



The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health!

Elle Russ

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The Paleo Thyroid Solution presents new insights on optimizing thyroid fat-burning hormone metabolism for people with or without thyroid issues. The Paleo Thyroid Solution offers diagnostics and thyroid hormone dosing strategies along with rare, in-depth discussions on both T3-only treatment and Reverse T3/Thyroid Hormone Resistance. The Paleo Thyroid Solution provides the only detailed lifestyle and weight loss plan specifically targeted for maximizing thyroid hormone metabolism. The Paleo Thyroid Solution is only book connecting paleo/primal/ancestral health with the optimization of thyroid health for people with and without thyroid issues.

YOU WILL LEARN ABOUT... Paleo protocols for naturally preventing and reversing low thyroid function. The correct blood tests to diagnose hypothyroidism and how to interpret results. How to optimally treat hypothyroidism with thyroid hormone replacement Diagnosing and treating Reverse T3/thyroid hormone resistance issues (including T3-only treatment)

THE PALEO THYROID SOLUTION answers the following:

How can I prevent and reverse low thyroid function and keep my thyroid healthy by adopting a paleo lifestyle? What are the correct blood tests for diagnosing thyroid disorders?

How do I interpret my blood tests?

What medications/hormones treat hypothyroidism and how do I know which one(s) is right for me?

What is the best way to dose/administer thyroid hormones? What is Reverse T3 and Thyroid Hormone Resistance...and how do I fix it?

How can I find a good doctor or help educate my current doctor?

How can I cope with hypothyroid symptoms?

How do I get better if I don't have health insurance or extra money to spare on blood tests and doctor visits?

Last but not least: THE #1 CONCERN/COMPLAINT OF HYPO PATIENTS: How can I lose the insidious fat that I gained while being hypothyroid?!

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Brian Freeman:

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Josephine Weeks:

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