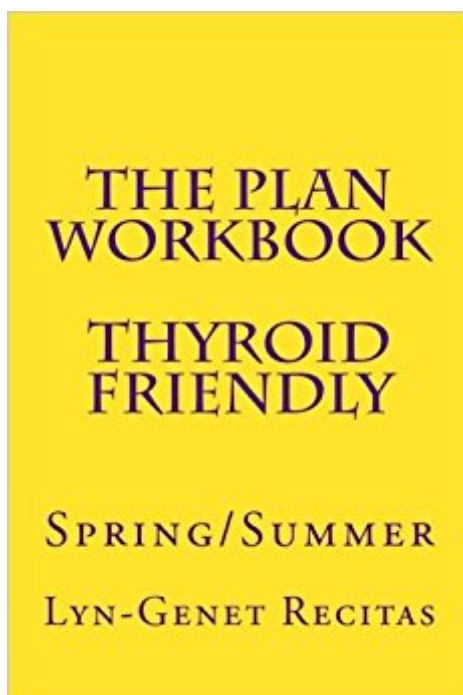


The book was found

The Plan Workbook Thyroid Friendly: Spring/Summer



Synopsis

Lyn-Genet Recitas is the New York Times bestselling author of *The Plan*, a groundbreaking anti-inflammatory nutritional protocol. Her work has been featured on Dr Oz, Huffington Post and Fox News. She has been a holistic nutritionist for over 30 years studying nutritional therapy, holistic medicine, herbology, homeopathy, yoga and shiatsu. Lyn-Genet and her team at The Lyn-Genet Plan have helped hundreds of thousands of men and women find easy, effective ways to lose weight, improve health and reverse the aging process.

Book Information

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Average Customer Review: 3.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #63,794 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #664 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

This is the most interesting eating plan you will ever try. I would not call it a diet, because you can eat anything you want. Everything about it makes sense and it's a lot of fun testing new foods and eating things you never thought you could eat before. I had the privilege of working one-on-one with Lyn-Genet Recitas (and you can too). She is so knowledgeable. If you buy the Workbook, you may also consider buying and reading her book, "The Plan." so much to learn. It takes time, but worth it. There is also a chat room that is extremely helpful if you have questions.

This is a good companion to *The Plan*. I carry it with me and it helps me track what I am eating that day.

Good information about foods you may have a reaction to which will cause inflammation and weight gain. Can also release these food reactions with NAET, (Chiropractor) or a good energy worker.

Only complaint is her dogmatic and negative approach to supplementation, only take what she recommends? I really like Dr. Youngs, ph plan's recommendations for weight loss supplementation, really cuts sugar and simple carb cravings.

Excellent

Great series of information on thyroid

This is a good book. The food ideas are delicious.

Compliments the book "The Plan" I have lost 13.4 lbs

Alot of great info we all should know

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