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The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back

Amy Myers MD

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From the author of the *New York Times* bestseller *The Autoimmune Solution*, a comprehensive, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health.

Are you exhausted all the time, plagued by brain fog, and unable to lose weight? Do you struggle with insomnia, panic attacks, and tremors? But does your doctor insist that your labs are normal, and that you just need to eat less and exercise more? As anyone who has been there knows, nothing is more frustrating, stressful, and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you.

The truth is, your symptoms could be caused by a thyroid disorder--the hidden cause behind a wide array of health problems that can threaten to ruin your life. Thyroid dysfunctions like Hashimoto's disease, hypothyroidism, and hyperthyroidism affect at least 20 million Americans and yet conventional medicine frequently misses the diagnosis. The scariest part? Most doctors won't even order thyroid tests unless you specifically ask.

Now, in *The Thyroid Connection*, Dr. Amy Myers teaches you how to take your health into your own hands. Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Fortunately, she also knows how achievable recovery and well-being are, and just how to get you there. In *The Thyroid Connection*, you'll discover:

- How to work with your doctor to get the correct diagnosis
- What blood tests to ask for, as well as what they mean
- How to find the right type and dose of supplemental thyroid hormone for you
- The role of gut health, diet, toxins, infections, and stress in thyroid dysfunction
- A complete 28-day plan to jumpstart your health and reverse your thyroid symptoms

Complete with advice on diet and nutrition, supplements, exercise, stress relief, and sleep, *The Thyroid Connection* is the ultimate roadmap back to your happiest, healthiest self.

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Chris Barrentine:

People live in this new time of lifestyle always make an effort to and must have the time or they will get lots of stress from both way of life and work. So , when we ask do people have time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the particular book you have read is actually The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back.

John Jones:

Your reading sixth sense will not betray an individual, why because this The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back book written by well-known writer we are excited for well how to make book which might be understand by anyone who all read the book. Written with good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still hesitation The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back as good book but not only by the cover but also from the content. This is one book that can break don't evaluate book by its cover, so do you still needing another sixth sense to pick this kind of!? Oh come on your reading through sixth sense already told you so why you have to listening to an additional sixth sense.

Anthony Jones:

Many people spending their time frame by playing outside along with friends, fun activity using family or just watching TV the entire day. You can have new activity to shell out your whole day by studying a book. Ugh, think reading a book will surely hard because you have to use the book everywhere? It ok you can have the e-book, taking everywhere you want in your Mobile phone. Like The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back which is keeping the e-book version. So , why not try out this book? Let's view.

Janice Garcia:

As we know that book is very important thing to add our know-how for everything. By a reserve we can know everything we wish. A book is a range of written, printed, illustrated or maybe blank sheet. Every year had been exactly added. This publication The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back was filled about science. Spend your spare time to add your knowledge about your technology competence. Some people has diverse feel when they reading some sort of book. If you know how big good thing about a book, you can experience enjoy to read a guide. In the modern era like at this point, many ways to get book that you simply wanted.

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