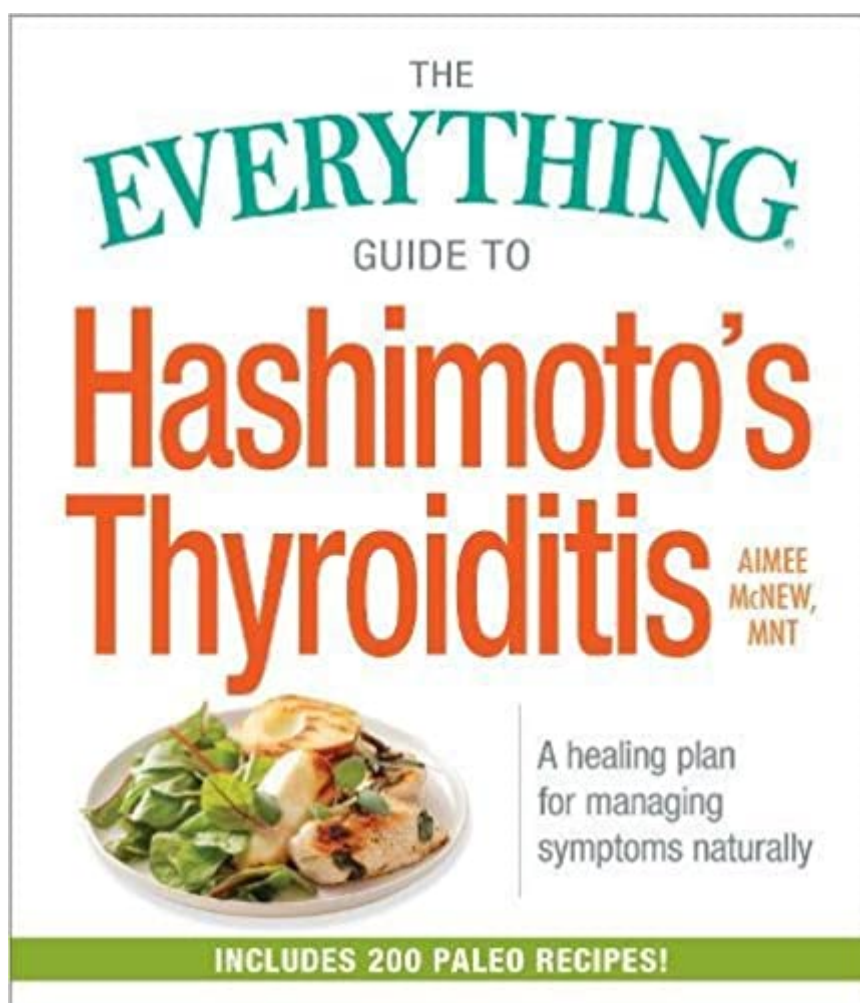


The book was found

The Everything Guide To Hashimoto's Thyroiditis: A Healing Plan For Managing Symptoms Naturally



Synopsis

Heal your thyroid with the Paleo diet! If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis, you know how difficult it can be to improve symptoms. However, scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments: through the Paleo diet. By using functional medicine and healing foods, you may finally find relief! In *The Everything Guide to Hashimoto's Thyroiditis*, you'll discover the causes and symptoms, as well as the link between gut health and thyroid health. You'll learn exactly which foods can help improve your condition and which ones exacerbate problems. This all-in-one health guide features meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle--so you can improve your well-being and heal your body naturally.

Book Information

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Customer Reviews

Aimee McNew, MNT, is a certified nutritionist and health coach who specializes in Hashimoto's thyroiditis and other autoimmune disorders, the Paleo diet, hormone balance, and digestive wellness. Since reversing her own Hashimoto's symptoms with a Paleo diet, she now focuses on helping her clients heal while treating autoimmune disorders. Her writing and nutrition work can be found on www.PaleoPlan.com, and she has also been featured in the Huffington Post and on BBC America.

