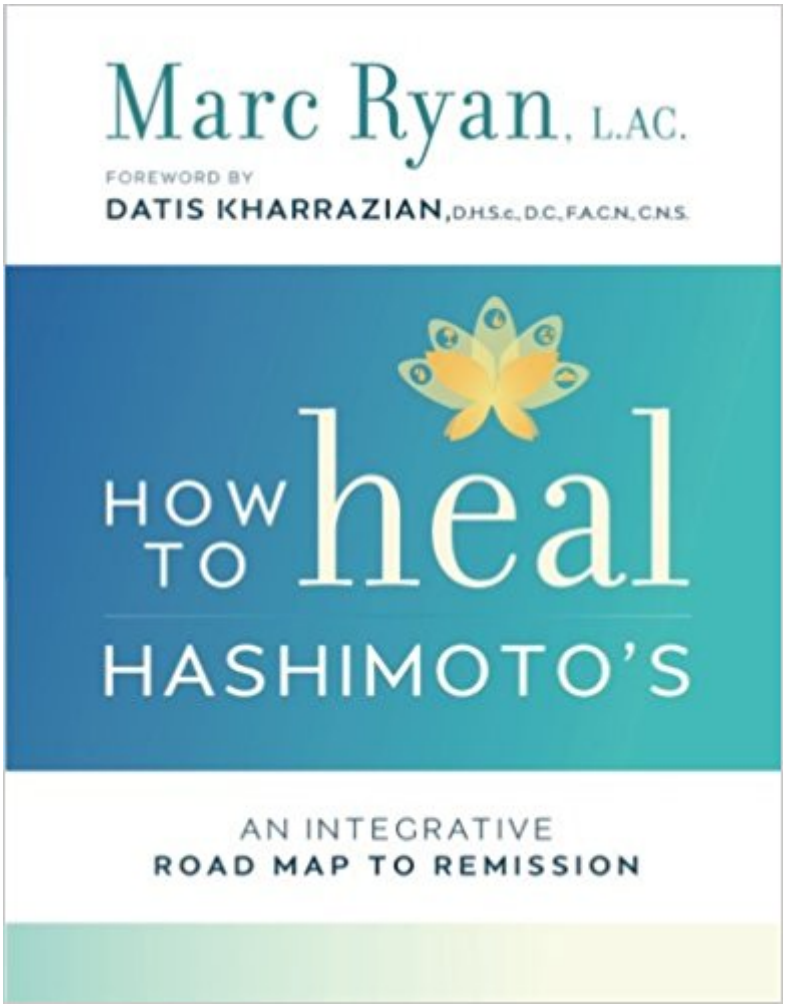
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How To Heal Hashimoto's: An Integrative Road Map To Remission



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Synopsis

Ã¢â ¬Å“If you suffer from HashimotoÃ¢â ¬â„¢s, this is an incredibly actionable book that will help you get your life back!Ã¢â ¬Â•Ã¢â ¬â • Mickey Trescott, NTP, author ofÃ Â The Autoimmune Paleo CookbookÃ Â andÃ Â The Autoimmune Wellness HandbookHereÃ¢â ¬â„¢s the simple truth about HashimotoÃ¢â ¬â„¢s: ItÃ¢â ¬â„¢s way more than a thyroid problem. And even though itÃ¢â ¬â„¢s an autoimmune disease, itÃ¢â ¬â„¢s also way more than an immune system problem. Over time, it progressively becomes aÃ Â body-wide disorder.Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss, and constipation. But what many people donÃ¢â ¬â„¢t seem to understand is that many HashimotoÃ¢â ¬â„¢s patients also have anxiety and depression, acid reflux, blood sugar imbalances like hypoglycemia and insulin resistance, intestinal permeability, anemia, food intolerances, and much more.This is not coincidence. It is all caused by repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body.How to Heal HashimotoÃ¢â ¬â„¢sÃ Â offers a practical, easy-to-follow approach that treats theÃ Â wholeÃ Â body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentumÃ¢â ¬â •thereby allowing the body to return to balance.Get ready to take charge of your health and reclaim your life!

