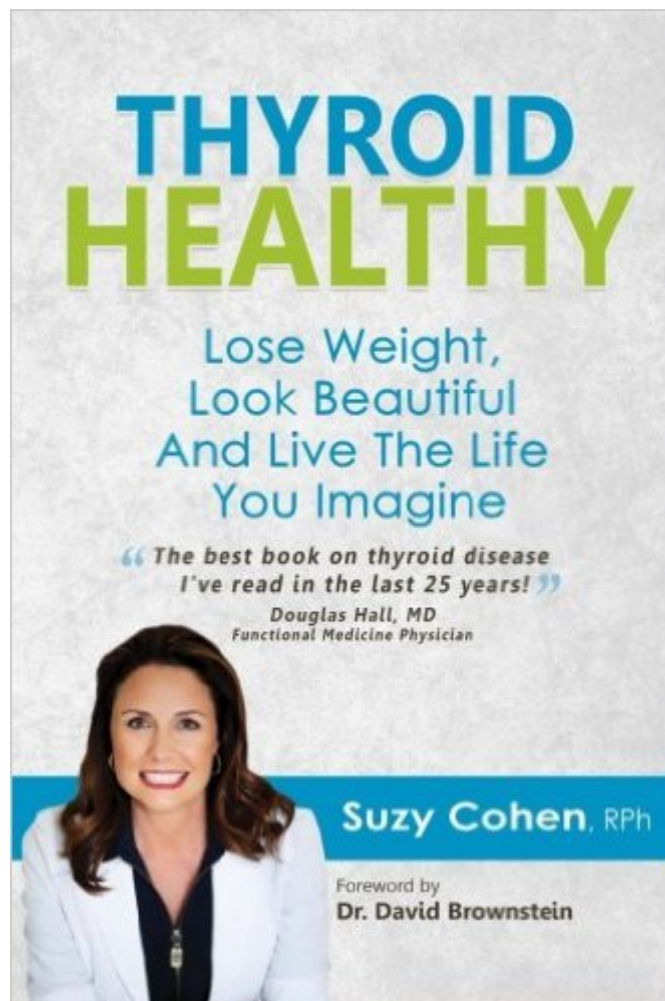


The book was found

# Thyroid Healthy, Lose Weight, Look Beautiful And Live The Life You Imagine



## Synopsis

Live Thyroid Healthy and put an end to: Chronic fatigue Constipation Cold hands and feet Brain fog Hair loss Excessive weight Depression and anxiety Are you one of the millions who's fallen through the cracks of the standard medical system? Have you been told you're depressed or stressed out but you're really not? It's so unfair that you can tell your doctor about classic symptoms of low thyroid and still get dismissed because conventional tests don't prove how you feel! Did you know some popular thyroid drugs are completely useless until your body converts it? I'm blowing the lid off of standard medical treatment for thyroid disease. Inside, you will learn about the best lab tests, how to interpret them, where to buy them, foods that heal your thyroid, and foods that harm it. You'll also learn which medications work best, and which nutrients and supplements authentically work. Reclaim your life, start today.

## Book Information

Paperback: 304 pages

Publisher: Dear Pharmacist Inc.; 1 edition (April 22, 2014)

Language: English

ISBN-10: 098181736X

ISBN-13: 978-0981817361

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (378 customer reviews)

Best Sellers Rank: #14,808 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#) #56 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Here is the deal I am a functional medicine doctor and have studied 1000's of hours on this topic and functional medicine in general. This book has brought new research that I have never heard of and I study and read daily.... She write things in a simple manner and she has a great sense of humor. The truth is if you are suffering with a thyroid condition or think you have a thyroid condition even though your doctor said "your labs are normal and your on the correct thyroid meds, so it's in your head and here is a prescription for Prozac". I would slap him or her and tell them they need to spend some time keeping up with the research and read this book I just read. YOU CAN GET HELP. The first step is getting yourself educated. This book will do that. If your doctor is unfamiliar

with these protocols in this book, find a new doctor that is proficient in functional medicine. There are too many people that WANT and DEMAND REAL answers for their problems. When you read this book pass it on to a friend and write an review. Everyone that buys things now a days looks at reviews. Ms. Cohen is a woman that wants help people. I have heard her speak before and she presents with passion and vigor. Thanks for a great book. HughpsThis is the longest review I have ever written in my life.

