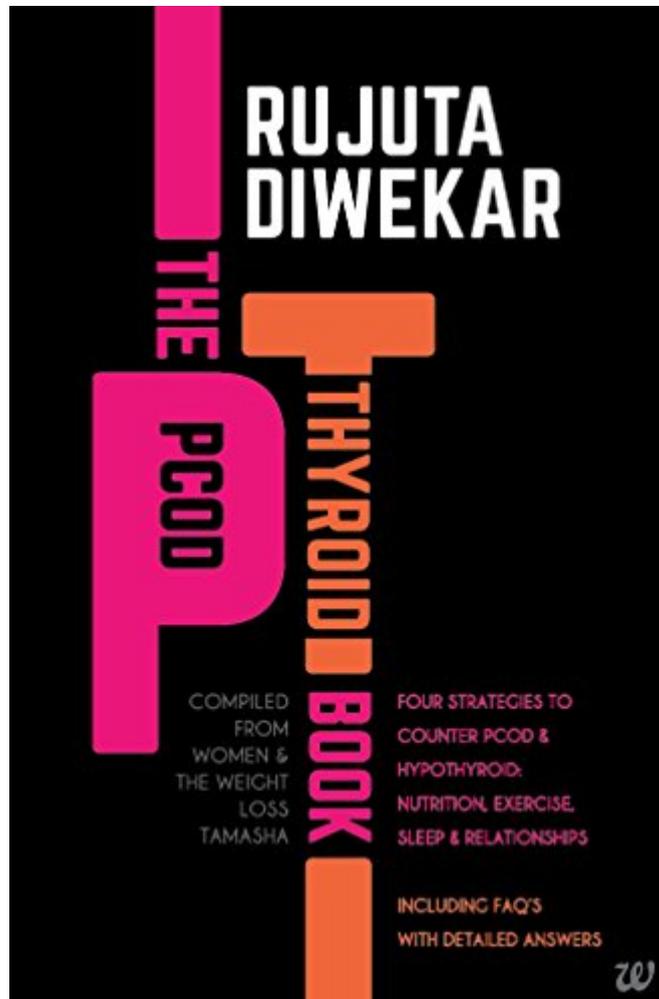


The book was found

The PCOD - Thyroid Book



Synopsis

Don't blame it on the hormones. As women, it has always been up to us to leave behind the heritage of health, just like your grandmother did for your mother and everyone in the family. But it's not easy to leave behind a legacy of health and harmony. We must first create that in our lives. That requires making time for ourselves, be it for exercise, to eat right, or simply to nap. This book is about taking charge of ourselves, thanking our bodies and making peace with the fact that it's not the hormones, it's us. What can we do about our food, sleep, exercise and relationships that will make us feel good, help us overcome the conditions of PCOD and Hypothyroid, and most importantly get off drugs and stay off them for good.

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Customer Reviews

This is the first book I have read by this author. She has dealt with the problems of today's lifestyle with utmost simplicity. But one has to go forward and apply the lifestyle changes that she has suggested in order to prove her right. The author could have been more professional in her language usage throughout the book. Overall, it is a good practical guide.

No specific recommendations, author just does round and round about her clients and experiences which helps to some extent but not as substantial as you would think. The language is really annoying to read. I'm from Mumbai and I enjoy the way we talk, but reading it in a book is not fun and especially when the topic is so important and sensitive for quite a lot of people as the book suggest; it kind of takes it away from the issue.

Best book about thyroid , I recommend it to all people suffering from thyroid. For all ages i advise it.

Nothing new in this book. She combines both of her previous books and created a new one.

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