

[PDF] Hashimoto's Protocol: A 90-Day Plan For Reversing Thyroid Symptoms And Getting Your Life Back

Izabella Wentz PharmD - pdf download free book

"I wish Dr. Izabella Wentz's Hashimoto's Protocol was in my hands when I was hacking my own Hashimoto's. It would have saved me tens of thousands of dollars and countless wasted efforts. There is simply no better guide to Hashimoto's than this book."

—DAVE ASPREY, founder of Bulletproof and author of *The Bulletproof Diet*

"We see a powerful story of health reclamation and self-healing. Hashimoto's is evidence, in problem proportions, that our bodies are asking to change our lifestyle. Dr. Izabella Wentz is the most powerful voice to step up as you move past self-doubt, highly researched, clearly communicated, and packed with usable information. *Hashimoto's Protocol* is a go-to recommendation for disease reversal."

—KELLY BROGAN, M.D., holistic practitioner and author of *A Year of Four Diet*

"Dr. Izabella Wentz is my go-to resource for thyroid disease. Her new book, *Hashimoto's Protocol*, is a user-friendly guide that will help you take charge of your health and heal from Hashimoto's."

—J.J. VIRGIN, CHL, CNS, Certified Nutrition and Fitness Expert and author of *The Virgin Diet and Super Metabolism Diet*

"Hashimoto's Protocol is an essential book for anyone with Hashimoto's who wants to feel better and understand their body. Dr. Izabella Wentz has created a clear 90-day program woven together from her clinical training, personal experience, careful research, and feedback from thousands of fans. Dr. Wentz's advice can work for you, also. For now countless people follow her advice and regain energy, improve autoimmunity, lose weight, and regain hair."

—ALAN CHRISTIANSON, NMD, author of *The Adrenal Reset Diet* and founder of the Integrative Health Clinic

"Izabella has healed herself and thousands of others and compiled her evidence-based approach in this must-have manual for reversing symptoms. Filled with success stories, personalized approaches, recipes, and more, *Hashimoto's Protocol* is the book that all those suffering from thyroid symptoms have been waiting for."

—DANA TRENTIN, founder of superwoman.com



HEALTH & FITNESS DIVISION 009999

Books Details:

Title: Hashimoto's Protocol: A 90-Day

Author: Izabella Wentz PharmD

Released: 2017-03-28

Language:

Pages: 384

ISBN: 006257129X

ISBN13: 9780062571298

ASIN: 006257129X

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Description:

Instant #1 New York Times Bestseller

Dr. Izabella Wentz, the author of the phenomenal *New York Times* bestseller *Hashimoto's Thyroiditis*, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases.

More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects.

But there is a better way.

Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In *Hashimoto's Protocol*, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days.

Drawing on her own personal experience as well as her work consulting with thousands of patients, *Hashimoto's Protocol* offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. *Hashimoto's Protocol* also features original recipes.

Grounded in the latest science, *Hashimoto's Protocol* is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

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