



## The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss

By Mary J. Shomon

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**The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss** By Mary J. Shomon

From patient advocate Mary Shomon, author of *Living Well With Hypothyroidism*, here is the first book to tackle the weight factors specific to thyroid patients and detail a conventional and alternative plan for lasting weight loss.

An estimated 10 million Americans have been diagnosed with thyroid disease—most of them women—and for the majority of them, losing weight is mentioned time and time again as a primary concern and chief frustration—a challenge made more difficult due to the metabolic slowdown of a malfunctioning thyroid gland. For these thyroid patients, treatment alone doesn't seem to resolve weight problems. Further, they may struggle with raising basic metabolism, resolving underlying nutritional deficiencies, treating depression and correcting brain chemistry imbalances, reducing stress, and combating insulin resistance.

*The Thyroid Diet* will identify these factors that inhibit a thyroid patient's ability to lose weight, and offer solutions—both conventional and alternative—to help. It will discuss optimal dietary changes, including how a thyroid sufferer should focus on a low-glycemic, high-fibre, low-calorie diet, eaten as smaller, more frequent meals to balance blood sugar. *The Thyroid Diet* addresses the use of various herbs, nutritional supplements, and prescription weight loss drugs, outlining the necessity of exercise, and drawing together all information into an integrated diet and exercise plan. It contains several different eating plans, food lists, and a set of delicious and healthy gourmet recipes. With handy worksheets to use in weight loss tracking, and a special resource section featuring websites, books, and support groups, here is vital help for the millions of thyroid patients dealing with weight problems.

Mary Shomon has been praised by doctors around the country for her medical knowledge and sensitivity to patients' needs. She will be receiving similar blurbs for this new book. There are no other books on controlling your weight problems if you have a thyroid condition, yet over 40% of overweight people have evidence of a thyroid condition, and the weight loss problems facing them are

unique and need a specific approach.

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## The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss By Mary J. Shomon Bibliography

- Sales Rank: #546427 in eBooks
- Published on: 2009-10-13
- Released on: 2009-10-13
- Format: Kindle eBook

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### **Editorial Review**

#### Review

...amazing collection of useful, practical tools to help the 2/3 of overweight Americans finally regain control of their weight. -- *Dr. Joseph Mercola of Mercola.com*

At last, a magnificent breakthrough in the management of excess weight. -- *Richard Shames MD & Karilee Halo Shames PhD, RN*

Help and hope for millions who have despaired of ever losing weight and regaining their energy. -- *Hyla Cass, MD, author of Natural Highs*

Mary Shomon is an outstanding advocate for patient health, and you'll find her book to be outstanding as well! -- *Jacob Teitelbaum, MD, author of From Fatigued to Fantastic*

Mary Shomon offers practical and effective solutions that will help millions finally conquer their weight problems. -- *Steve Langer, MD, Author*

#### From the Author

As a child I was chubby, but at puberty, slimmed out into a perfect size 8. I went through my 20s as a slender woman of 5'6", eating whatever I wanted (but eating quite poorly), and never even thinking about exercise. When I developed autoimmune hypothyroidism, it was a shock to my metabolism, which had already slowly started to add pounds, along with troublesome thyroid symptoms. Months after I began thyroid hormone replacement, I was still struggling with weight gain that seemed impossible to stop, and on my wedding day, I walked down the aisle in a size 16 dress, despite frantic dieting and exercise. Trying to lose the weight was impossible. I even gained weight on 800 calories a day. It was only when I really delved into the issues of insulin resistance and the thyroid's effects on metabolism that I began to understand why it was so hard to lose weight, and how I might achieve this elusive goal. That's why I wrote *The Thyroid Diet*...to share the results of! years of my own struggle and research to find out why, despite what doctors say, having an underactive thyroid can cause substantial and stubborn weight gain, and the specific ways you can lose it. Interestingly, as many as 10 million people have undiagnosed thyroid problems, and can't lose weight. The book is for them too, helping them identify the symptoms and risk factors, and outlining how they can get properly diagnosed and treated.

#### From the Inside Flap

More than 20 million Americans have thyroid disease. Surprisingly, as many as 10 million of these sufferers don't yet know they have a thyroid condition. They struggle to lose weight, doomed to fail because of the metabolic slowdown of a malfunctioning and untreated thyroid problem. Diagnosis and treatment may be the key to successful weight loss for many of these people. Even those who have been diagnosed with a thyroid problem find themselves packing on the pounds -- or unable to lose weight -- after treatment. For these millions, until now, there have been few answers.

**THE THYROID DIET: Manage Your Metabolism for Lasting Weight Loss** by Mary Shomon is the first book to tackle the weight factors specific to thyroid conditions and detail a practical plan for lasting weight loss. Covering the issues including getting that all-important diagnosis, raising metabolism, resolving nutritional deficiencies, treating and rebalancing brain chemistry, **THE THYROID DIET** provides the in

depth information needed by anyone whose weight struggles stem from thyroid disease.

Guidelines in THE THYROID DIET will help many previously unsuccessful dieters get diagnosed and treated – and proper thyroid treatment may be all that's needed to successfully lose weight. For those thyroid patients still struggling to lose weight, THE THYROID DIET identifies the many frustrating impediments to weight loss, and offers solutions -- both conventional and alternative -- to help.

THE THYROID DIET optimal dietary changes, including how a thyroid sufferer should focus on a low-glycemic, high-fiber, lower-calorie diet, optimal timing of meals for maximum hormonal impact, thyroid-damaging foods to avoid, helpful herbs and supplements, prescription weight loss drugs, and more. It contains several different eating plans, food lists, and a set of delicious and healthy gourmet recipes. With handy worksheets to use in weight loss tracking, and a special resource section featuring websites, books, and support groups, THE THYROID DIET offers vital help for the millions dealing with thyroid-related weight problems.

Diagnosed with thyroid disease in 1995, Mary J. Shomon transformed her health challenges into a mission as a nationally-known patient advocate. THE THYROID DIET reflects her personal and medical understanding of the diagnosis, treatment and weight challenges faced by thyroid patients, and offers a roadmap to a happier and healthier life through proper nutrition, lifestyle and education.

## **Users Review**

### **From reader reviews:**

#### **Toby Terry:**

Reading can called thoughts hangout, why? Because when you find yourself reading a book specially book entitled The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss the mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely might be your mind friends. Imaging every single word written in a publication then become one application form conclusion and explanation which maybe you never get previous to. The The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss giving you one more experience more than blown away your head but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern the following is your body and mind will probably be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary paying spare time activity?

#### **Bethany Hall:**

The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource data that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial considering.

**Thomas Whitaker:**

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**William Leininger:**

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