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(with Recipes!)

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Alison J. Hutchins



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chemical reaction in the body turning food into energy controlling the rate of tissue growth stimulating the activity of other hormones and much more An estimated twenty million Americans have some form of thyroid disease and up to 60 percent of them are unaware of their condition Depending on the type and severity of the thyroid disease symptoms can range from weight gain and fatigue to hair thinning and memory loss In *The Thyroid Reset Diet* Dr Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism and Hashimoto s Thyroiditis with nothing more than dietary change the reduction of iodine intake Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in as little as four weeks his diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones effectively resetting the thyroid Instead of following a restrictive diet for thyroid health *The Thyroid Reset Diet* does not require eliminating any food category Instead Dr Christianson recommends food swaps like brown rice instead of processed bread to regulate iodine intake He shares the latest on supplements and other thyroid health strategies along with more than sixty five recipes weekly meal plans and maintenance info His cutting edge research and clear results coupled with an easy to follow diet plan will help anyone struggling with thyroid disease

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