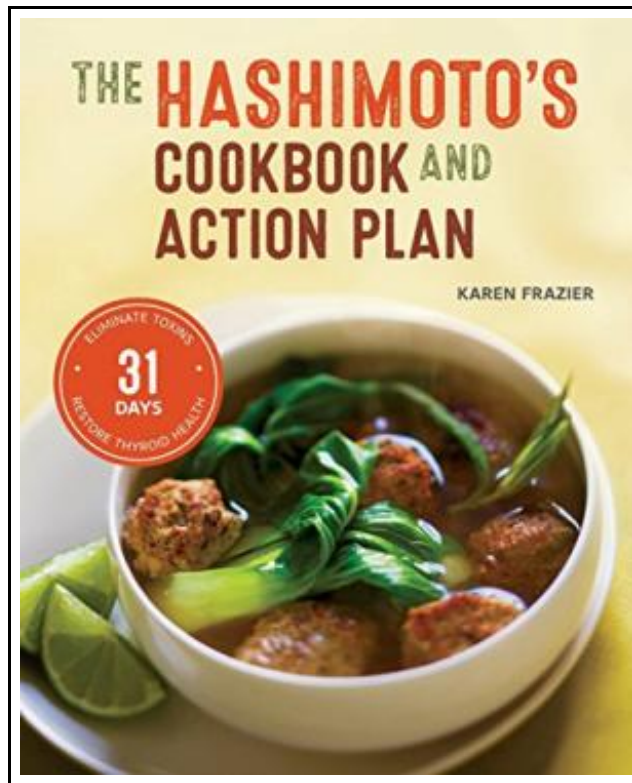


Hashimoto s Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet (Paperback)



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Rockridge Press, 2015. Paperback. Condition: New. Language: English . Brand New Book. A cookbook and 28-day action plan for leading a Hashimoto s healthy lifestyle. Despite the fact that Hashimoto s is the most common thyroid disease in the United States affecting nearly 14 million Americans, there are few references for reducing symptoms with dietary changes. No one understands this better than Karen Frazier, who has been living with Hashimoto s for more than 20 years, and knows firsthand how hard it is to give up gluten, corn, soy, and dairy-inflammatory foods. Laying out a month-long action plan with over 125 recipes to help you start and stick to a Hashimoto s approved diet, this cookbook is your go-to guide to living a Hashimoto s friendly life. In this Hashimoto s cookbook and action plan, you will find: A Month-Long Hashimoto s Action Plan for eliminating problem foods, broken down into a 3-day cleanse and a 3-week meal planOver 125 Recipes serving Hashimoto s friendly meals for breakfast, lunch, dinner, desserts, and snacksHelpful Aids helping your transition to a Hashimoto s lifestyle with symptom trackers and shopping listsAn Essential Introduction covering need-to-know information about Hashimoto sRecipes include: Banana Muffins, Asian Meatball Soup, Stuffed Zucchini, Ginger Salmon with Sweet Potato Mash, Mustard and Herb Leg of Lamb, Vanilla-Chamomile Poached Plums, and much more! Take action with this 28-day plan and feel for yourself the benefits of a thyroid-friendly diet.



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