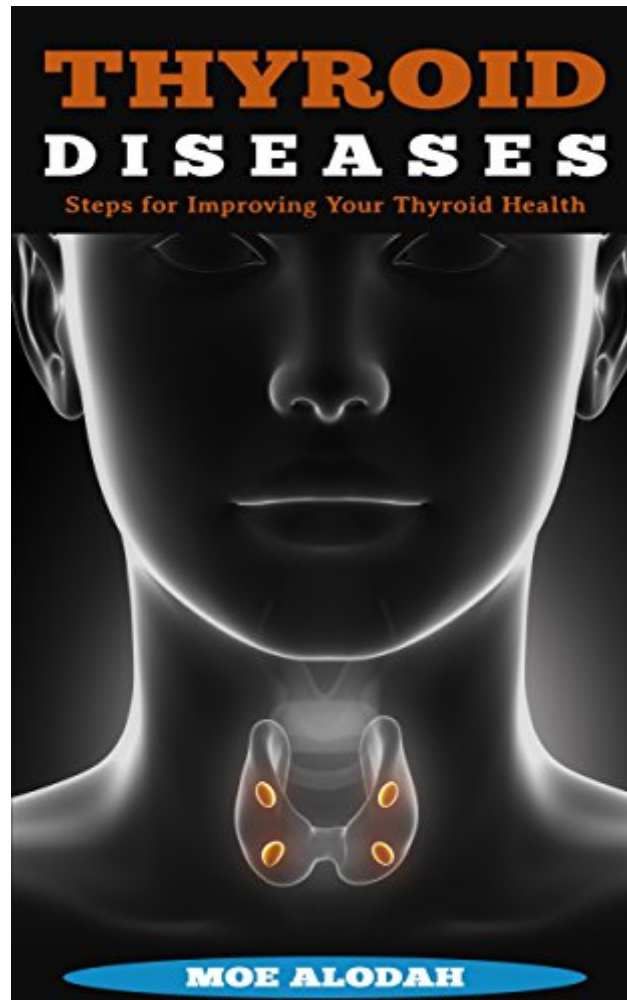




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Thyroid Diseases: Steps For Improving Your Thyroid Health



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 weight 2-Preventing hair loss 3-Preventing mood swings, brain fog, anxiety, and even depression 4-And many other health benefits

Î 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 Overview
CHAPTER TWO: Common Thyroid Disorders and Their Causes
CHAPTER THREE: Diagnosis of Thyroid Conditions
CHAPTER FOUR: Treatment and Management of Thyroid Diseases
CHAPTER FIVE: Risk Factors for Thyroid Disorders
CHAPTER SIX: Î Î Questions and Answers about Thyroid Health
CHAPTER SEVEN: Conclusion

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