprisingly, they are often the opposite of the other. There's also information about what we need to maintain a healthy thyroid. What types of supplements are available? Readers should consult a physician before starting any treatment. In particular, a proper diet is a must. The second part of this book offers a 30 day meal plan. Next up are the recipes for these new items. Chapters cover: breakfast, lunch, dinner, snacks, and desserts. The emphasis is on fruits and vegetables. Several recipes feature fish. Quinoa is a good substitute for those who can't eat gluten. Only a few feature meat. However, beans and nuts are also good sources of protein. Many recipes are based on other cultures, especially Mediterranean dishes. The meal plan is a rather mixed bag. It would be a tough sell for a picky eater. Some recipes, especially breakfast items, sound rather labor intensive. However, the Egg Muffins on the Go can be prepared ahead of time. There are also several smoothie recipes. A few recipes take cilantro. Now that's one ingredient most people either love or hate. Other ingredients may be hard to find in certain areas. When's the last time the local supermarket had a sale on seaweed? The last part of this book features a glossary, reference guide, and recipe index. I found the Kindle format easy to read, with only a few minor problems. The recipes ingredients appear in lighter print. Page numbers would also have been very helpful. I only noticed one misspelled word. This book is short, but well written. The author uses simple language to explain an often misunderstood body part. Now we know why it's important, and how to treat it properly.

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