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I was deeply disappointed with this book. I had Hashimoto's disease, apparently about 15 years ago, and my thyroid packed it. Of all the chronic problems, doctors tell you it's a good to have, because all you have to do is take Levothyroxine, a synthetic replacement of the good things the thyroid gland releases and you are as good as new. And I guess the thing is, 15 years later, I'm still alive. But when you become hypothyroidism, you develop a number of irritating symptoms that are yours I was deeply disappointed by this book. I had Hashimoto's disease, apparently about 15 years ago, and my thyroid packed it. Of all the chronic problems, doctors tell you it's a good to have, because all you have to do is take Levothyroxine, a synthetic replacement of the good things the thyroid gland releases and you are as good as new. And I guess the thing is, 15 years later, I'm still alive. But when you become hypothyroidism, you develop a number of irritating symptoms that your doctor will tell you may or may not be due to a thyroid problem. They are also associated with normal aging and they are quite diffuse, so it is very difficult to get specific about what happened and what needs to be done. And Levothyroxine doesn't really help. So I read the Hashimoto Protocol with real hope that I could do something about all these symptoms. But all the author does is take every issue of the fad diet that's out there now, apply it to the thyroid

gland, and assume that, for example, eliminating gluten, sugar, dairy, and all the other current faves will suddenly fix the thyroid gland. Once she has made turning you into a paleo-veggie eater, then she solves all the environmental pollutants that can be (also) causing your problems. By the time I was 3/4 of the way through the book, I had come to terms with life in a bubble wrap in the depths of a cave deep in the desert, the only shaman for company. I'm calling BS on this. ... More Isabella has healed herself and thousands of others and has compiled her approach based on evidence in this must-have guide to reversing symptoms. Filled with success stories, personalized approaches, recipes and more, HASHIMOTO'S PROTOCOL is a book that all those who suffer from thyroid symptoms have been waiting for. Dana Trentini, founder of the thyroid defense blog hypothyroidmom.com Dr. Wentz brings not only the wealth of focused Research to Hashimoto's in her latest book, but also an important, sensible, achievable plan that is born out of her own real-life experience as a hashimoto patient who has gone from struggle to prosperity. From her unique point of view and compassion, she leads the way for others to do the same. Aviva Romm, MD, author of the adrenal thyroid revolution and Medicine for Women's Protocol Hashimoto is an important book for those with Hashimoto Hashimoto wants to feel better and understand their needs. Dr. Isabella Wentz has created a clear 90-day program woven together from her clinical training, personal experience, thorough research and feedback from thousands of fans. Dr. Wentz's advice can work for you as well. I've seen countless people follow her advice and restore energy, improve autoimmune, lose weight, and grow hair. Alan Christianson, NMD, NY Times author of the bestselling adrenal book reboot diet and founder of the Integrative Health Clinic Ready to Take Responsibility for Your Health... In just 90 days? Absolutely! Dr. Wentz's protocols and decisions are in place. Hashimoto's protocols are easy to read, provides protocols that you can quickly implement and save you decades of unnecessary suffering. Her trademark sincerely cares for your well-being can be found on every page. Donna Gates, M.Ed., ABAHP, author of Diet Ecology Body: Restoring Your Health and Restoring Immunity and Body Ecology's Guide to Growing Younger when I tell people that I used to have chronic fatigue, bald spots, panic attacks, depression, and acne, they are surprised and almost in disbelief. Others see me happy-go-lucky and rarely stressed, and I get compliments on my hair, skin tone, and fitness level. But it wasn't always like that. I used to feel so alone, and I felt like I'd never get it. I hurt in everything at every level. It was like I wasn't getting anywhere myself. I spent thousands of dollars on doctors, and I'm still undoubtedly sick. I was amazed and began to lose hope. Can you relate? Do you feel depressed? Do you feel like you'll never get it? Is your weight creeping up, no matter what you do? Your energy is at zero and it feels like it can't get worse? Your antibodies have taken off and you don't know what to do next? Are you hot-tempered with loved ones, despite all your efforts? Brain fog has stolen your ability to think? Family and friends misunderstand that you're trying better? Your hair is thinning all over and you're worried that you won't have much left? Has your anxiety taken your life? Have you been to numerous doctors, allergists, endocrinologists, even natural doctors who do not know what to do with you? I've experienced it all and it stinks. I almost lost my relationship with my husband because of this complicated illness. My friend's circle was getting smaller and smaller and I was afraid to leave my house for fear of getting gluten outside the security of my house. My skin was so dull, and cystic acne haunted me. My lion mane shrunk to a tiny ponytail the size of two pencils. I WAS EXHAUSTED! People thought I was anorexic because I was so skinny. My allergies became so intense that I reacted to everything indoors and away. depended on antihistamines, steroid nasal sprays and eye drops. I was A living, sick man is struggling with my