I've had thyroid issues my whole life. I wasn't diagnosed till I was in my teens and have struggled with the ups and downs ever since. Now that I've had 2 babies my hormones have been whacked out of control over the past couple years, regular pills and treatment aren't working for my body right now. I was now recently just diagnosed with hashimotos. Instead of freaking out about it I decided to research and start my journey on a path of wellness and self healing. This book is easy to read and understand!!! I love how the author divides up the information and explains it simple but to the point. The book has an immense amount of research done for you and extra resources provided!!!! My doctor fully agreed with me by following a paleo LIFESTYLE change to help address hormonal issues! I feel inspired, informed and motivated after reading "the everything guide to Hashimoto's thyroiditis". This isn't the first book I have bought on healing, natural thyroid approach or general hormonal inquiry. BEST book I have read so far. My third time rereading it. My favourite part is 1/2 of it is recipes!!! You won't regret buying it! My 3rd time rereading it and my doctor asked for a copy herself she wants to read it so she can tell other clients about a different approach. Great job Mrs. McNew!

Great read and amazing recipes!!

This book pushes the paleo diet. The author was very kind with her response to my review. I thank her for that professionalism. If I had known it was all about paleo I would not have purchased it because I don't believe paleo is particularly healthy in the long run. However, I think the title and cover are somewhat misleading.

I just read The Everything Guide to Hashimoto's Thyroiditis this morning - up to the recipes. Even though this book is written primarily for those with Hashimoto's, there's really a lot of great information in here. First, for people with other types of autoimmune disorders like fibromyalgia, multiple sclerosis, inflammatory bowel disease and others, there's a lot of good information about autoimmune in addition to Hashimoto's. Second, Aimee really explains the Paleo diets (nutritional plans) really well - what it is, what it's not and some of the Paleo variations. She also takes Paleo eating & nutrition a couple steps further explaining a complete Paleo lifestyle - detoxifying your home, your medicine cabinet and your makeup & personal hygiene supplies. All in all, VERY educational for everyone - not just those interested in Hashimoto's. I can't wait to get into the recipes next weekend - I am sure that I'll find many to incorporate into our meal plans.

This book is just lovely. It's beautifully written, and explains nutrition in a way that makes sense to the under-informed (like me!) and filled with delicious recipes (hello, Sweet Orange Pickled Beets!). It's sure to appeal to food lovers everywhere - not just those with Paleo eaters or thyroid issues!

I suffer from Hashimoto's I've had it for over 20 years. This book did an excellent job of describing the disease and information you need to know to manage it. I've never had a doctor tell me what foods to eat and not eat.. I haven't had a doctor explain that all those crazy symptoms were not separate - like Anxiety and Depression and skin issues and weight gain and hair loss. Every doctor dealt with them separately. I thank Aimee for sharing this information. I would have given the book five stars if the recipes in the back were not Paleo but Paleo for Hashimoto and autoimmune disease. Also if other recipes that included dairy and eggs were going to be included the others that those with Hashimoto could eat should have been identified. The two week suggested eating plan was helpful except it didn't include the page numbers for the recipes. It took me two hours to go through the book to identify the recipe pages. I would definitely change those two aspects of the book. Other than the recipes and food plan I recommend this book for anyone who thinks they may have Hashimoto or who has been diagnosed with it.

I am a nutritionist, and have been looking for a comprehensive, user-friendly book to recommend for my thyroid clients. Since this includes solid information laid out in a pleasant, easy to follow manner plus yummy recipes, it's a winner. Since the banner on the cover says "Includes 200 Paleo Recipes!" I think it's evident to potential buyers that this author (who has Hashi's herself and healed so successfully that she was able to conceive her healthy child) uses a whole-foods Paleo approach. In my professional experience, a Paleo diet is the safest and most nourishing plan for Hashi's, and this book explains how to eat Paleo healthfully. There is some general societal misunderstanding about how to eat Paleo. It is not all hunks of meat and bacon. There are loads of veggies and plants! Anyone needing a more strict auto-immune Paleo (AIP) approach can simply remove the ingredients excluded on that plan from the recipes.

There is great information about Paleo lifestyle and eating. I have not been diagnosed with Hashimoto's but still ordered this book for the recipes and information on Paleo. I have made a couple of the recipes so far, they have been a hit with my Husband and toddler!! I highly recommend this book to anyone looking to live a healthier lifestyle and take processed food out of

your diet!

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