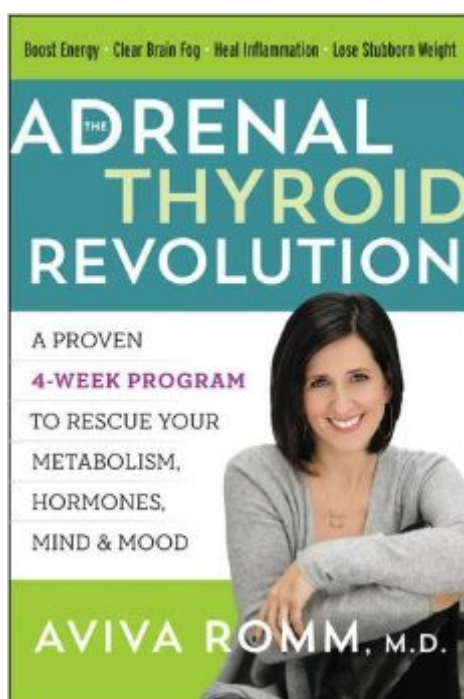


The book was found

The Adrenal Thyroid Revolution: A Proven 4-Week Program To Rescue Your Metabolism, Hormones, Mind & Mood



Synopsis

A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions— for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease— all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With The Adrenal Thyroid Revolution, you can rescue your metabolism, hormones, mind and mood— and achieve long-lasting health.

Book Information

Hardcover: 384 pages

Publisher: HarperOne (January 24, 2017)

Language: English

ISBN-10: 0062476343

ISBN-13: 978-0062476340

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Best Sellers Rank: #147,453 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #94 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #216 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

[Download to continue reading...](#)

The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Adrenal Fatigue Diet: Adrenal Fatigue Treatment with the Hormonal Balance and Top 50 Easy to Do Recipes The Thyroid Diet Revolution: Manage Your Master Gland of Metabolism for Lasting Weight Loss The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body! Hashimotos Cookbook: 14 Day Meal Plan To Stop The Inflammation And Balance The Hormones-Path To A Cure Through Nutritional Thyroid Support Diet Recovery: Restoring Hormonal Health, Metabolism, Mood, and Your Relationship with Food The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms Your Thyroid and How to Keep it Healthy: Second edition of The Great Thyroid Scandal and How to Avoid It The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Heal th

The Coconut Ketogenic Diet: Supercharge Your Metabolism, Revitalize Thyroid Function and Lose Excess Weight

[Dmca](#)