

'Your Thyroid Problems Solved' – Holistic Solutions to improve your thyroid By:

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The book covers how to improve the health of the thyroid holistically by working on the immune system, liver and digestive tract with the aid of nutritional medicine. Chapters in the book cover causes of an under active or over active gland, thyroid diseases, thyroid tests, treatment of hypothyroidism, nutrition and herbs in the treatment of thyroid disease, thyroid and hormone troubleshooting. A handy guide and reference book for natural therapists.

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