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Hypothyroid mom's favorite thyroid books

How to Heal Hashimoto's: An Integrative Road Map to Remission by Licensed Acupuncturist Marc Ryan (a Hashimoto's thriver himself) is the first book of its kind

Autoimmune disorders: when your body turns on you – experience

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How i reversed hashimoto's (a thyroid autoimmune) disease

My doctor said I couldn't reverse Hashimoto's disease – I'm here to tell you My nutritionist showed me a holistic approach to detox and Our bodies have an amazing ability to heal when given the right tools. .. I have reversed the disease and/or put it into remission. .. It can seem like a long, dark road.

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Does anyone know about reducing antibody levels in hashimotos

I know its early days in my treatment and am not expecting levothyroxine (or brazil nuts!) to be a . There's also Road to Remission by Marc Ryan of HashimotosHealing.com: amazon.co.uk/Roadmap-Remiss. available on amazon or the Rothfeld Center for Integrative Medicine in Waltham Massachusetts.

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