

## **THYROID DIET BOOK REVIEWS**



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The Thyroid Diet was written by Mary J. Shamon, and it was published and released to the public back in 2004. She was the author of book Living Well With Hypothyroidism and has a passion for people battling with any thyroid issues whether it be hypo or hyper.

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### **What Is the Best Thyroid Diet verywellhealth.com**

The truth is that the ideal diet for those who are living with a thyroid condition depends on personal needs and goals. If your goal is weight loss, you will want to optimize your blood sugar and leptin levels and eliminate toxins and allergens, among other things.

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