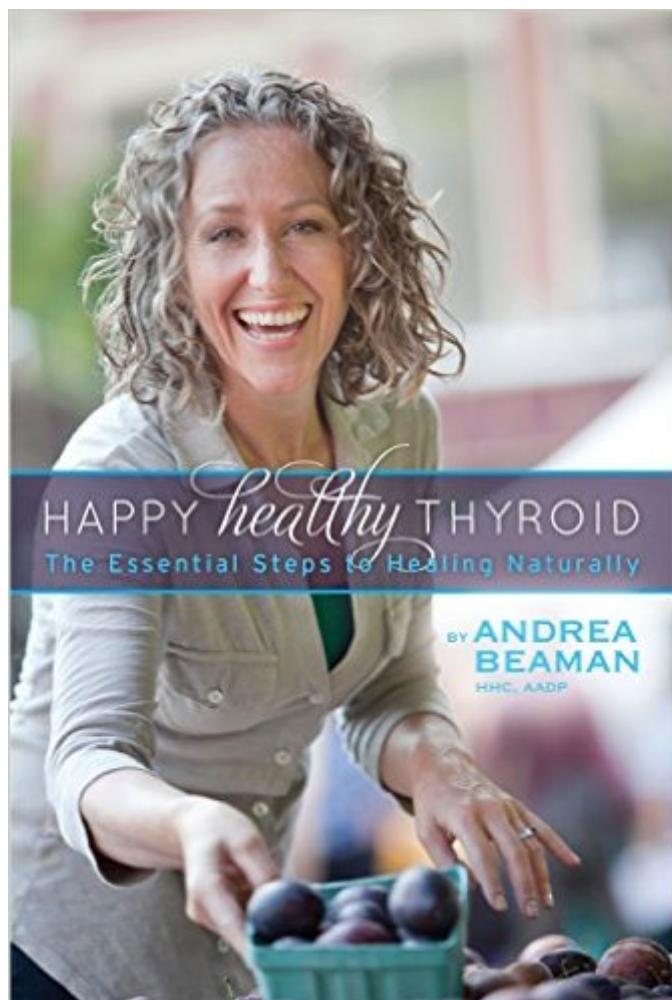


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# Happy Healthy Thyroid - The Essential Steps To Healing Naturally



## **Synopsis**

Happy Healthy Thyroid is a groundbreaking guidebook created specifically to help you treat your thyroid disorders. Learning from healing her own thyroid disease using natural and highly effective methods, and from teaching countless others around the world, Andrea Beaman has the expertise to successfully guide you through the process of healing your thyroid condition. In Happy Healthy Thyroid you'll discover the various foods, lifestyle activities, physical stressors, emotional contributors, environmental factors and spiritual connections, that all have an impact on the health of the thyroid. Included are delicious recipes to help you begin improving your condition right now. Using the information contained within these pages, you can stop struggling, learn to re-energize your thyroid on many levels, and start living a happier and healthier life.

## **Book Information**

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## **Customer Reviews**

I have had a goiter for 15 years, all levels are normal, yet surgeon wanted to remove my thyroid simply because of its size. I refused. I am excited to try out Andrea's suggestions--there is nothing that will put me at risk, plus it is good overall health sense. The fact she was able to shrink her thyroid back to its normal size gives me hope!

I have followed Andrea Beaman for many years now and have her other two books that are well loved and dog eared from being referenced over and over. I really like this new book also. Another winner. She has a conversational style manner in the book and you can feel the personal touch she manages to deliver in print. So many great tidbits of advice here. And of course the recipes are yum

and amazing. I think this book is very helpful to those needing to help their thyroid but also breaking old diet/lifestyle myths of the last 30 years.

I love Andrea, she is so full of life. Her story is inspiring. Being able to use food as her medicine is wonderful. I wish everybody would read and understand that food can be your ally. It is so much better than medications.

It was a good book. I wanted to see how people could heal without thyroid medicine their thyroid. I can't eat coconut oil or oats etc. I need no gluten/dairy/soy/sugar/GMO...vitamins/good oils/minerals...probiotic...LDN...detoxing to be ok. Gluten/hidden gluten can make antibodies to the thyroid. I can't eat any food with a label or certified gluten free or nuts not sold in the shell/meat basting/some spices etc since it has hidden gluten in it. I need to be very strict with my diet. Healing the root cause is better than just taking thyroid medicine, but I get blood clots due to low thyroid/depression no medicine can help due to low oxygen in my brain and 100% constipation. Zinc/Se/enough iron/probiotic may help convert T4 to T3. Eating organic/good water (not tap water with F)/sunlight/exercise/nature/love/pets/touch/God/prayer. Mg, fish oil, Vit C, Vit D3, HCl and enzymes with meals, Vit B12 methylcobalamin shot/intrinsic factor kind, MTHF, coenzyme Q10, rhodiola and more help me. I would like to only need to eat food that is healthy, but my body/brain needs more right now. I enjoyed the book. I am glad she is helping people learn how to take care of their health in natural ways. Best wishes.

Easy to read, yet very informative. She walks you through understanding your body and what messages your body is trying to tell you. She give you action steps including recipes to guide you through options on how to improve and heal your Thyroid.

Andrea Beaman is the bee's knees. In her newest book, Andrea teaches you a natural, common sense approach mixed with ancient wisdom to healing your thyroid. Her knowledge and wisdom concerning thyroid and other health issues is above and beyond anything I have ever read or heard. Her book is very easy to follow and the steps she teaches you are so easy to incorporate into your life. I love how she teaches you to listen to what your body needs and her recipes are so nourishing and deliciously yummy!

I have had a sluggish thyroid with nodules and was convinced to go in for surgery. Thankfully have

one half of my thyroid intact. Andrea Beaman and her message to restore thyroid health resonated with me and I am in the process of reading all her books. Happy Healthy Thyroid is a great learning tool for any thyroid issues and I strongly recommend everyone who is tired of being tired read it. You will benefit no matter what your illness is. Then look for her other books.

well written, full of very good information and personal stories, really helpful to get a handle on something that could mean a difference between life and death. Highly recommended.

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