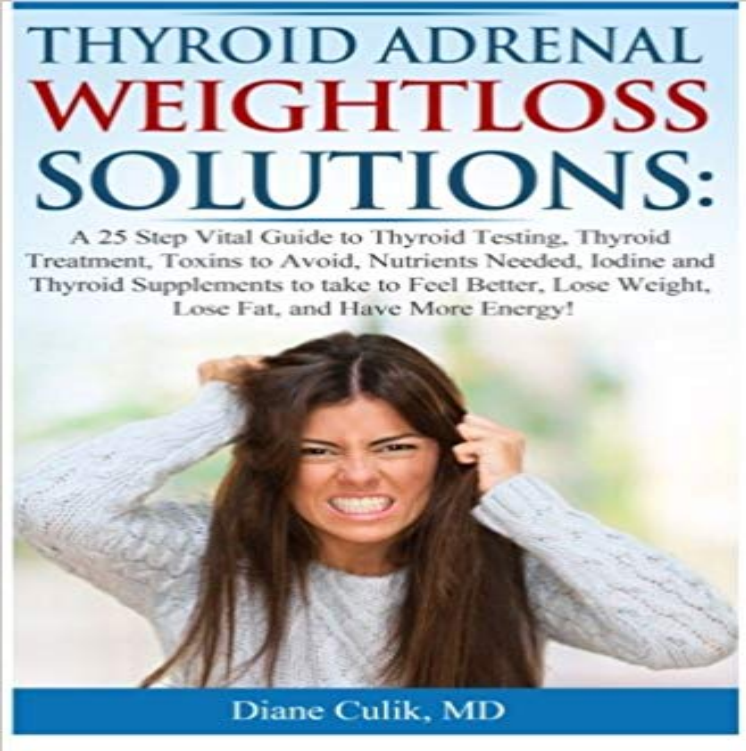


## Thyroid Adrenal Weightloss Solutions: A 25 Step Vital Guide to Thyroid Testing, Thyroid Treatment, Toxins to Avoid, Nutrients Needed, Iodine and ... (Simple Steps to Better Health) (Volume 1)



NEW and IMPROVED! Twice the info! Bonus sections added. STOP! Could your thyroid or adrenals be an obstacle to Weight loss? This extremely useful thyroid and adrenal testing and treatment guide provides 25 easy steps to take one who is hypothyroid or has adrenal insufficiency and guide them back to superior health. It actually is helpful for all people. Topics include Complete Lab Testing for Thyroid, Physical Exam for Thyroid, a Thyroid Questionnaire, info on Body Temperature Testing and Food Allergy Testing, Nutritional Consultation, Heavy Metal Testing, Vitamin Testing, Spectra cell Testing, Thyroid Toxins to Avoid, Sleep information, vital Thyroid and Adrenal Supplements, Liver Detoxification, Herbs and Supplements to eliminate Yeast, Iodine Amounts Needed, Vitamin C and other vitamins and minerals needed for Thyroid and Adrenals, Adaptogenic Herbs, Saliva Testing for Adrenals, Food Allergy Panel, Probiotics and Nutrients needed for Gut Healing, and Natural Thyroid Hormone Therapy! Unlike most thyroid books, this no nonsense guide gives those with thyroid symptoms only immediate action steps they can take to very quickly address the situation. Actually, every person who has a thyroid (yes, that's you!) should have this thyroid book because many topics beyond thyroid are covered, things we all should know about! Want to lose weight - perhaps easily? Consider this over 60 million people are estimated to have low thyroid or hypothyroid symptoms. Could you be affected? Find out now, and how to shed unneeded pounds, and feel better immediately! Do you have any of the following symptoms of hypothyroidism? You may have thyroid or adrenal fatigue! Fatigue and urge to nap Thinning Hair Dry Skin Brittle Nails, perhaps with vertical ridges Weight Gain Cold hands and feet and cold intolerance Constipation Elevated Cholesterol Depression or Irritability and

Foggy thinking Difficulty Losing Weight with Diet and Exercise Lack of Motivation Infertility and Irregular periods Low Libido and Decreased Erections Hypothyroidism is more common in Women with Family History Have you ever gone on a diet to lose weight? If so, treating your thyroid might make the difference in success or failure. Why waste your time and energy on a diet or exercise that may not work, or work poorly? Even if weight is not a concern, you can still benefit from a well-functioning thyroid. This program will show you the steps you can take to improve your thyroid adrenal health and health in general! Dont miss out! If you have thyroid issues, this could be the answer you are looking for. Everyone has a thyroid, and everyone can benefit from this book as it proceeds to take you step by step through an analysis of factors that may be affecting you whether you have thyroid issues or not. Discover some timeless secrets to great health. Dont Miss Out! This book may help you find the health answers you seek! This eBook will show you, help you, explain, reveal, teach you, and or give you the ability to: Save money by determining what is wrong with your thyroid or health through self-directed testing less doctors visits needed. Save money by knowing what supplements you really need through testing Save money on groceries by buying or growing own, toxin free natural foods Save lots of time by getting right to determining what is going on with their thyroid and health in general Save lots of time by getting right to action steps to address thyroid and health in general Feel Better - escape physical pain of poor functioning thyroid Feel Peace of mind having plan of action for your health We have responded to reviews by adding information on: Bonus: 9 Extra Thyroid and Adrenal Articles Bonus: Question and Answer Sessions Bonus: Heavy Metal Toxicities, Chemicals and BPA/Phthalates Bonus: Smoothies for Weight loss

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