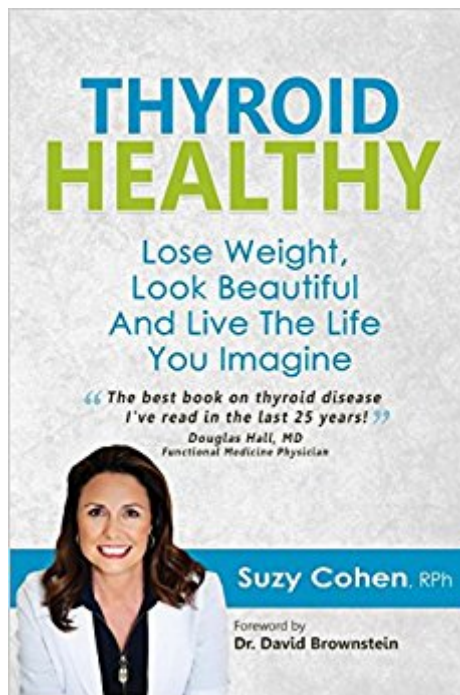




The book was found

# Thyroid Healthy, Lose Weight, Look Beautiful And Live The Life You Imagine



## Synopsis

Live Thyroid Healthy and put an end to: Chronic fatigue Constipation Cold hands and feet Brain fog Hair loss Excessive weight Depression and anxiety Are you one of the millions who's fallen through the cracks of the standard medical system? Have you been told you're depressed or stressed out but you're really not? It's so unfair that you can tell your doctor about classic symptoms of low thyroid and still get dismissed because conventional tests don't prove how you feel! Did you know some popular thyroid drugs are completely useless until your body converts it? I'm blowing the lid off of standard medical treatment for thyroid disease. Inside, you will learn about the best lab tests, how to interpret them, where to buy them, foods that heal your thyroid, and foods that harm it. You'll also learn which medications work best, and which nutrients and supplements authentically work. Reclaim your life, start today.

## Book Information

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## Customer Reviews

Suzy Cohen is mad smart and I recommend her books for anyone interested in feeling better and living a healthier life. -- Sean Croxton, Founder of UndergroundWellness.com and Author of The Dark Side of Fat Loss This is the best book I've read in 25 years! -- Douglas Hall, MD Functional Medicine Practitioner You have so much relevant information that you share on so many health issues, it's exciting. Thank You for what you share, and giving us hope! -- Ellen Mariel highly recommend Thyroid Healthy for all patients and doctors to learn more about thyroid disorders. This book is a great addition to everyone's library and will help you overcome many different health

concerns. --David Brownstein, MD

Of all the books I've ever written, this was the most personal one as it shared my journey and intimate details of my life. What's sad, and still a problem today is the testing for thyroid disease and the fact that brain hormones are measured (TSH) as opposed to more appropriate tests for thyroid function. It leaves most of you to fall through the cracks. Further, many of you have autoimmune driven thyroid conditions and replacing your thyroid hormone with Armour or Synthroid will never cure you. These drugs, as good as they are at replacing hormone levels, don't address the underlying immune process and the "fire" that is going on inside of you due to the Leaky Gut. Infections can drive autoimmune thyroid conditions, either Graves' and Hashimoto's. The biggest secret is that there are natural remedies and dietary changes that CAN cure you. I hosted a world wide event (along with Dr. Brownstein) and it was called The Thyroid Summit. I interviewed world leading authorities who shared their expertise with the world. There are 32 hours of interviews available at my site. This broadcast was in 2014, the same year I published Thyroid Healthy. It was such an honor to do this and one of my life's greatest accomplishments. Since it came out, many of you have written to my email and shared your own stories of recovery, and all the speed bumps you've had to overcome too. I used all the knowledge I gained from our collective experiences, my research, and clinical trials on natural remedies to formulate special, exclusive thyroid formulas to help you. These are also available at my site. If you are suffering with fatigue, pain, heart problems, temperature dysregulation, fibromyalgia, exhaustion, shortness of breath and weight problems please keep investigating thyroid conditions, have your antibodies tested. This is not done routinely, so you have to ask for it. Please don't give up. Conventional medicine's answer is to hurry you up and get you out of the office, placating you with a thyroid pill but this is not the fix, it's a band-aid. There's help in my book, and help at my site with free articles. I'll see you over there! Love Suzy