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Ã¢â ¬Å“The time is here to take back your health! HashimotoÃ¢â ¬â„¢s is a condition that can be healed and reversedÃ¢â ¬â •but you will need to step out of the world of conventional medicine to do so. Marc Ryan, a practitioner of Eastern Medicine and a HashimotoÃ¢â ¬â„¢s patient, shares his extensive experience from recovering his own health and helping thousands of patients do the same. LetÃ Â How to Heal HashimotoÃ¢â ¬â„¢sÃ Â be your road map to remission and start taking your health back today.Ã¢â ¬Â• Ã¢â ¬â •Ã Â Dr. Izabella Wentz, pharmacist andÃ Â New York TimesÃ Â best-selling author ofÃ Â HashimotoÃ¢â ¬â„¢s ThyroiditisÃ Â andÃ Â HashimotoÃ¢â ¬â„¢s Protocol Ã Â Ã Â Ã¢â ¬Å“InÃ Â How to Heal HashimotoÃ¢â ¬â„¢s, Marc takes the best parts of both Western and Eastern functional medicine to create a methodical approach that touches all aspects of the HashimotoÃ¢â ¬â„¢s journey with grace, humor, and firm encouragement. In doing so, he has empowered patients to better understand their bodies so they can engage as active participants in their own healing.Ã¢â ¬Â• Ã¢â ¬â •Ã Â Datis Kharrazian, D.H.Sc., D.C., M.S., author ofÃ Â Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal?Ã Â andÃ Â Why IsnÃ¢â ¬â„¢t My Brain Working? Ã Â Ã Â Ã¢â ¬Å“How to Heal HashimotoÃ¢â ¬â„¢sÃ Â is an important new book for the autoimmune thyroid disease community, as it is the first of its kind to loop in the ancient healing practices of Traditional Chinese Medicine. Not only does Marc Ryan do an incredible job explaining the complex inner workings of the thyroid, but he shares the often overlooked emotional and spiritual side of healing as well. If you suffer from HashimotoÃ¢â ¬â„¢s, this is an incredibly actionable book that will help you get your life back!Ã¢â ¬Â• Ã¢â ¬â •Ã Â Mickey Trescott, NTP, author ofÃ Â The Autoimmune Paleo CookbookÃ Â andÃ Â The Autoimmune Wellness Handbook Ã Â Ã Â Ã¢â ¬Å“A whole person-centered look at understanding and treating HashimotoÃ¢â ¬â„¢s.Ã¢â ¬Â• Ã¢â ¬â •Ã Â Dr. Mike Dow,Ã Â New York TimesÃ Â best-selling author ofÃ Â Healing the Broken Brain Ã Â Ã Â Ã¢â ¬Å“How to Heal HashimotoÃ¢â ¬â„¢sÃ Â is the deepest book on the subject and a must read. If you are tired of being tired, read it twice!Ã¢â ¬Â• Ã¢â ¬â •Ã Â Julie Daniluk, author ofÃ Â The Hot Detox Plan,Ã Â Slimming Meals That Heal, andÃ Â Meals That Heal Inflammation Ã Â Ã Â Ã¢â ¬Å“Marc RyanÃ¢â ¬â„¢s blend of Western and Eastern functional medicine in his bookÃ Â How to Heal HashimotoÃ¢â ¬â„¢sÃ Â is an approach that should be taught in medical school. This would save millions of HashimotoÃ¢â ¬â„¢s patients around the world from needless suffering.Ã¢â ¬Â•

Ã¢â ¬â •Ã Â Dana Trentini, M.A., Ed.M., founder of Hypothyroid Mom and author ofÃ Â Your Healthy Pregnancy with Thyroid Disease Ã Â Ã Â Ã¢â ¬Å“MarcÃ¢â ¬â„¢s approach to autoimmune thyroid disease is truly exceptional and unique. He blends the principles of Chinese medicine and functional medicine to create a modern-day solution for healing HashimotoÃ¢â ¬â„¢s. This is a must read for anyone living with thyroid disease.Ã¢â ¬Â• Ã¢â ¬â •Ã Â Dr. Jolene Brighten, N.D., founder of Rubus Health and best-selling author ofÃ Â Healing Your Body Naturally After Childbirth Ã Â Ã Â Ã¢â ¬Å“If your health is your wealth, this book is a treasure chest filled with practical and actionable steps. HashimotoÃ¢â ¬â„¢s can take away the best years of your life, but not if Marc Ryan has anything to do with it. Marc offers the wisdom of both Eastern and Western medicine with a layer of common sense and real-world application. Applying the wealth of knowledge in this book will transform both your physical and emotional wellness, creating a lifetime of health and happiness.Ã¢â ¬Â• Ã¢â ¬â •Ã Â Sachin Patel, D.C., founder of Living Proof Institute Ã Â Ã Â Ã¢â ¬Å“There are a lot of books on hypothyroidism and HashimotoÃ¢â ¬â„¢s Thyroiditis, butÃ Â How to Heal HashimotoÃ¢â ¬â„¢sÃ Â takes one of the most unique approaches to helping people with this condition get into remission. While many people with HashimotoÃ¢â ¬â„¢s know that itÃ¢â ¬â„¢s essential to have a healthy gut in order to have a healthy immune system, most people with this condition donÃ¢â ¬â„¢t know why it can be important to address other areas, such as the spleen, kidneys, and even the lungs. Marc focuses more on Chinese medicine than any other book IÃ¢â ¬â„¢ve read on HashimotoÃ¢â ¬â„¢s (and IÃ¢â ¬â„¢ve read a lot of them!). I would highly recommend this book to anyone who has HashimotoÃ¢â ¬â„¢s Thyroiditis.Ã¢â ¬Â•Ã¢â ¬â • Eric Osansky D.C., MS, IFMCP Ã Â

