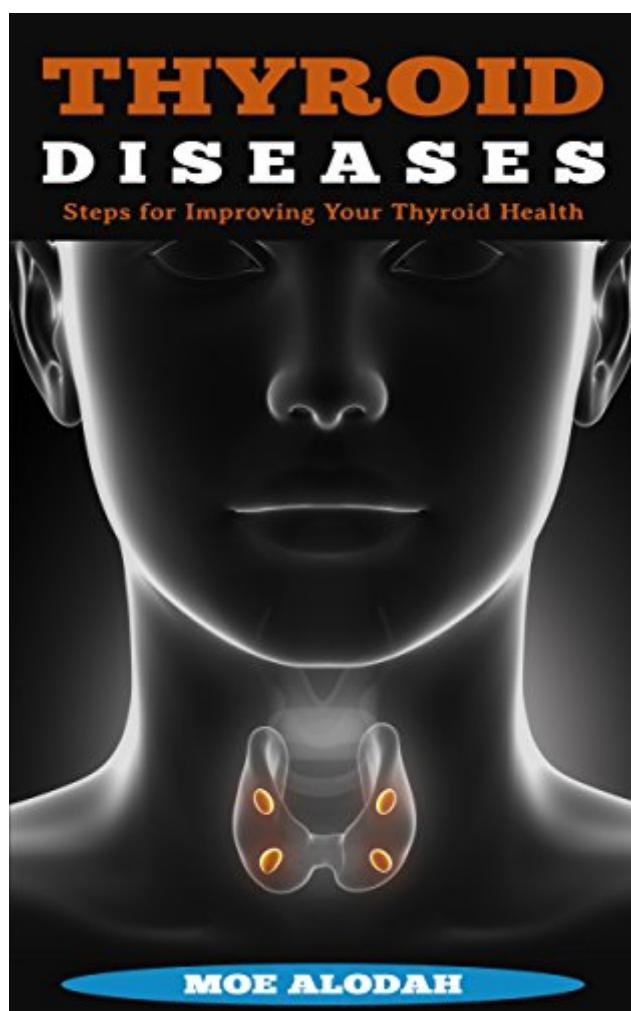


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# Thyroid Diseases: Steps For Improving Your Thyroid Health



## **Synopsis**

As of writing this book, the number one selling prescribed medication is Synthroid according to WebMD and other reputable medical online sources. So that tells you something about the widespread of thyroid diseases in the U.S. Thyroid disorder Could Be Your Main obstacle in obtaining vibrant health since virtually all the cells in your body need thyroid hormone for normal metabolic processes. The thyroid hormone plays many beneficial roles. That include:1-Maintaining normal and healthy body weight2-Preventing hair loss3-Preventing mood swings, brain fog, anxiety, and even depression4-And many other health benefits. In my book, Thyroid Diseases: Steps for Improving Your Thyroid Health you will learn the different types of thyroid disorders, different tests for thyroid gland, and your options to treat and improve the health of your tiny endocrine gland. Although it is relatively a tiny gland but with no doubt it has a huge impact on your health. Here are the details of my book:CHAPTER ONE: Thyroid Gland OverviewCHAPTER TWO: Common Thyroid Disorders and Their CausesCHAPTER THREE: Diagnosis of Thyroid ConditionsCHAPTER FOUR: Treatment and Management of Thyroid DiseasesCHAPTER FIVE: Risk Factors for Thyroid DisordersCHAPTER SIX: Questions and Answers about Thyroid HealthCHAPTER SEVEN: Conclusion

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