health, just like you. But I've regained my health, and I want to help you because I know how debilitating to be sick. It may feel like you've gone too far to get help... or that none of these strange natural strategies will ever work... or you've tried everything and still a healthy sick person you know, but I have some good news. There's a way to restore health. I've narrowed down what works, and now it's available to you. The Hashimoto Protocol is a focused approach that teaches you how to feel best in two weeks and how to eliminate symptoms and regain your health within 90 days. I hope that this leadership empowers and strengthens your resolve. I'll take you on a journey that sets out how to implement these protocols, and you'll learn: Specific Action Ways to Feel Better Results, Data and Statistics From Shooting Thousands of My Readers Target Step-by-Step Approach to Eliminating Symptoms Reduce Your Thyroid Antibodies To Regenerate Your Thyroid Tissue Discover Functional Treatment to Replenish Nutrients and Thyroid Hormone Levels Of Three-Legged Chair Autoimmune Diseases (and How to Get Rid of Autoimmune Diseases!) Adrenal Liver Recovery Recovery Guts Balancing Lifestyle Changes, So You Can Thrive You Will Discover The Exact Protocols That Work BEST and That Gets People Better So You Can Restore Your Health! There are two parts to this book: Founding Protocols and Advanced Protocols. Basic Protocols: This section is for people who want to know exactly what to do to feel better. What I share will help no matter what caused your condition. The protocol to support the root cause of the liver is how to support your liver by cleaning the detoxification pathway so that you can release toxins and get your energy back. The adrenal recovery protocol is how to reset the response to stress so you can regenerate your body. The gut balancing protocol is the right nutrients, so your gut starts to work at an optimal level. For advanced health seekers... If you suffer for a long time and feel annoyed about what to do next, Advanced Protocols are just for you. It includes a number of assessments that help you identify your unique root causes and gives you a roadmap action to address them. Advanced protocols include: Optimizing thyroid hormones - four unique strategies to address your thyroid hormone levels and make sure you are on the right Eating and nutrients - Find out if the outstanding nutrient deficiencies and nutritional reactions can hinder your recovery. Overcoming traumatic stress is a long-term strategy to help you overcome the traumatic stress of your life. Life. - Healing from infections can be a missing piece of your healing wall. Removing toxins - eliminating toxins and learning to live clean. Ready for the plan to get your health back? Order a copy of the Hashimoto Protocol today. When you're dealing with an autoimmune disease like Hashimoto's, your body is exhausted. It's put up quite a struggle domestically and it's our job to establish the body for success by strengthening and nourishing our bodies so it can rebuild itself. I finally have a light at the end of the tunnel. I'm not alone. I'm not crazy. I have a lot of support. I'm going to live. - Utah you will have access to personal trigger scores that will help determine your potential root cause areas. Assessments help lay the groundwork for getting started. You can make them at the beginning of the Fundamental Protocols section as we address nutrient deficiencies, food sensitivities, bowel imbalance, toxins and learn how to become more resistant to stress. Or you can do it later when we embark on Advanced Protocols. Evaluations continue throughout the second part of the book and are a key component to your health recovery. Rachel D. shared: I took a score that showed a high risk for yeast and then I started putting it all together. Incessant itching in my ears and navel, fungus on my nails, white coating on my tongue, all the antibiotics that I took ... the fact that my health started to go down right after taking antibiotics. It all made sense. I've been struggling for the last 3 years because of Candida sprawl! Now I know exactly what I need to do to get rid of it, feel better, and stop attacking my thyroid. Thank you so much Isabella! 97% improved their knowledge about 81% Hashimoto saw an improvement/resolution in depression 80% saw a reduction in abdominal pain 75% saw a decrease in joint pain 74% experienced an improvement from fatigue 73% experienced a decrease in TSH 71% improved their acid reflux 65% saw an improvement in symptoms after the liver cleanse 62.5% improvement of brain fog 61% improved by the improvement of the irritants PharmD, FASCP is a world-renowned thyroid specialist and licensed pharmacist who dedicated his career to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's thyroiditis in 2009. Dr. Wentz is the author of the New York Times best-selling patient guide Hashimoto thyroiditis: A Lifestyle Intervention for Finding and Treating The Root Cause and An Upcoming Protocol based on the book Hashimoto Protocol: A 90-Day Plan to Treat Thyroid Symptoms and Get Your Life Back. As a patient advocate, researcher, clinician and educator, Dr. Wentz strives to raise awareness of how to overcome autoimmune thyroid disease through thyroid mystery mystery The series, has a Hashimoto Institute of Training Practices, as well as its international consulting and conversational services offered to both patients and medical professionals. Learn how to implement these step-by-step protocols and restore your health. Order a copy of the Hashimoto Protocols today. Today. ohio university student housing handbook

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