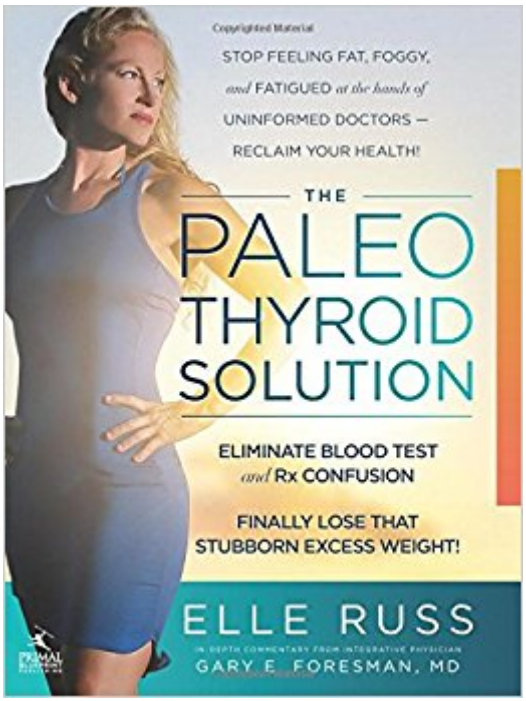
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The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health!



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Synopsis

The Paleo Thyroid Solution dispels outdated, conventional thyroid wisdom still practiced by uninformed doctors, and provides the in-depth guidance necessary to solve hypothyroidism, achieve vibrant health, and optimize thyroid fat-burning hormone metabolism. Over 200 million people worldwide and 20+ million Americans have some form of thyroid disease, but 60% are undiagnosed and unaware of their condition. Undiagnosed or mistreated hypothyroidism can put people at risk for serious conditions, such as: depression, high blood pressure, high cholesterol, type 2 diabetes, insulin resistance, cardiovascular disease, osteoporosis, gynecological issues (infertility/miscarriages/fibroids/PCOS etc.), hormonal imbalances, adrenal fatigue, anemia, and other diseases. The Paleo Thyroid Solution provides the only lifestyle and weight loss plan specifically targeted for maximizing thyroid hormone metabolism in harmony with paleo/primal/ancestral health principles. In The Paleo Thyroid Solution, you will learn: Primal/paleo protocols for naturally optimizing and even possibly reversing low thyroid function How to work with your doctor to get the correct blood tests to diagnose hypothyroidism and accurately interpret results How to work with your doctor to optimally treat hypothyroidism with thyroid hormone replacement How to find a good doctor or work with your current one to diagnose and treat Reverse T3 issues (including T3-only treatment) How to lose the insidious fat and weight gained from hypothyroidism An MDÃ¢â ¬â„¢s perspective on why and how some doctors are uninformed and still practicing outdated thyroid protocols (in-depth commentary from integrative physician Dr. Gary E. Foresman, MD) (Elle Russ)

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Dieting > Diets & Weight Loss > Paleo

Customer Reviews

Ã¢â ¬Å“As a former research biochemist and someone who helps to manage an integrative medical clinic, I feel like a know a fair amount about the thyroid and health. Well, I know enough to recognize someone who leaves my knowledge base in the dust.Ã Â Elle Russ has put together an amazing resource inÃ Â The Paleo Thyroid Solution.Ã Â Whether you are a clinician or just a health conscious consumer, there is so much for you in this book" - Robb Wolf,Ã Â New York Times Bestselling Author Ã¢â ¬Å“After 20 years of hacking my own biology to gain more energy than I've ever had, and lose 100 pounds along the way, it's become really clear that your thyroid is your body's energy thermostat. Undiagnosed subclinical thyroid deficiency is a huge problem holding back tens of millions of people from becoming all they can be. Elle Russ has put the pieces together for you in The Paleo Thyroid Solution." - Dave Asprey,Ã Â Creator of Bulletproof Coffee, New York Times best-selling author of The Bulletproof Diet and Head Strong Ã¢â ¬Å“Elle Russ inÃ Â The Paleo Thyroid SolutionÃ Â shares her deeply personal and tenacious quest for health in order to help you survive the struggle you will likely face in finding a physician who is more vested in finding the right prescription for your health, than the highly inflexible Ã¢â ¬Å“standard of careÃ¢â ¬Â• that dominates most of todayÃ¢â ¬â„¢s medical practices and endocrinology. But she doesnÃ¢â ¬â„¢t stop there. Elle arms you with both the lifestyle and lab test information you need to empower your recoveryÃ¢â ¬â ¢and just as importantlyÃ¢â ¬â ¢maximize lifelong health and happiness." - CJ Hunt, FilmmakerÃ Â The Perfect Human Diet "If your thyroid is sputtering, health can take a nosedive. InÃ Â The Paleo Thyroid Solution, Elle gives you the tools you need to take your health and happiness into your own hands." - Abel James, author ofÃ Â The Wild DietÃ Â "This book has the capacity to help millions of people with thyroid-related conditions heal the right way and avoid the pitfalls of misguided medical treatment." -Ã Â Mark Sisson, bestselling author of The Primal Blueprint "My patients who stay on the paleo/primal path have the best success. The Paleo Thyroid Solution can help everybody achieve optimal thyroid hormone metabolism." -Ã Â Dr, Gary E. Foresman, MD "In the confusing world of health and nutrition,Ã Â The Paleo Thyroid SolutionÃ Â offers simple and easy protocols that can have a great impact on ones journey to wellness." - Gabrielle Reece, New York Times Bestselling Author and Fitness Expert (Editorial Reviews)

