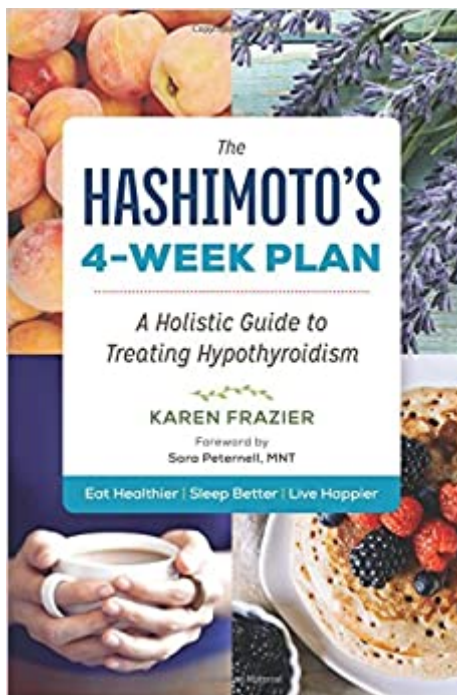




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# The Hashimoto's 4-Week Plan: A Holistic Guide To Treating Hypothyroidism



## Synopsis

"The Hashimoto's 4-Week Plan will be the book that I give to all of the clients who come to me seeking nutritional strategies for managing their Hashimoto's symptoms." —Sara Peternell, MNT

From The Author of The Hashimoto's Cookbook & Action Plan Your Customized Lifestyle Plan For Better Health With 75 Quick & Easy Recipes Using 5 Main Ingredients or Fewer

If you already own The Hashimoto's Cookbook and Action Plan, now it's time to enhance your journey to wellness with a revolutionary Hashimoto's lifestyle plan. In The Hashimoto's 4-Week Plan, you'll learn to adapt lifestyle strategies by addressing the physical and emotional symptoms of hypothyroidism. Packed with inspiration and ideas for managing your Hashimoto's holistically, The Hashimoto's 4-Week Plan combines lifestyle advice, emotional support, and dietary tips with a practical meal plan featuring easy-to-make, Hashimoto's-friendly recipes. The empowering strategies help you achieve a healthier diet, better sleep, and greater self-compassion so you discover the path to wellness — on your own terms. By committing to four weeks, you will take important steps toward a lifetime of better health.

The Hashimoto's 4-Week Plan provides practical strategies to help you:

- EAT HEALTHIER:** A convenient meal plan, shopping lists, and 75 delicious recipes that use 5 main ingredients or fewer
- SLEEP BETTER:** Action-oriented tips to improve sleep hygiene
- REDUCE STRESS:** Practical advice to manage stress and anxiety
- PRACTICE SELF-COMPASSION:** Simple step-by-step exercises and daily checklists to treat yourself with kindness

## Book Information

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## Customer Reviews

The Hashimoto's 4-Week Plan will be the book that I give to all of the clients who come to me seeking nutritional strategies for managing their Hashimoto's symptoms." ~â€œSara Peternell, MNT

Karen Frazier is a freelance writer and cookbook author who specializes in developing recipes and writing meal plans for restrictive diets. She was a personal trainer before Hashimoto's thyroiditis changed her life, and she practices Usui Reiki and numerous alternative healing techniques like aromatherapy and crystal healing. She lives with her husband near Seattle.

The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism~ I was interested in this book because I have hypothyroidism and a family history of autoimmune disorders. The more I can learn and help myself, the better. The first half of this book educates about Hashimoto/hypo and empowers the reader to take control of the condition and care. I identified with the introduction writer's tale of fertility issues as well as the mentions in the main body of the book on doctors dismissing concerns and overlooking real issues because of a patient's weight. I experienced 7 years of infertility and even more years of mystery symptoms that were always attributed to my weight, even though my then doctor was aware of the autoimmune issues in my family. It wasn't until I got fed up and insisted on thyroid tests that I was diagnosed as hypo (I had "alarmingly low levels per my then doctor). This book offers encouragement to advocate for oneself. The second half of the book contains the 4-week plan - if you are familiar with elimination diets for food allergies, this will look familiar to you. And best of all: recipes, recipes, recipes. It is one thing to read dietary recommendations, but putting them into practice is a different beast. As a longtime ethical vegetarian, I was pleasantly surprised by the number of meatless recipes. This book is a great source for education, encouragement, and did I mention the recipes?

My husband was recently diagnosed with Hashimoto's thyroiditis. Some of his symptoms were stereotypical for the diagnosis, hair loss, swelling in throat, extreme fatigue, etc. Once diagnosed he set out to find out how he can help himself feel better and found that his diet was a HUGE factor and plays a much bigger role than even the specialists will admit to! He has gone to TWO specialists and they both eschew the diet myth.....but after a huge amount of research and a big dietary change, he has been able to put his symptoms at bay! Finding the appropriate literature, website, and books has been a challenge to say the least. There are a lot of

“similar” but not quite “it’s cookbooks and suggestions out there...but this book is the BEST I’ve found because all of the contents are specific for the diagnosis! The first two chapters discuss the diagnosis itself, what it means, and how to find help. This is followed by a chapter about how your diet affects you and one about living with the diagnosis and treating yourself right. The next section is the four week program laid out in an easy to follow format. The program offers you places to write in your own information and journal/log your progress. Chapter 6 gives you a general idea of what staples you will need in your kitchen for your future of eating right. The rest of the chapters are all recipes, sorted by meal-type. My husband is thrilled with this book and is very happy to know that there are other people out there that have found a way to live a little more comfortably with Hashimoto’s disease by controlling their diet! I have included a few of my own product photos for you to see rather than relying on “stock” photos in the listing. \*I received a sample of this item at a discount in return for an honest and unbiased review\*

The Hashimoto’s 4-Week Plan: A Holistic Guide to Treating Hypothyroidism Kindle Edition I looked into this book because like the author I suddenly felt like an old woman with unexplained weight gain, aches, and lots and lots of pains. I too had been told I had irritable bowel syndrome when I was younger, and I cry at toilet paper commercials, so I too was just as emotional. The forward and first section of this book are very informative describing the systems of Hashimoto’s, how your body works, specifically your immune system and white blood cells, autoimmune diseases and their mechanisms, and how inflammation is a huge part of your body’s health. It explains how the Thyroid is a component of a bigger system, the Endocrine system to be exact, how the Thyroid works, with what hormones, and the many different Thyroid diseases. In section 3, it details the 3 approaches to clean eating, the Mediterranean diet, the Paleo diet, and the vegan diet (egads!). The recipes in the book contain an amalgamation of all these approaches so you can tailor your recipes. That is very well thought out! It lists the foods to avoid which are Alcohol (boo!), Corn (could take it or leave it), Dairy (oh no!), feedlot animal products, peanuts (?), processed foods (of course), Soy, sugar and artificial sweeteners, and wheat and gluten grains. It also lists foods to avoid until you get to a good place, and slowly reintroduce them and wait to see how they make you feel. These include Citrus fruits, fish & shellfish, nightshades, legumes, and tree nuts. Foods to enjoy are fruits & vegetables (except those in the nightshade family), animal proteins that are naturally raised, herbs & spices, grains, fat & oils, and a few select condiments. This book has sample menus and shopping lists! That is one of my pet

peeves, when a book claims you should follow their diet, and don't have either, or only a sample menu. I love, love, love they give you shopping lists. The only bad thing I can say about this book is I wish it had more pictures!

This appears to be a very good book in helping treat Hashimoto's thyroiditis, a very serious medical condition. I purchased this for a family member, so I will watch and see if it is helpful to that person.

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