



The Everything Thyroid Diet Book: Manage Your Metabolism and Control Your Weight (Everything®)

Clara Schneider

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Thyroid problems, affecting an estimated 25 million people, can wreak havoc on your metabolism and overall health. With this diet book, you will find more than 100 recipes that are specifically designed to help you manage your condition and weight. This guide includes:

- An overview of how metabolism affects your body
- Foods to eat frequently . . . and foods to avoid at all costs
- 100-plus recipes to aid specific thyroid problems--and help you stay healthy
- Lifestyle changes and techniques that complement the recipes

With recipes so good it's a wonder they're healthy, this is the ultimate resource to learn how to eat right and successfully manage your thyroid condition!



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