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#### mary shomon the thyroid diet

My experience with Hypothyroidism, Iodine, Selenium, and Plexus supplements. Ambassador Rachel Glynn - Duration: 9:22. Rachel Elizabeth Glynn 6,781 views

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## Mary Shomon Wikipedia

Shomon is also the original Guide for the About.com (formerly the Mining Co.) site on thyroid disease. She has also maintained other patient-oriented websites and email newsletters on thyroid disease since 1997.

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# **Mary Shomon Thyroid Patient Advocate Author Home**

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# Mary Shomon Thyroid Patient Advocate Author About

Mary Shomon is a hormonal health and thyroid advocate, and author of 13+ books on health, hormones, weight loss and wellness. Mary is also a health coach, working with people across the globe to help them fast-forward up the learning curve, and be empowered with information to make the best health decisions.

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