

The book was found

The Thyroid Connection: Why You Feel Tired, Brain-Fogged, And Overweight -- And How To Get Your Life Back

By the Author of the New York Times Bestseller
The Autoimmune Solution

The THYROID CONNECTION

WHY YOU FEEL TIRED, BRAIN-FOGGED,
AND OVERWEIGHT – AND HOW TO
GET YOUR LIFE BACK

- Fact: If your labs are normal, you could still have a thyroid problem.
- Fact: You could be on the wrong medication.
- Fact: You can transform your health through diet and lifestyle.
- Follow a 28-day program to achieve renewed health and vitality!



UNABRIDGED

AMY
MYERS, MD

READ BY HILARY BOBERT



Synopsis

From the author of the New York Times best seller *The Autoimmune Solution*, a comprehensive, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health. Are you exhausted all the time, plagued by brain fog, and unable to lose weight? Do you struggle with insomnia, panic attacks, and tremors? But does your doctor insist your labs are normal and that you just need to eat less and exercise more? As anyone who has been there knows, nothing is more frustrating, stressful, and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you. The truth is your symptoms could be caused by a thyroid disorder - the hidden cause of a wide array of health problems that can threaten to ruin your life. Thyroid dysfunction affects at least 20 million Americans, yet conventional medicine frequently misses the diagnosis. The scariest part? Most doctors won't even order thyroid tests unless you specifically ask. Now, in *The Thyroid Connection*, Dr. Amy Myers teaches you how to take your health into your own hands. Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Fortunately she also knows how achievable recovery and well-being are and just how to get you there. In *The Thyroid Connection*, she explains how to recognize the symptoms that could signal a thyroid problem, work with your doctor to ensure proper diagnosis, and make sure you're on the right treatment plan. Complete with a 28-day program tailored to your specific condition along with advice on diet, supplements, exercise, stress relief, and sleep, *The Thyroid Connection* is the ultimate road map back to your happiest, healthiest self.

Book Information

Audible Audio Edition

Listening Length: 10 hours and 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio

Scheduled Audible.com Release Date: September 27, 2016

Language: English

ASIN: B01KGE7YYE

Best Sellers Rank: #10 in Books > Medical Books > Medicine > Internal Medicine >

Endocrinology & Metabolism #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #21 in Books > Audible Audiobooks > Health, Mind & Body >

Health

[Download to continue reading...](#)

The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back Tired--So Tired! and the Yeast Connection (The Yeast Connection Series) The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems Molecules of Emotion: Why You Feel the Way You Feel The Blueberry Connection: Blueberry Cookery with Flavor, Fact and Folklore (Connection Cookbook) The Yeast Connection and Women's Health (The Yeast Connection Series) The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series) Thyroid Healthy, Lose Weight, Look Beautiful and Live the Life You Imagine What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases I'll Get Back to You: 156 Ways to Get People to Return Your Calls and Other Helpful Sales Tips A Journey to Softness: In Search of Feel and Connection with the Horse Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Good Night, Sleep Tight Workbook: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents Tired or Toxic? A Blueprint for Health Jesus Outside the Lines: A Way Forward for Those Who Are Tired of Taking Sides Healing Back Pain: The Mind-Body Connection The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health! 13 Things Mentally Strong People Don't Do: Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success Brain Boosters for Groups In a Jar: 101 brain-enhancing games to get teens moving and connecting

[Dmca](#)