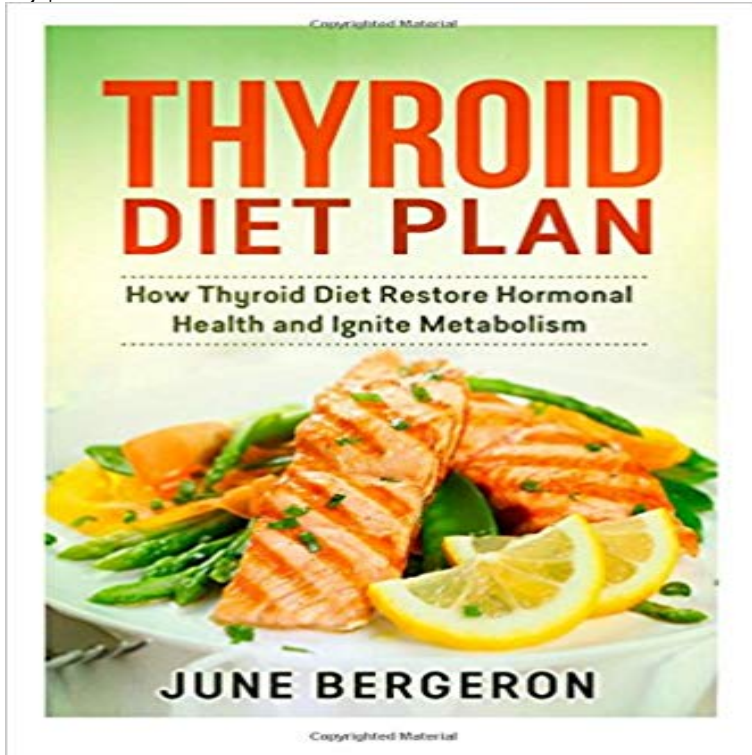


# Thyroid Diet Plan: How Thyroid Diet Restore Hormonal Health and Ignite Metabolism



Thyroid imbalance is a widely undiagnosed problem. There are millions of people worldwide who are unaware of their condition. Thyroid imbalance is a problem which if goes on without medical intervention can become very serious. This book is to help people to understand what thyroid imbalance is and how can they make their lives better despite the condition. The book discusses in profound details about Functions of the thyroid gland Imbalances of the thyroid gland Causes of the imbalances Causes, symptoms, diagnosis and treatment of hyperthyroidism and hypothyroidism Relation of depression and mood swings with thyroid imbalance Dos and donts of diet for patients with thyroid condition Tips for weight loss A complete 30 day weight loss meal plan

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