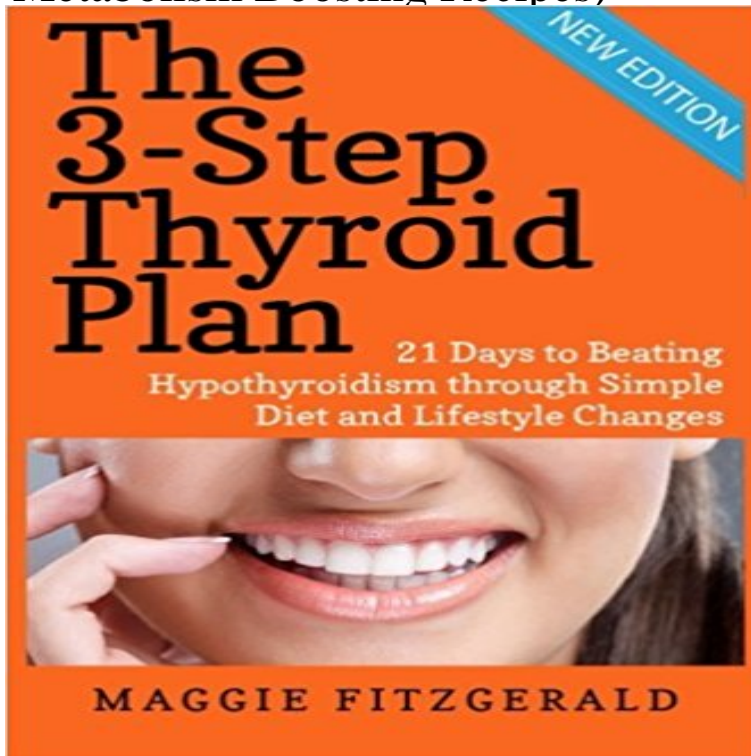


## The 3-Step Thyroid Plan: 21 Days to Beating Hypothyroidism through Simple Diet and Lifestyle Changes (Now! Includes 40 Delicious Metabolism Boosting Recipes)



Here's how to get rid of that stubborn extra weight without gaining it back (Now! Includes 40 Delicious Metabolism Boosting Recipes) In a world overflowing with all kinds of diets, how do you choose the right one for you? Try them all? You've probably tried quite a few already, but did they work for you? Normal fad diets usually get results quickly, but the weight returns with a vengeance shortly afterwards, and potentially leaving you with untold damage to your hormonal systems, without you even knowing. Luckily, you're not alone in this. In *The 3-Step Thyroid Plan* by Maggie Fitzgerald you'll discover why the weight rollercoaster happens, and the reason why you cannot get rid of that few extra pounds that just won't budge. You'll also learn exactly which hormones are controlling your life and how. Maybe you don't realise it, but in the next few moments you're going to learn how to take control of this whole situation. In this book you'll discover: How to check if your thyroid is responsible for your weight gain. What even some doctors don't know about traditional thyroid treatment. Why taking thyroid meds can be dangerous. Why a balanced approach gives you the best results, without the side-effects. How easy this approach is once you know what to do. How this one gland can be responsible for more than just weight gain. Some commonly overlooked secret weapon supplements that makes weight-loss a breeze. Exactly how to take control to feel and look better than ever before! Everything is outlined for you, step by step. Feeling good and comfortable in your own skin has never been simpler or easier. All you have to do is follow the steps. Fact. If ignored, the problem won't get better by itself, but you have in this book all the know-how and tools to get amazing results. Look great. Feel great. Get your copy now. **EXCLUSIVE BONUS:** The Absolute Truth About

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