I was suffering from many of the symptoms the author describes in her book and was spending a fortune on a long list of prescriptions. Nothing seemed to help! I still felt like crap, the side effects nearly made me homebound but...I'M IMPROVING! I credit my journey back to good health to the profound information contained in this book. Working with my doctor, we came to find how right Suzy Cohen is! I now take only 2 prescription meds along with natural vitamins and supplements (Thyroscript being one of them). I have control of my life back!!! And alot more money to spend on other things. The info in this book is priceless and I am so grateful that someone, like this author, took the time to advise the rest of us that there IS an answer, there is a solution and a better way!!! I recommend this book to every single person I talk to because if you don't have an issue with these things, you certainly know someone who does! I received this book as a gift and quite honestly, it gave me the quality of MY Life back!!! Highly Recommended!

I just finished the Thyroid Summit that Suzy co-hosted with Dr. David Brownstein and 32 experts on the thyroid from every angle possible. It was incredible. Her book covers it all! It is so great to have especially if you want to understand blood tests. She writes in the same way she speaks, where "you just get it". On the Thyroid Summit, a speaker would be talking and she would explain what they were saying in simple language and I would instantly understand. That is how her book is. She covers everything from the right salt, iodine, soy, gluten, depression, fatigue, weight gain, hair loss, how to read your blood tests, why standard treatment for the thyroid is not working and more. There are so many factors that affect the thyroid and Suzy covers it all from gut health to hormones to cholesterol. I am so passionate about the study of our thyroid because I feel it is the key to our longevity, keeping our youthful energy and the Health of our thyroid could help prevent a heart attack, stroke or even Diabetes. Even if you do not think you have a thyroid problem, you should read this book to help plan a healthy future for you or your family. I am hoping Suzy will host a DRUG MUGGER SUMMIT next, that is another book I own. We are being drugged to death from cradle to grave and there are alternatives, and Suzy Knows them all. I have seen first hand how

Congestive Heart Failure was resolved in an 86 year old man I take care after getting him off most of his medications, using sea salt, iodine, selenium , magnesium and a lot more supplements , we were then able to give him nature thyroid to treat his hypothyroidism and within in short amount of time, his edema and ascites is gone, he is off oxygen, he regained some energy, his body is warmer and he has been mowing the lawn!!!! He also has improved kidney and liver function and his last A1C blood test is in the NON Diabetic range. Hypothyroidism can cause shortness of breath, but in standard medicine, if someone has CHF, the doctors usually focus only on the heart.

Ok, so now I understand how and why I've struggled the way I have for 20 years, is it too much to ask that the medical field catch up? This book needs to be in the hands of every doctor who has ever prescribed a thyroid medication. I wish I could turn back the clock and read this in my 20s when I first started hypothyroid issues. Unfortunately, my thyroid health deteriorated year after year until it was finally burnt out, massive and cancerous. It has been removed but there was little to no support for how to handle what that has left me with, which is pretty much every symptom on the hypothyroid list... not to worry, though, my TSH level is "normal". Please read this book if you struggle with hypothyroid or Hashimoto's. Please read this book if you love someone with these issues. And please read this book if you have sworn an oath to "do no harm" and help heal others in a medical profession.

I have been practicing functional medicine for 25 years and have treated thousands of patients with thyroid abnormalities! This is the most comprehensive and up to date book I have read on thyroid disorders ever! It should be required reading by all health care providers caring for patients with thyroid symptoms and all patients with thyroid symptom who have been told by their doctors, " Your test are all normal! I think you are depressed and need an antidepressant!" Suzy Cohen is an incredible lady and is dedicated to improving the quality of life of her readers! Douglas C. Hall, M.D.

[Download to continue reading...](#)

Thyroid Healthy, Lose Weight, Look Beautiful and Live the Life You Imagine Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight

Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in Just 21 Days! The Healthy Smoothie Bible: Lose Weight, Detoxify, Fight Disease, and Live Long The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long The FastDiet: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life Wheat Belly 30-Minute (Or Less!) Cookbook: 200 Quick and Simple Recipes to Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health Weight Loss Motivation Hacks: 7 Psychological Tricks That Keep You Motivated To Lose Weight Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Your Personal Paleo Code: The 3-Step Plan to Lose Weight, Reverse Disease, and Stay Fit and Healthy for Life Natural Rapid Weight Loss, Lose Weight Faster with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo

[Dmca](#)