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Thyroid Diet Plan How to Lose Weight Increase Energy

As its title promises, The Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms delivers comprehensive information to people who have, or suspect they may have, hypothyroidism or hyperthyroidism on how to maintain a healthy weight and boost metabolic function. Not only does the book provide a complete description of how the thyroid functions and how important these functions are, it also provides exercise tips and recipes for promoting optimum health.

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The Paleo Thyroid Solution Book Review Beverly Meyer

The Paleo Thyroid Solution book review and podcast on Primal Diet - Modern Health with Beverly Meyer. Learn why and how T3 hormone should be used with T4.

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