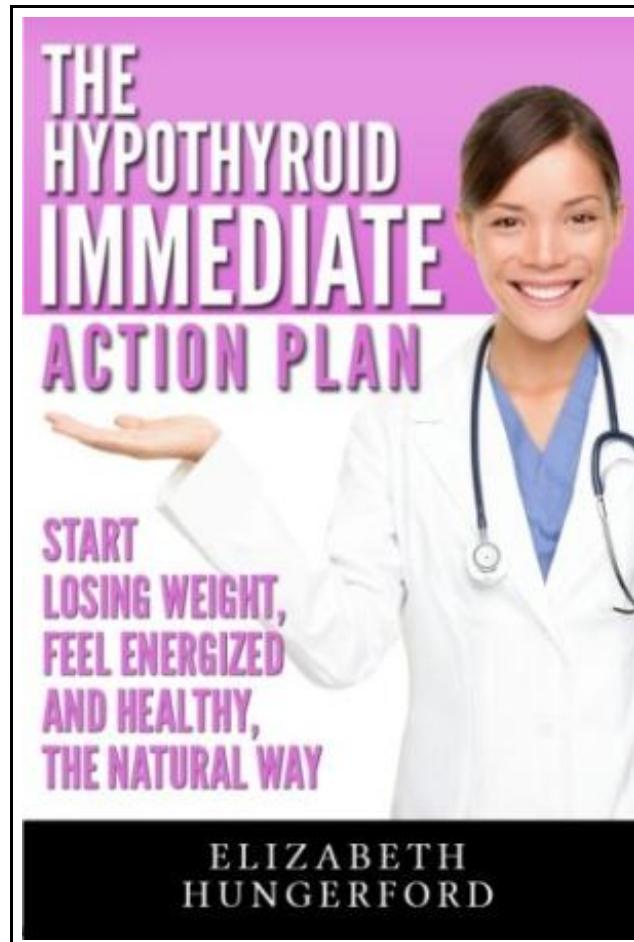


## The Hypothyroid Immediate Action Plan: Start Losing Weight, Feel Energized and Healthy, the Natural Way



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## THE HYPOTHYROID IMMEDIATE ACTION PLAN: START LOSING WEIGHT, FEEL ENERGIZED AND HEALTHY, THE NATURAL WAY



Paperback. Book Condition: New. Paperback. 93 pages. Tired of the burden imposed by hypothyroidism Want to rid yourself of the tiredness, weakness, and weight problems associated with the disease if you're one of the 15 million men and 30 million women who suffer from this chronic medical problem, know that you don't have to struggle alone, and that there are several things you can do to maintain good control over your thyroid hormone levels. The book *The Hypothyroid Immediate Action Plan* by Elizabeth Hungerford will show you how to beat hypothyroidism through a treatment that involves diet and natural supplements. Every journey starts with a single step, so if you want to take the path to healing your thyroid problems, start by reading *The Hypothyroid Immediate Action Plan*. After reading Elizabeth Hungerford's work, you will understand: The thyroid's role in the endocrine system and the body's general function The importance of thyroid hormones to the body's metabolism, heart beat and body temperature How a gland as small as the thyroid can affect the entire body The root cause of thyroid problems What you can eat to keep hypothyroidism at bay Complications linked to low thyroid hormone levels How to manage your weight when hypothyroidism is prohibiting you from slimming down no matter how much you exercise or diet What items to keep in your kitchen and pantry that support your thyroid's health Materials to read for further reading about your thyroid and keeping it in great condition The natural treatment plan that will bring balance back to your thyroid hormone levels Hypothyroidism can force your metabolic system's gas pedal to slow down, and when the thyroid slows down, almost all your other organs will slow down as well. But the good news is it can speed up again with a balanced...

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