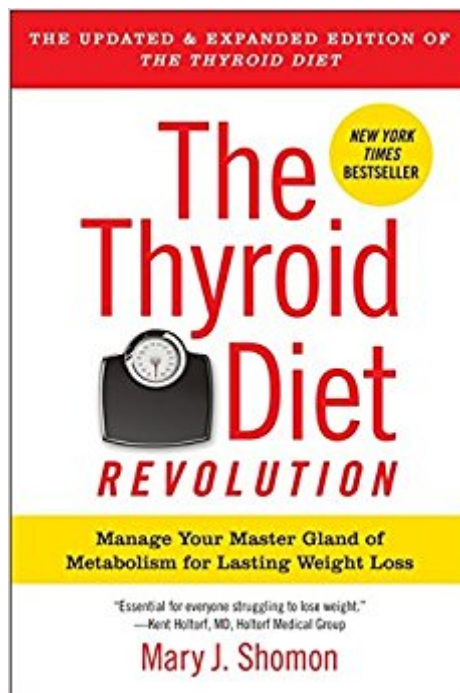




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# The Thyroid Diet Revolution: Manage Your Master Gland Of Metabolism For Lasting Weight Loss



## Synopsis

The Thyroid Diet, the groundbreaking, New York Times bestselling guide for thyroid patients that revolutionized the conversation about thyroid conditions and weight loss, has been expanded and updated to include the latest medical and nutritional information, reviews of the newest diet programs and up to date recommendations, and more. Now more than ever, The Thyroid Diet Revolution by Mary J. Shomon is an essential purchase for the millions of thyroid disease sufferers who struggle with weight problems.

## Book Information

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## Customer Reviews

Fifty Million Americans Have Thyroid-Based Weight Problems—Do You? Since Mary J. Shomon's groundbreaking book The Thyroid Diet hit the New York Times bestseller list in 2004, the number of Americans diagnosed with thyroid disease has more than doubled. This newly expanded and updated version of Shomon's classic work, The Thyroid Diet Revolution identifies the many hormonal factors that can get in the way of your weight loss and offers much-needed solutions. New material includes: Guidelines to help frustrated dieters determine if they have an undiagnosed thyroid condition. A comprehensive step-by-step approach to help you get proper thyroid treatment, optimize thyroid function, increase metabolism, and effectively lose weight. A common-sense look at cutting-edge hormonal, nonsurgical weight-loss treatments, plus the latest on weight-loss drugs and surgery. Updated information on the latest nutritional approaches—herbs, supplements, and vitamins to help enhance your metabolism, improve

energy, balance hormones, control blood sugar, and promote weight loss. Customized exercise approaches that help you fit in fitness and build muscle without fatigue. Reviews and recommendations of the best diet programs for thyroid patients . . . and more. Offering an integrated diet and exercise recommendations and a special resource section featuring websites, books, and support groups • The Thyroid Diet Revolution provides vital help for the millions of thyroid patients dealing with weight problems.

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, [www.thyroid-info.com](http://www.thyroid-info.com). She lives in Kensington, Maryland.

It is not an exciting read and it made me feel slightly overwhelmed by all I should be doing to help my thyroid problem from diet to supplements to checking if many other things are out of balance too. It could be a full time job managing my health. It did help me determine which blood test to ask my doctor to order.

I have lived with the first edition and just ordered the revised edition. When I was first diagnosed with hypothyroidism, I found Mary Shomon's website and learned about my condition and the best way to stay healthy. Her diet book provides that information about the best way to loose weight for someone who is hypothyroid. She is hypothyroid so her advise is not only scientifically sound but comes from a first person perspective. I continue to use her books and website to stay healthy.

This book is what I have been looking for. It has helped me understand the thyroid problems I hear about all the time. Although my blood work is in the normal range I still think I have a thyroid problem. Thank you for helping me feel less "crazy" for doubting my physicians.

A must-have book for anyone struggling with thyroid illness. Mary Shomon has incredible content on her web site ([thyroid.about.com](http://thyroid.about.com)) and this book captures great information that is easy to understand. She demystifies a complex health issue and offers great evidence-based and anecdotal advice.

Great book, answers a lot of questions on Thyroid problems. I would recommend it to anyone

looking for answers on the subject.

Mary J, Shomon tells you everything you need to know regarding this medical problem that seems to be an epidemic now, in a very easy read. It's a great book to refer back to also.

Save your money. You could find all this information from google searches. It's not even a diet. Very disappointed.

Hi, if u recently lost Ur thyroid or Ur just finding out U have Hypothyroid or Hyperthyroidism, this is the book for u. It explains a lot of technical things u need to know in the first 75% of the book. The last 25% talks of a few food related tips. And a lot of info on how to make existing diets work for u. I could have lived w/o this book. And kept my 10 dollars. I know am not losing weight and I'm in the gym etc. I though this book was going to help me w at least a better eating diet not having a thyroid. It didn't do that. Nothing informative.

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Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The Everything Thyroid Diet Book: Manage Your Metabolism and Control Your Weight (Everything's®) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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