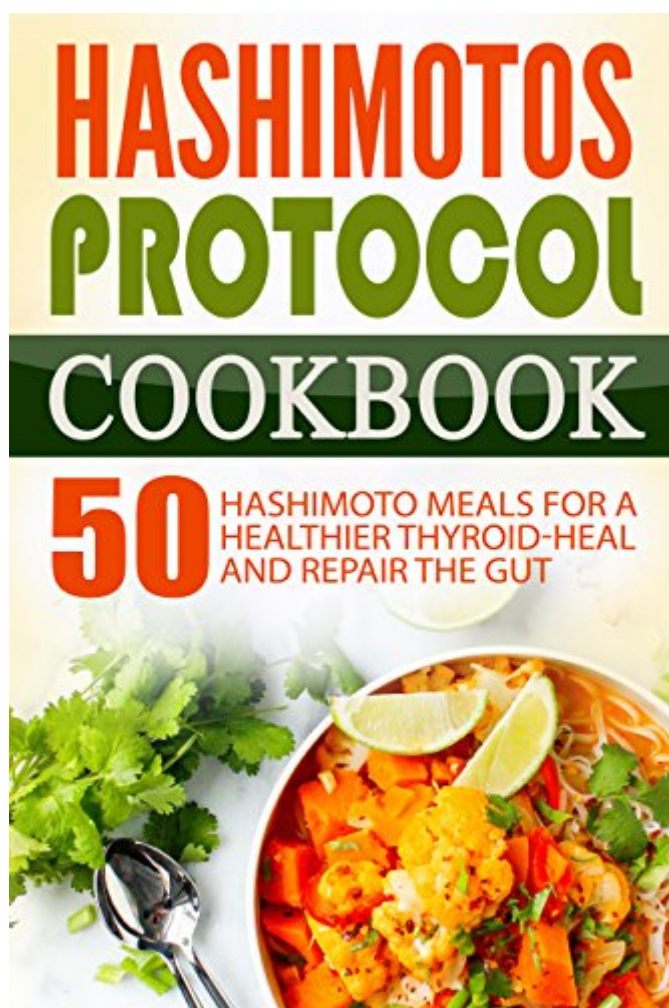


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# Hashimotos Protocol Cookbook: 50 Hashimoto Meals For A Healthier Thyroid-Heal And Repair The Gut



## Synopsis

50 Hashimoto Meals For A Healthier Thyroid-Heal And Repair The Gut There are several theories about how autoimmunity is triggered, including childhood trauma, genetic predisposition and exposure to environmental toxins. But most conventional healthcare practitioners are unaware of how to manage it because there is no pharmaceutical for autoimmune diseases. There are only drugs to help ease the diseases' symptoms. As a result, the underlying issues continue to smolder. Instead, the first line of defense against Hashimoto's is dietary change. There is a slew of nutritional recommendations you can follow but you should get started by completely removing gluten from your life, which has been shown to trigger a response from the immune systems of even those without digestive gluten sensitivity. Download your copy today! A healthy lifestyle that includes eating well, getting plenty of sleep, exercising regularly and limiting stress can benefit your immune system, and could contribute to an improvement in your immune health

## Book Information

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## Customer Reviews

This is a terrible book. Gluten free is first rule of Hashimoto's. French toast and other gluttons prominent in recipes. Anyone could grab recipes and call it a book. Also misleading lovely picture on cover. Not one picture in book. A scam. If I could give it no stars I would. Don't waste your money. I'm returning mine.

This book is a complete lie. Says no gluten no bread no potatoes and then the first 15 recipes all involve gluten. Potato starch, flour, vegetable oil (a big no). Also says 4 oz protein with every meal- this is correct- but no protein recipes

Flour listed in several recipes. Also some bread they don't specify gf bread or flour. Some of recipes look good.

I like the book. My problem.... I am allergic to so many things that most cookbooks are not very useful.

Great information and recipes.

This is the first time I come across a book like this. I was interested right from the start and I'm going to take action on cooking some of these recipes. They sound delicious! I recommend this book.

This book is totally informative about Hashimoto's. It breaks it down and tells you what to look for. The recipes are AMAZING. I mean stuff you wouldn't believe. Even if you don't suffer from Hashimoto's you can benefit from these healthy recipes. :)

Please do not support this book. This is a common scam and does not support the protocols of the real book Hashimoto's Protocol. Dr. Izabella Wentz is the author of the book and her protocols do not support the information or research in this cookbook. For more information on how to find the real book, Hashimoto's Protocol - please search for Dr. Izabella Wentz

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)  
Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight,

Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism) Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Thyroid Diet Cookbook-Hashimoto's Protocol Recipes: 50 Easy & Delicious recipes for Resolving Thyroid Symptoms and Getting Your Life Back Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr Hashimotos Cookbook: 14 Day Meal Plan To Stop The Inflammation And Balance The Hormones-Path To A Cure Through Nutritional Thyroid Support The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues Heal Hashimoto's: Start with the Gut Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2)

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