

Thyroid imbalance is a widely undiagnosed problem. There are millions of people worldwide who are unaware of their condition. Thyroid imbalance is a problem which if goes on without medical intervention can become very serious. This book is to help people to understand what thyroid imbalance is and how can they make their lives better despite the condition. The book discusses in profound details about • Functions of the thyroid gland • Imbalances of the thyroid gland • Causes of the imbalances • Causes, symptoms, diagnosis and treatment of hyperthyroidism and hypothyroidism • Relation of depression and mood swings with thyroid imbalance • Dos and don'ts of diet for patients with thyroid condition • Tips for weight loss • A complete 30 day weight loss meal plan

Elizabeth Van Lew: Civil War Spy (Signature Lives: Civil War Era), Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now, Cheating in School: What We Know and What We Can Do, Study Guide and Workbook for Haviland/Prins/Walrath/McBrides Cultural Anthropology: The Human Challenge, 11th, Scame on Card Tricks (Dover Magic Books), The Bhagavad Gita, The Growth Principle: How Ordinary People Do Extraordinary Things,

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## Diet

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