Elle Russ is a writer, health/life coach, and host of the Primal Blueprint Podcast. She is becoming

the leading voice of thyroid health in the burgeoning Evolutionary Health Movement (also referred to as Paleo, Primal, or Ancestral Health). Elle has a B.A in Philosophy from The University of California at Santa Cruz and is a certified Primal Health Coach. She sits on the advisory board of The Primal Health Coach Program created by Mark Sisson, bestselling author ofThe Primal Blueprint.Ã Â Originally from downtown Chicago, Elle lives and plays in Malibu, CA. You can learn more about her atÃ Â http://www.elleruss.comElle wroteÃ Â The Paleo ThyroidÃ Â SolutionÃ Â after consulting with over two dozen endocrinologists, internal medicine specialists, and general practice MDs...but her thyroid condition was only getting worse - and nothing from doctors resembled a solution, or even hope.Ã Â Exasperated and desperate, Elle took control of her own health and resolved two severe bouts of hypothyroidism on her own Ã¢â ¬â œ including an acute Reverse T3 problem. Through a devoted paleo/primal lifestyle, intensive personal experimentation, and a radically modified approach to thyroid hormone replacement therapyÃ¢â ¬Â¦Elle went from fat, foggy, and fatigued Ã¢â ¬â œ to fit, focused, and full of life!

I bought this book in hopes of learning something that could help my dad, who has had hypothyroidism since his thyroid was removed almost 40 years ago. He did well on Synthroid for many years, but in the last decade, this treatment has not been managing his hypothyroid symptoms well at all. This book is full of great information that I think can help him. He comes from a very old school background of "doctor knows best" so just the in depth detail about labs and how to read them will be invaluable (as I intend to get copies of his labs from now on since his doctor has never shown them to him)! My dad doesn't even know what his doctor is testing (TSH and T4 only? Or a more complete panel?) let alone what the values are.As an overview, the first four chapters explain the functions of the thyroid, lab tests, medications, etc. They are pretty science heavy so I intend to re-read them a few times. The fifth and sixth chapters are all about a paleo/primal approach to thyroid health, the seventh chapter is how to implement those changes in phases and the eighth chapter is full of success stories, including the author's. Actually, most of the book is peppered with her story and it is amazing how brave and confident Elle was in taking her health into her own very capable hands. There is a short conclusion and two appendices. The first appendix is Elle's interview with Dr. Gary E. Foresman, MD (definitely worth reading!) and the second is resources.Just a side note...There are some typos/editing errors that didn't take away from the content, but seem to be more prevalent in e-books than print versions. If this sort of thing bothers you, just know the content is well worth putting up with a few typos here and there.I encourage anyone who has thyroid issues (even, or especially, if you're medicated for them) to read this book!

I was once the victim of an uninformed endocrinologist who failed to test me for Hashimotos for many years but still treated me with synthroid anyway. I was miserable. Never did that endocrinologist test my free T3, he only tested my TSH and T4. Finally I found a good doctor who took me off of Synthroid and put me on T4/T3 compounded hormones...but that doctor was STILL uninformed when it came to Hashimotos antibodies and how to do something about antibody levels (or that they were even a problem, which I didn't know!). I was unaware of the Paleo component to this for years until I heard the authors first podcast with Dr. Foresman last Summer. After adopting a paleo lifestyle, my Hashimotos antibodies went from about 300 down to 25...which is the lowest I have ever seen them (and why I immediately bought this book when it came out). I am so glad Elle wrote this book, and I know everyone who reads it will benefit.

I don't write many reviews, but I felt the need to write one now. The health of one's Thyroid can mean the difference between life and death, a happy life and a miserable life. Someone close to me suffered from this, and I read this book to learn more and help. I read several other books on thyroid health before finally finding this one and - - this book was TERRIFIC! It was well written, with a uniquely informative and pragmatic point of view. This wound up having a DIRECT IMPACT on someone I care about. BRAVO!

This book will no doubt help anyone suffering with hypothyroid related issues. Really happy the author put lab result examples in it and success stories. Also, this is the first thyroid book I have read that details a paleo approach for fat loss. I will be combing through certain sections of the book again and again, I can tell. The interview with that doctor at the end of the book is not to be missed or skipped over, as it is extremely compelling and actually interesting. I learned so much, and I recommend.

Stellar exposÃƒÂ© on hypothyroidism and uninformed doctors and why people stay sick for years despite being on thyroid hormone replacement. I hope this book changes the current state of terrible thyroid healthcare being practiced all over our country and the world. Lots of details, great success stories, and I loved the interview at the end with Dr. Foresman

I began 2017 with a single goal: I wanted to feel better and end the year not taking 20 pills a day. Yes, 20! I started looking for a diet I could realistically maintain over long term. I found the Paleo diet

and immediately embraced this life style change. Listening to pod cast I ran across Elle Russ. I ordered her book and most of it rang true for me. I had been suffering from autoimmune disorders for 20 years: Chrones, Gout, and thyroid problems. I went online and found that my TSH levels were high but within " range" . I made an appointment with my physician and DEMANDED he run the entire panel Elle suggested. Lo and behold, despite my TSH level being acceptable to my doctor, my Free T 3 was way low. The doctor called me personally and was stunned. He asked me how I knew, I referred him to Elle's book. If you are struggling with a thyroid problem or knows someone who is, I strongly recommend this book. Between the Paleo diet and the corrected thyroid medicine, I feel my goal is within reach. Im feeling so much better.

This is a fantastic book. It's packed with cutting edge information and is also very well researched. I highly recommend it if you have a thyroid issue, or if you suspect that you have one. After over 15 years of not feeling well, this book gave me some brand new pieces of information that will hopefully help me to finally solve my health puzzle. The importance of testing reverse T3, as well as checking the relationship between free T3 and reverse T3 being two of them. Thank you!

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