Here is the deal I am a functional medicine doctor and have studied 1000's of hours on this topic and functional medicine in general. This book has brought new research that I have never heard of and I study and read daily.... She write things in a simple manner and she has a great sense of humor. The truth is if you are suffering with a thyroid condition or think you have a thyroid condition even though your doctor said "your labs are normal and your on the correct thyroid meds, so it's in your head and here is a prescription for Prozac". I would slap him or her and tell them they need to

spend some time keeping up with the research and read this book I just read. YOU CAN GET HELP. The first step is getting yourself educated. This book will do that. If your doctor is unfamiliar with these protocols in this book, find a new doctor that is proficient in functional medicine. There are too many people that WANT and DEMAND REAL answers for their problems. When you read this book pass it on to a friend and write an review. Everyone that buys things nowadays looks at reviews. Ms. Cohen is a woman that wants help people. I have heard her speak before and she presents with passion and vigor. Thanks for a great book. Hughes  
This is the longest review I have ever written in my life.

I was suffering from many of the symptoms the author describes in her book and was spending a fortune on a long list of prescriptions. Nothing seemed to help! I still felt like crap, the side effects nearly made me homebound but...I'M IMPROVING! I credit my journey back to good health to the profound information contained in this book. Working with my doctor, we came to find how right Suzy Cohen is! I now take only 2 prescription meds along with natural vitamins and supplements (Thyroscript being one of them). I have control of my life back!!! And a lot more money to spend on other things. The info in this book is priceless and I am so grateful that someone, like this author, took the time to advise the rest of us that there IS an answer, there is a solution and a better way!!! I recommend this book to every single person I talk to because if you don't have an issue with these things, you certainly know someone who does! I received this book as a gift and quite honestly, it gave me the quality of MY Life back!!! Highly Recommended!

I just finished the Thyroid Summit that Suzy co-hosted with Dr. David Brownstein and 32 experts on the thyroid from every angle possible. It was incredible. Her book covers it all! It is so great to have especially if you want to understand blood tests. She writes in the same way she speaks, where "you just get it". On the Thyroid Summit, a speaker would be talking and she would explain what they were saying in simple language and I would instantly understand. That is how her book is. She covers everything from the right salt, iodine, soy, gluten, depression, fatigue, weight gain, hair loss, how to read your blood tests, why standard treatment for the thyroid is not working and more. There are so many factors that affect the thyroid and Suzy covers it all from gut health to hormones to cholesterol. I am so passionate about the study of our thyroid because I feel it is the key to our longevity, keeping our youthful energy and the health of our thyroid could help prevent a heart attack, stroke or even Diabetes. Even if you do not think you have a thyroid problem, you should read this book to help plan a healthy future for you or your family. I am hoping Suzy will host a

DRUG MUGGER SUMMIT next, that is another book I own. We are being drugged to death from cradle to grave and there are alternatives, and SuzyKnows them all. I have seen first hand how Congestive Heart Failure was resolved in an 86 year old man I take care after getting him off most of his medications, using sea salt, iodine, selenium, magnesium and a lot more supplements, we were then able to give him nature thyroid to treat his hypothyroidism and within a short amount of time, his edema and ascites is gone, he is off oxygen, he regained some energy, his body is warmer and he has been mowing the lawn!!!! He also has improved kidney and liver function and his last A1C blood test is in the NON Diabetic range. Hypothyroidism can cause shortness of breath, but in standard medicine, if someone has CHF, the doctors usually focus only on the heart.

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