



# THE HASHIMOTO'S THYROIDITIS Healing Diet

Includes  
Paleo, Gluten-free,  
Vegetarian and  
Vegan Recipes

A Complete Program for Eating Real Food,  
Reversing Symptoms and Regaining Optimal Health

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# Resumo de The Hashimoto's Thyroiditis Healing Diet: A Complete Program for Eating Smart, Reversing Symptoms and Feeling Great

The ultimate guide to regaining one's health by overcoming this debilitating autoimmune disease. With no medical treatment available and life-sapping symptoms like fatigue, weight gain, joint pain, and depression, it's no wonder that sufferers of the autoimmune disorder Hashimoto's often feel their situation is hopeless.

Now, this book will empower patients by detailing the best way to fight back: their diet. By choosing healthy thyroid foods and knowing what's best avoided, patients can tame the symptoms of Hashimoto's and sometimes even heal the thyroid.

Recipes for all dietary needs including Paleo, gluten-free, and vegetarian will help take away the guesswork. This helpful handbook explains how the thyroid interacts with the gut, and what people can do to increase their immunity and lower inflammation.

Including tips and tricks for restaurant dining, advice for staying social, and personal case studies and testimonials, it truly is the ultimate guide for taking charge of one's health and feeling great."

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