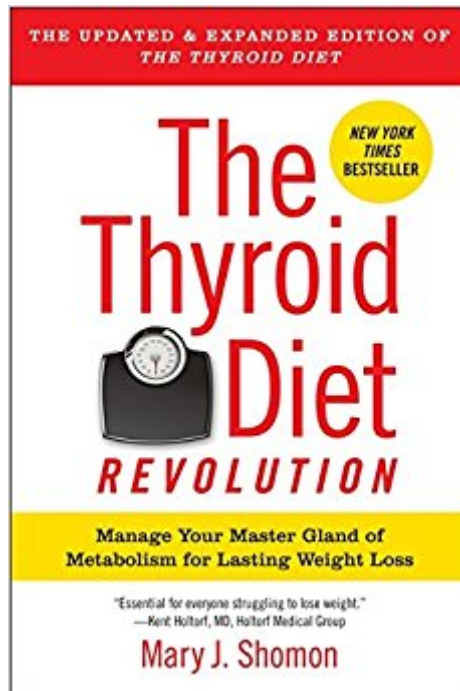


The book was found

The Thyroid Diet Revolution: Manage Your Master Gland Of Metabolism For Lasting Weight Loss



Synopsis

The Thyroid Diet, the groundbreaking, New York Times bestselling guide for thyroid patients that revolutionized the conversation about thyroid conditions and weight loss, has been expanded and updated to include the latest medical and nutritional information, reviews of the newest diet programs and up to date recommendations, and more. Now more than ever, The Thyroid Diet Revolution by Mary J. Shomon is an essential purchase for the millions of thyroid disease sufferers who struggle with weight problems.

Book Information

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Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (172 customer reviews)

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Customer Reviews

I have been dealing with the ups and downs of thyroid weight problems. Like everyone else I've tried Weight Watchers and everything else that works short term for me. Since reading this book, I've gotten information that no doctor has tried to share with me. In fact the doctors haven't shared any info as far as how to maintain metabolism with thyroid issues. This book is really helping me, and just by starting the vitamins and Evening Primrose Oil, I've lost 3.5 pounds in 4 days. Awesome.

I've gotten halfway through this book and have already learned alot - just not eating broccoli has made a difference. I thought i was eating well but obviously not and still have a lot to learn. Mary has really done great research and explains a lot of concerns and it's nice to know when my endocrinologist talks to me about what is going on with me i actually understand what he's telling me. Understanding what my body is going through is a must for me. I'm a 2x cancer survivor and

never knew the after effects that the radiation treatments would do to my body and what challenges i would have to go through later in life. Great book !Now i just need to get my body to respond to everything

Definitely upgrade from the previous thyroid diet and even the living well w/ hypothyroid books. I learned more from this book, about medication differences and all about hypo and hyperthyroid. I was once a hyperthyroid and they killed my thyroid through radiation procedure and became a hypo. since then I gained up weight from 225 lbs to 286 lbs. 60 lbs! then I started to struggle losing weight because I had no idea what food should I eat and what food I shouldn't eat...My doctor just kept telling me to do diet and exercise and that's all. I guess he doesn't know about food restrictions etc.. You can see a health diet tips on this book which actually works. I started my diet plan without exercise about 3 weeks ago now and I lost 14 lbs. how much more if I do exercise or workouts? Just the right diet will make us lose some weight. This book will tell you what your doctor should've told you -)

I had my Thyroid removed a couple years ago and I've been looking for a diet that caters specifically to people without thyroids or with thyroid disorders.I know that soy is bad for us but I have been unsuccessful in finding another resource to support thyroid functions and help my thyroid meds maximize results.This book was not it. As someone who suffered from a thyroid disorder before getting diagnosed I've read many diet books: "Fit or Fat", "South Beach Diet", Atkins, Caveman diet, etc. I've also read books on Nutrition and Healthy eating. Plus, I've been a member of Weight Watchers. This book is a good resource if you don't own any of the above but if you do then you already own this book when it comes to diet. If you don't know if you have a thyroid disorder this may be of some value to you but I'd just insist on a T4, T3, and TSH test from my doctor.If you have a thyroid disorder or no thyroid and are looking for a book on foods that are not good to eat with our condition, this is not it. I gave this two stars for that reason because the description led me to believe that this was a book to support a healthy thyroid. The search continues.

This book is good for people that haven't done a lot of research on different types of diets or know how to eat clean. I myself don't need a book to tell me one option would be to look at the Weight Watcher diet or try South Beach diet. I was looking for some new revolutions or some real tips on what foods are beneficial for thyroid health and which ones will make your thyroid worse. The book doesn't give any real menu selections, it just basically tells you different diet plans to do some

research on. I didn't learn anything by buying this book.

I ordered this book and the information in it helped me get my thyroid back under control. I bought another book by the same author *Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You...* but found the information was essentially a repackaging so just one of the two would work - this has the diet info added so is the better product.

If you enjoy reading the same thing over and over on T3 and T4 levels, this is the book for you. If you want information to argue with your doctor over, it's all here. I just wanted information on what to eat and what wasn't so great for thyroid patients. That's a few pages in the back.

Where this diet does have some good information about hypothyroidism (and hyperthyroidism) the information it gives on diet aren't very revolutionary. Some information I found useful... For instance I didn't know calcium supplements could interfere with the absorption of your thyroid medication, or that certain vitamins and vegetables could help or hinder your thyroid function. However, the title makes it appear as if the book is a detailed eating plan for those who suffer with hypothyroidism, the beginning of the book even continues that image as she talks about how all of the fad diets couldn't possibly work for us, but then she goes on to discuss how complicated hypothyroidism is and how it's impossible to give a detailed eating plan as all those who suffer with hypothyroidism are different. Then she lists a bunch of the very same fad diets she shot down in order of how good she thinks they are... A little bit of useful information, with a dash of ridiculousness and false advertisement bunched together. I wouldn't recommend it to anyone suffering from hypothyroidism.. You could find the information she gives on google. Try that and save \$10.

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Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)
Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)
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