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The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism)

Aria Ramirez

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The Hashimoto Diet

The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again!

As a medical student if you want to know more about Hashimoto’s disease or if you are someone who is suffering from this disease then this book is a perfect reading material for you. The writer in this book has touched all the aspects of Hashimoto’s disease and Hashimoto’s diet in great detail. In a very simple language very complicated medical concepts have been discussed.

Some of the key highlights of this book are:

- Hashimoto’s history and dynamics
- Symptoms of the disease
- Causes of Hashimoto
- Health complications
- Diagnosis and treatment
- Hashimoto Diet
- Hashimoto’s disease and pregnancy

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