



Thyroid Diet : A Complete Guide For Increased Energy, Weight Loss And Boosting Your Metabolism

Dana Tebow

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A Good Guide To A Successful Thyroid Diet

When there is too much or too small of an amount of thyroid hormone in a person's body, this is usually caused by a disease of the thyroid gland.

When there is too much, this leads to hyperthyroidism and when there is too little it is called hypothyroidism.

The real question is whether these diets work, are they just a fad or can they really help you to lose weight?

Dana answers these questions with a do it this way book that is an important part of anyone attempting to boost their metabolism and get a positive and natural method of weight loss. This is a good book to own in your library.

When an individual has a thyroid disease they may have to be dealing with health issues such as goiter, among others. More women than men are prone to Thyroid issues, but this is a medical issue that can and does affect both sexes and can be very serious and even fatal if it is not dealt with on a timely basis and in the proper way in collaboration with a doctor.

Being completely devoted to her own health, as well as to the health of as many persons as she can possibly impact, Dana Tebow seeks to research and to write about the different diets that can cause both men and women to live as healthy a life as they possibly can.

Her interest in the thyroid diet is especially important to her since her only sibling; her sister had battled thyroid issues for a while, which is what sent her into researching the field in the first place.

To authenticate her books, Tebow is usually known to 'practice what she preaches', specifically as it relates to a healthy diet, exercising as well as the appropriate lifestyle changes.

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