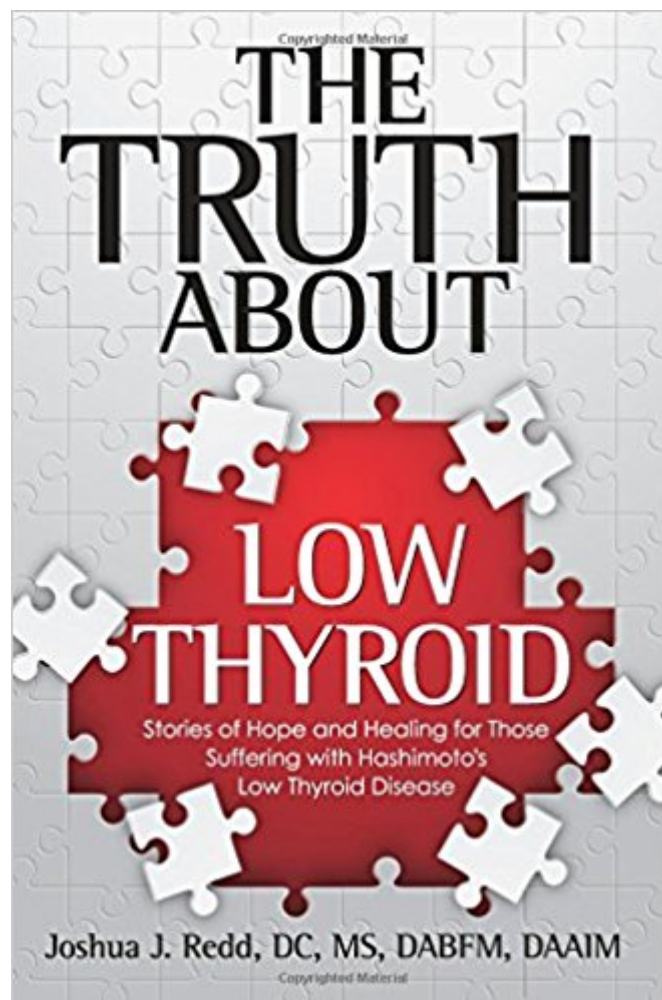




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# **The Truth About Low Thyroid: Stories Of Hope And Healing For Those Suffering With Hashimoto's Low Thyroid Disease**



## Synopsis

In this unique and engaging book, Joshua J. Redd, DC, MS, DABFM, DAAIM shares patients' stories of hope and healing. "The Truth About Low Thyroid" reveals the struggles and resilience of patients battling this often-invisible disorder and offers guidance for low thyroid patients and their families. You may find yourself relating to many of the stories in this book if you are experiencing low thyroid symptoms such as: Extreme Fatigue Inability to Lose Weight Thin or Brittle Hair Hair Loss Low Libido Brain Fog Insomnia Depression/Anxiety Feeling Cold Digestive Disorders If you or your loved ones are suffering with low thyroid symptoms, this book will encourage you to keep going, and will guide you to the help you are seeking. Do not give up. Do not give in. Do not lose hope.

## Book Information

Paperback: 156 pages

Publisher: 3 Bar Press (August 30, 2016)

Language: English

ISBN-10: 0976996219

ISBN-13: 978-0976996217

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 57 customer reviews

Best Sellers Rank: #508,920 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #115 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions

## Customer Reviews

Joshua J. Redd, DC, MS, DABFM, DAAIM, a chiropractic physician, is the owner and founder of RedRiver Health and Wellness Center. In addition to his chiropractic degree, Dr. Redd has a BS in Health and Wellness, a BS in Anatomy, and a MS in Human Nutrition and Functional Medicine. He speaks across the nation, teaching physicians about Blood Chemistry, Low Thyroid, Hashimoto's, and Autoimmunity. Dr. Redd lives in Utah with his wife, Brittany, and their five children.

I have known Dr. Josh Redd for several years. His understanding of Hashimoto's Low Thyroid Disease is remarkable. This book is an amazing collection of years of helping many patients live

normal, active lives and can give hope to many suffering with thyroid problems. This is a great read that is straight forward and easy to understand.

I suffered (undiagnosed) with Hashimoto's Disease for 16 years before finally being listened to by a doctor. A good friend recommended this book to me and I cried through the entire thing because I felt like I related to each story in the book. Dr. Redd happens to be just an hours drive from me so after reading, I set up an appointment with his clinic. This guy is absolutely brilliant and I'm not even kidding. This is the book to read and the guy to talk to about your thyroid issues!

Unfortunately this book primarily provides various stories, comments and "testimonials" for the author and his practice. There was little practical advise for individuals seeking information on where to turn or what steps to take to help improve their lives - except advise to come to the author and his practice. I was disappointed that advertisements for this book led us to believe there would be practical advise for those suffering. It should have been transparent that is is simply a book of testimonials for the author. Truly sad that the author would take advantage of the public by suggesting they will find hope and suggestions with his book

I just don't see what all the hype is about this book. It offers no true solutions or guidance. It's just stories of people with similar symptoms. It's great to know that I am not alone...but some actual guidance would be helpful.

This book seemed more like an advertisement. Don't waste your money.

It was a bunch of people's stories .. It was more a plug for this persons clinic than the information people think they're getting for thyroid

good information but not as factual or instructional as I wanted

You will learn how getting to the root of the thyroid dysfunction by using principles of functional medicine can create optimal health. There is no cure for autoimmune disease but you can achieve complete remission.

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The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's

Low Thyroid Disease 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) Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) 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,) Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) 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) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Thyroid Diet Cookbook-Hashimoto's Protocol Recipes: 50 Easy & Delicious recipes for Resolving Thyroid Symptoms and Getting Your Life Back Why Do I Still Have Thyroid Symptoms? when My Lab Tests Are Normal: a Revolutionary Breakthrough in Understanding Hashimoto's Disease and Hypothyroidism Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! Hashimoto's Diet Cookbook: Your Ultimate Guide to Cure Hypothyroidism with Over 325+ Healing recipes and 1 FULL Month Meal Plan (Reverse Hashimoto Thyroiditis Disease)

Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)

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