



The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health!

Elle Russ

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The Paleo Thyroid Solution presents new insights on optimizing thyroid fat-burning hormone metabolism for people with or without thyroid issues. The Paleo Thyroid Solution offers diagnostics and thyroid hormone dosing strategies along with rare, in-depth discussions on both T3-only treatment and Reverse T3/Thyroid Hormone Resistance. The Paleo Thyroid Solution provides the only detailed lifestyle and weight loss plan specifically targeted for maximizing thyroid hormone metabolism. The Paleo Thyroid Solution is only book connecting paleo/primal/ancestral health with the optimization of thyroid health for people with and without thyroid issues.

YOU WILL LEARN ABOUT... Paleo protocols for naturally preventing and reversing low thyroid function. The correct blood tests to diagnose hypothyroidism and how to interpret results. How to optimally treat hypothyroidism with thyroid hormone replacement Diagnosing and treating Reverse T3/thyroid hormone resistance issues (including T3-only treatment)

THE PALEO THYROID SOLUTION answers the following:

How can I prevent and reverse low thyroid function and keep my thyroid healthy by adopting a paleo lifestyle? What are the correct blood tests for diagnosing thyroid disorders?

How do I interpret my blood tests?

What medications/hormones treat hypothyroidism and how do I know which one(s) is right for me?

What is the best way to dose/administer thyroid hormones? What is Reverse T3 and Thyroid Hormone Resistance...and how do I fix it?

How can I find a good doctor or help educate my current doctor?

How can I cope with hypothyroid symptoms?

How do I get better if I don't have health insurance or extra money to spare on blood tests and doctor visits?

Last but not least: THE #1 CONCERN/COMPLAINT OF HYPO PATIENTS: How can I lose the insidious fat that I gained while being hypothyroid?!

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From Reader Review The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health! for online ebook

Selene says

This is one of the most helpful books I've read since getting diagnosed with Hashimoto's -- it really helped me understand what different thyroid tests are looking for, what to ask for and how to measure thyroid health. It is a bit overly focused on the author's specific manifestations of thyroid disorder, at the expense of information on other issues (including autoimmune disorders). The interview at the end with Dr. Foresman filled in some of those gaps for me.

Michelle Jarc says

This book was so informative!! I earmarked so many pages to use when I see my doctor again.

Laqueta says

lots of great information. A great reference for those who have or think they have Thyroid issues. Lots of great advice on how to work with your doctor to get the proper medical care.

Mary-Ann Muth says

A good review if the Primal lifestyle with specific information and recommendations on how to address hypothyroidism. Lots of good information.

Megan says

This book is an excellent resource for anyone who has adopted the primal lifestyle and is looking to fine-tune their diets to optimize their thyroid health. I have been following the Primal Blueprint for a couple of years, and after listening to Elle's podcast about finally getting off thyroid medications, decided to read the book. I thought I had a pretty good handle on optimizing my thyroid health, but I still learned a few helpful tidbits along the way.

The book is easy to read and follow. She outlines different possible scenarios of suboptimal thyroid and adrenal health, and lists symptoms associated with the different scenarios. She also discusses how your doctor/endocrinologist might be testing for the wrong things when determining if you have a thyroid condition.

I have personally been able to lower my medication substantially by following the Primal Blueprint, and would recommend that anyone interested in following the advice Elle outlines in her book to also invest in a copy of the Primal Blueprint for more detail on how to adopt the primal lifestyle. A true life changer.

Joyce Kostakis says

Great source of information

I have been struggling with thyroid issues for 20+ years. Very educational. I'm looking forward to a paleo lifestyle and the health benefits.

Shannon says

I learned a lot about my thyroid in this book; however, I dislike how the author seems to be OK with medication as part of the ultimate solution to thyroid issues. While I get using medication as a support to help the patient live their day-to-day lives while in recovery, I'm concerned that the author believes that continued use of T3 or desiccated thyroid is necessary. After reading this book, I do have a few action items to support my wonky thyroid, but I wish that I was left with more hope for fully recovering without the use of medication. The body has a 'natural desire' to heal itself. I don't believe that anyone should be on medication unless there is a structural defect within the body. /rant

Elaine - says

I prefer Amy Myers book. I think it had more detailed information. This book is good for basic information.

Laura Hansen says

Changed my life

Excellent book totally educated me on what is happening to my body. Even more important how to deal with and change it! Got lit's information from this book than three doctors.

Niki Mott says

If you are told by your doctor that your thyroid tests are normal, your dosing is normal, and you still don't feel okay- read this book! Great information that I have not seen elsewhere.

Maureen says

Fascinating. Thanks to this book, I have two pages of questions for my doctor and a realization that I must find a new doctor who will address issues that previous doctors have ignored. It was great to read the detailed, numerous bits of info and discover that my experiences were not in my imagination but real. Thank you, Elle.

Reney Savio says

Thank you

I don't understand how there are no doctors able or willing to help people with thyroid conditions. Thank you for all the information.

Stacy Natal says

This book does an excellent job of describing the thyroid and all that it controls in our body as well as the lab tests needed to diagnose thyroid problems. But despite struggling with Hashimotos and hypothyroid for a year, the diet/methodology in this book is overwhelming. If I had a personal chef, maybe, but trying to implement every single thing that is recommended in this book..., hormone replacement, a bazillion supplements, paleo diet, tracking carbohydrates, controlled exercise regiments, naps, stress reduction.... etc... is overwhelming.

Linda says

This is the best book I've read on the subject of thyroid health. It isn't just a book about the paleo diet, it's a book that explains the thyroid hormones and why they are important. I highly recommend this book to anyone who has thyroid issues.

Vicki says

Great read! I wish a few more doctors would read it. I would recommend this book to anyone suffering with thyroid disease.

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