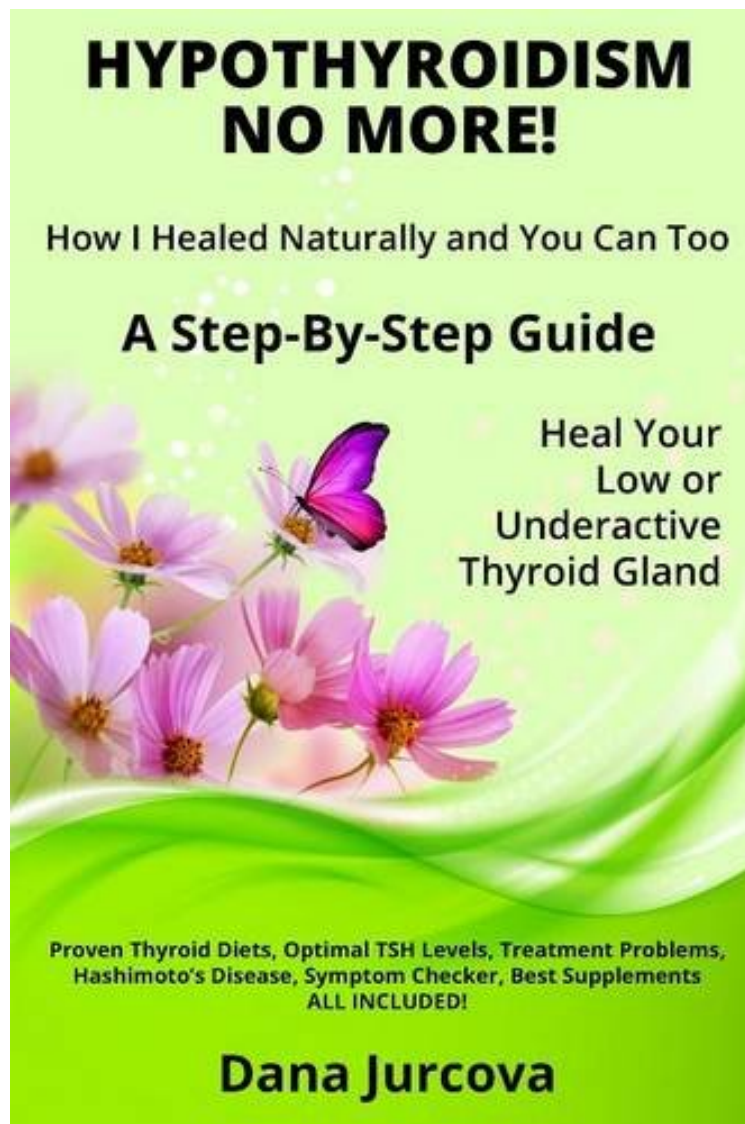


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Dana Jurcova

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This comprehensive guide to hypothyroidism is invaluable. Based on my firsthand experience as a thyroid patient, it contains everything you need to know about how to manage your thyroid disease and live a full and healthy life. From diagnosis with hypothyroidism or Hashimoto's Disease thru symptoms, finding the practitioner who is right for you, tests and treatment options, this guide leads you step-by-step along the route to managing your disease effectively. I know how overwhelming attending an endocrinology appointment or meeting an endocrinologist for the first time can be. Relax! This book will give you all the knowledge you need to understand any thyroid test you have or the benefits of any thyroid medication you're offered, so you can make informed choices. All the information in Hypothyroidism No More comes from my personal experience and research, backed up by discussion with doctors and naturopathic practitioners, as well as personal stories from patients now living free of symptoms and medication. Stop your suffering and learn to live with your condition today. Written in a style that's easy to read and understand, you'll learn about: The thyroid gland and adrenal gland The importance of iodine Diagnostics, lab tests and TSH levels Treatment options How to heal your gut before dealing with your hypothyroid symptoms The importance of having a balanced immune system Weight gain Psychological problems and much more. But this book also gives you the option of becoming and remaining medication and symptom free by using proven natural healing techniques. Look inside for: Tips you won't get from your doctor or endocrinologist Easy to follow diets Simple 7-day meal plan with delicious recipes A guide to natural healing techniques Comprehensive details of vitamins, minerals and supplements that could help heal your thyroid gland The importance of living stress free - and how to achieve it How to keep your immune system healthy and free of infections Nature's 'free' healing using fresh air and sunshine A life full of pain and suffering is over. The steps to becoming a whole, healthy and happy person are right beneath your fingertips. After many years of struggling with hypothyroidism I'm now living a wonderful life and you can too! I invite you to jump in and join the healing revolution!