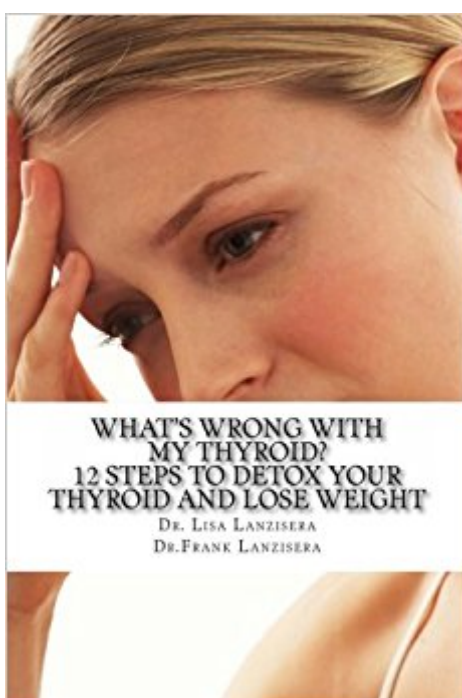


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# What's Wrong With My Thyroid?: 12 Steps To Detox Your Thyroid And Lose Weight (Lanzisera Center) (Volume 2)



## Synopsis

Thyroid problems may be affecting 1 in 5 Americans. 1 in 5! Discover the 12 steps to detoxify your thyroid and modify your metabolism to lose weight. Thyroid symptoms can make us feel tired, suffer with "brain fog", and cause us to gain weight. This book is packed with useful and actionable information to help you regain and revitalize your health and your life. Did you know that your symptoms of fatigue, weight gain, sleepiness, etc. may not be caused by a faulty thyroid gland? The #1 thyroid disorder in the U.S. is an autoimmune condition called Hashimoto's thyroiditis. This disease, which affects 90% of thyroid cases, will have only a limited response to the traditional treatment of thyroid hormone replacement (THR). Yet, THR is commonly the only treatment provided. Functional medicine, a fusion of Western medicine, lab testing, and neuro-metabolic treatments, is providing the care necessary for patients to overcome the symptoms of thyroid disorders. Find out the latest information that has been helping our patients recover from their thyroid symptoms. This book could change your life forever.

## Book Information

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## Customer Reviews

Drs. Frank and Lisa Lanzisera are the authors of "Wheat Gluten - The Secret to Losing Belly Fat & Regaining Health", multiple published articles, and a popular health newsletter. Dr. Frank Lanzisera is the director of Lanzisera Center in Tampa, Florida where he focuses on the treatment of thyroid-related symptoms with a functional medicine approach. He is a member of the American Functional Neurology Institute and is on the Advisory Board of the nationally-distributed magazine "Simple Gluten Free". Dr. Lisa Lanzisera maintains and provides content for Lanzisera Center's web

sites. Both doctors are 1982 graduates of Logan College of Chiropractic.

Very good information on what contributes to Thyroid problems, especially the information on gluten sensitivities. After reading the book I was tested and found that I was sensitive to gluten as well as all grains including rice and oats. I also found out that my gut lining was compromised. Since I have changed my diet, I have been able to start walking. Before I was too tired to do anything.

The book is excellent and it reveals a lot about problems that affect us all via the thyroid. What I did not like was the fact that the formatting in the book is terrible. I saw a real copy of the book and none of the mistakes found in the Kindle version appear in the book. Needs to address this issue with formatting. Not the first time I have bought a book and found the same type of problem. It's a shame because it's really a great book and the formatting takes away from the quality of the information offered in this book.

Easy to read, understand and to implement. It will be helpful to those even without diagnosed thyroid conditions as the thyroid is only one manifestation of the underlying problems.

My Wife loves the book, thanks ! A+

lots of good information, easy read, straight to the point, thanks for the info. I would suggest this book to anyone suffering from thyroid problems.

This is an excellent book written by a doctor who is helping many people with autoimmune diseases, among whom I am one. My health was turned around as a result of treatment with this doctor in Tampa, FL. I wholeheartedly recommend this book.

Great book. Really helped me to decide to get help. Opened my eyes. If you have questions this is a must read.

Great informative book.

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What's Wrong With My Thyroid?: 12 Steps to Detox Your Thyroid and Lose Weight (Lanzisera Center) (Volume 2) Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight,

Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Detox Diet: 4 Weeks To Rapid Weight Loss, Unstoppable Energy To Upgrade Your Life Up, Lose Up To 21 Pounds In 28 Days( Including The Very Best Detox Recipes) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Two Week Transformation Detox Diet Book: Lose a Pants Size in Two Weeks! Detox Diet Plan for Quick Weight Loss and Health Detox (3rd Edition): 3-Day Rapid Weight Loss Detox Cleanse - Lose Up to 10 Pounds! Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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