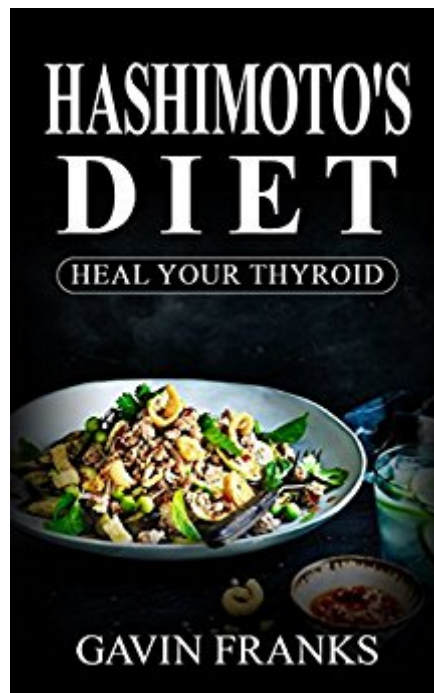




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# Hashimoto's Diet Cookbook: Your Ultimate Guide To Cure Hypothyroidism With Over 325+ Healing Recipes And 1 FULL Month Meal Plan (Reverse Hashimoto Thyroiditis Disease)



## Synopsis

Heal Your Thyroid Once & for All with the Revolutionary Hashimoto's Diet! Includes over 325+ Anti-Inflammatory Recipes & 1 FULL MONTH Meal Plan for Rapid Healing Believe it or not, prescription medicine is NOT the only hope and answer for Hashimoto's. Have you Ever Wonder whether Diet and certain foods impact Hashimoto's and Hypothyroidism? Well The answer is a Resounding YES...Purchase this book and Learn Scientifically proven & practical strategies to Repair & Reverse the Destructive chronic inflammation that Hashimoto's has caused on your body. This book will use a step-wise approach to take you through the Hashimoto's Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, eradicate inflammation & enhance physical performance and overall wellness. Think of the Hashimoto's diet like pushing the "Reset" button with your overall health, relationship with food and habits. This book contains HUNDREDS of Hashimoto Friendly Breakfast, Lunch, Dinner & Dessert recipes In this Book You Will Learn: Auto-Immunity: You're Bodies Worst Enemy Hashimoto's Explained Reduce Inflammation To Heal Your Immune System 14 Important Hashimoto's Diet principles Top Anti-Inflammatory Foods To Incorporate Into Your Diet. Four Secret Spices That Pack a Powerful Punch Exactly How To Balance Your Hormonal System FULL 1 Month Meal Plan - Easy To Implement Aligning Your Attitude & Mind Some of the Profound Benefits You will Experience: Boost Your Metabolism Increase Energy Levels & Vitality Accelerated Fat Loss Cure Digestive Tract Disorders Normalise Auto-immune response Eliminate Allergies Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance Normalised Sleeping Patterns Think of the Hashimoto's like pushing the "Reset" button with your overall health and relationship with your food habits. Here Is A Preview Of The Wholesome recipes you will find in this book: Chicken topped with Mango Salsa Grilled Chicken Over Squash Spaghetti Steak and Veggie Kebabs Asian Lettuce Wraps Spicy Chicken Cilantro Wraps Arugula Salmon Salad Gazpacho & Guacamole Roasted Rack of Lamb with Blackberry Sauce Lamb Ragu with Celery Root Pasta Pork Meatloaf with Sun Dried Tomato & Mushrooms Energizing Acai Bowl Beef Breakfast Casserole Spicy Pumpkin Patties Apple Cinnamon Porridge Egg Breakfast Muffin Breakfast Casserole And Much Much More! Comes with One Full Month Meal Plan to Jump-start your new Balanced Lifestyle | Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! |

## Book Information

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## Customer Reviews

Seitan is gluten. Every book and article I read about Hashimoto's, including this cookbook, preaches to avoid gluten at all cost, not even cross contamination should be tolerated, and yet at least one recipe in this book calls for seitan bacon. I was expecting very simplistic, pure ingredients. I don't even know where to find seitan bacon, but an explanation as to why it is in this book would be nice. It is very confusing to read over and over that gluten, soy, dairy, etc should be eliminated, and then not only have it included in a recipe but included as a somewhat exotic ingredient is not helpful to someone sincerely looking for foods that will heal.

This book has helped me understand the origin of this hashimoto's diet. This book is a great tool to be used in defense and to counter hypothyroidism. With this recipes, the inflammation that is starting to grow will be reduced and will have a healthier and more energetic body. These recipes are very helpful also to start a healthy lifestyle not just in cure for the hypothyroidism but also for other diseases that would likely affiliate hypothyroidism. A lot of things will be discovered in this book and the recipes are worth knowing.

Great for people with hypothyroidism that want to change their diet. I like some of the recipes and will try them out. Gives you an outline of what to eat and what not to eat along with and a 1 month menu plan to change how you eat. I will be trying this out to see if it works for me since I am hypothyroid person, need more energy and not to be so tired all the time.

This book helped me to understand causes, precautions, and treatments for Hashimoto's disease. Also, this book helped me to analyze my food habits. Yes, diet is very important, but most of us, realize the importance only after falling sick. I have seen my friends/family falling sick often and so, i want to keep myself healthy all the time. This book was educational read for me on Hashimoto's diet. If you are looking for Hashimoto's diet books, this book may be helpful for you.

Wonderful book, goes into detail on what the body needs in the way of diet for life. Makes a lot of sense. Bought this for my daughter who has over the past few years had thyroid issues. Wonderful recipes even for the person that has no thyroid issues. Well balanced diet. Great reading.

Those with Hashimoto's should not have cruciferous vegetables and yet they are in the recipes, should not have SOY and it's in the recipes. Really disappointed.

to be honest i was extremely curious as to what exactly this new and interesting diet called Hashimoto's diet is all about. after reading the book which has over 35- recipes, and weight loss 1 month planned out , understood the basics of the diet, how it works and what are the main principles behind this diet. overall , i really liked the concept and will try it out for myself to see results

VERY GOOD COOKBOOK

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