Marc Ryan, L.Ac. is a graduate of Cornell University and a licensed acupuncturist and herbalist in the State of California who practices functional medicine. After suffering from his own battle with Hashimoto's and discovering an alternative approach to healing it, he decided to devote his life to doing everything he could to help others find hope, help, and healing. In the last four years he has spent thousands of hours researching, working with, and talking to over 2,000 Hashimoto's patients. Website: hashimotoshealing.comfacebook.com/hashimotoshealing

This is the definitive book on Hashimoto's! I appreciate the fact that Marc Ryan has included a treasure chest of in-depth information and has made it easy and enjoyable to read and absorb. I have always wanted to know about Hashimoto's from the Chinese-Medicine and Functional-Medicine points of view, and now the information is all available in this comprehensive

book, which explains causes of Hashimoto’s, how the various body systems are impacted in the process of autoimmunity, how the glands and organs affect each other, and the steps to take to get the body, mind, and spirit back into balance. Learning about the "big picture" regarding autoimmunity makes me realize how important it is to take action and begin healing. I am extremely grateful to Marc Ryan for sharing his extensive knowledge and making it possible to begin the journey toward remission!

If you have been diagnosed with Hashimotos or any autoimmune disease, this book is a must read. I have read several books on hypothyroidism, and this book is one of the best. It really helped me to understand just how complex a disease Hashimotos is. Highly recommended!

Mark’s informative integrative health road map makes anyone suffering with Hashimotos feel inspired. Thanks to his research there is hope and a way forward.

Great Book for anyone dealing with Hashimoto Autoimmune~ learning to overcome.

A fascinating book with so much information on the issues of this complex disease.

Everything was perfect

I highly recommend!!!! Got here exactly on time! Packaging and delivery was in perfect condition. He makes it easy to read and in a way that you don’t want to put the book down till you finish reading the whole book. He makes it effortlessly to follow through and understand with compassion. His knowledge and expertise guides you towards your goal. So inspiring and motivating to get your life back again.

This is a terrific book on the cause and effects of Hashimotos Autoimmune Thyroid Disease. Marc Ryan takes a disease that attacks your whole body and explains in very understandable terms what Hashimotos does to all the organs. Then he explains the plan about how to heal my body. I was very impressed with the simple plan to change my diet, eliminate habits like stress and inadequate sleep that contributes to the great fatigue. He also explains that exercise along with the rest of the plan can put my body into a healthy state and give me a better quality of life. I have struggled with this problem for 15 yrs. and been on medication and the fatigue and other symptoms under a good

doctors care. I have looked this subject up every place I can find on the internet and in book stores and never found such a meticulous description of Hashimotos disease and a plan to work at healing it. Marc Ryan is a terrific author who brings understanding to many patients and compassion because he has experienced this himself. I am so glad that I finally understand all the pieces to this thyroid disease and am already doing the multi-step plan to improve my health. This is the definitive book for anyone with Hashimotos Autoimmune Thyroid Disease. I had a younger sister who had this and passed away 10 years ago as her body destroyed itself. Thank you Marc for the videos, the book, and all your knowledge to help so many people like me. I hope other people out there who struggle with this disease will buy this book and educate themselves with the very workable plan you have included in the book. Sincerely, Paulette Cunningham

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