



# The Complete Thyroid Health and Diet Guide: Understanding and Managing Thyroid Disease

*Dr. Nikolas Hedberg, Danielle Cook*

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One of every eight women has a thyroid disorder, an incidence five to eight times higher than men. The thyroid produces the "master hormone" that controls everything in the body. One of the biggest reasons the thyroid slows down is because of iodine deficiency and aging.

The wide-spread use of medications delivers poor outcomes. Many patients with thyroid disorders are desperate for help, looking for alternatives to conventional medicine. This book provides a thorough understanding of why the thyroid may be out of balance and what to do about it.

Each chapter breaks down the different body systems and how they relate to thyroid disorders. The author provides an in-depth look at autoimmune thyroid disease, which is the most common cause of thyroid disorders. The second half of the book is filled with thyroid-healthy recipes and nutritional strategies to ensure that metabolism is running at a high level.

This book also has nutritional strategies to help the healthy thyroid work even better.

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