

## [THYROID DIET MARY SHOMON](#)



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### **The Thyroid Diet Manage Your Metabolism book by Mary J**

Buy a cheap copy of The Thyroid Diet: Manage Your Metabolism book by Mary J. Shomon. An estimated 10 million Americans have been diagnosed with thyroid disease most of them women and for the majority of them, losing weight is mentioned time and time Free shipping over \$10.

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### **Thyroid Patients 7 Keys to Successfully Restoring and**

About Mary Shomon. Patient advocate and author Mary Shomon transformed her 1995 thyroid diagnosis into a mission to educate and empower others struggling with thyroid and hormonal conditions. She has written a

number of best-selling books on thyroid disease including New York Times Best Seller The Thyroid Diet Revolution.

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**An open letter to Mary Shomon Stop The Thyroid Madness**

Mary Shomon August 27, 2009 (Below is a response from Mary Shomon, and we have also emailed privately with more thoughts. My hope is that from this day forward, Mary and I will be able to share our names to our concerns, and share our names to actions.

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