



The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet

By Karen Frazier

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The Groundbreaking Cookbook for Hashimoto's

This is the first cookbook specifically for people with Hashimoto's thyroiditis, despite the fact that Hashimoto's is the most common thyroid disease in the United States and affects nearly 14 million Americans.

Karen Frazier has been living with Hashimoto's for more than 20 years. She knows firsthand how hard it is to give up gluten, corn, soy, and dairy—inflammatory foods that also happen to be staples of the standard American diet. She also knows that it is possible to enjoy eating again because she's doing it, and she can help you, too.

With The Hashimoto's Cookbook and Action Plan, you will find:

- Clear explanations of the causes and symptoms of Hashimoto's
- A guide to the most common dietary triggers
- A month-long action plan to eliminate problem foods, broken down into a 3-day cleanse and a 3-week meal plan
- Shopping lists for the entire month so you buy only what you need for breakfast, lunch, dinner, and snacks
- Over 125 recipes in all, including a chapter of reintroduction recipes

Prescription medicine is not the only hope or answer for Hashimoto's. Start cooking with The Hashimoto's Cookbook and Action Plan and feel for yourself how food really can be thy medicine.

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- Sales Rank: #59656 in eBooks
- Published on: 2015-04-10
- Released on: 2015-04-10
- Format: Kindle eBook

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Editorial Review

About the Author

Karen Frazier is the author of numerous books about nutrition, cooking, and holistic healing, including two books on dietary and lifestyle approaches to living with Hashimoto's thyroiditis. She was a personal trainer before Hashimoto's and celiac disease changed her life and led her to research dietary approaches to living with autoimmune conditions. A firm believer that the path to good health starts with the foods we put into our bodies, Karen specializes in developing recipes and writing meal plans for restrictive diets. For more information and inspiration, visit her food blog The Modern Ancestor (modernancestor.net).

Users Review

From reader reviews:

Amanda Haskin:

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet can be excellent book to read. May be it might be best activity to you.

Barbie Brookins:

Precisely why? Because this The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such awesome way makes the content interior easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking technique. So , still want to hold up having that book? If I had been you I will go to the e-book store hurriedly.

Carol Ratliff:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet, it is possible to enjoy both. It

is good combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Patricia Humes:

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