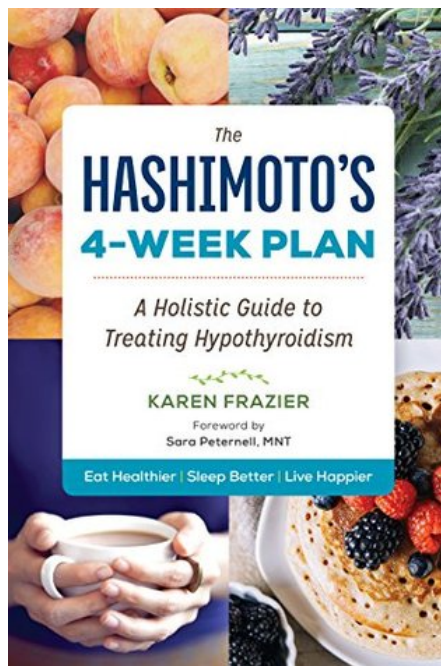




The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism

Karen Frazier

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"*The Hashimoto's 4-Week Plan* will be the book that I give to all of the clients who come to me seeking nutritional strategies for managing their Hashimoto's symptoms."—**Sara Peternell, MNT**

From The Author of *The Hashimoto's Cookbook & Action Plan* Your Customized Lifestyle Plan For Better Health With 75 Quick & Easy Recipes Using 5 Main Ingredients or Fewer

If you already own *The Hashimoto's Cookbook and Action Plan*, now it's time to enhance your journey to wellness with a revolutionary Hashimoto's lifestyle plan. In *The Hashimoto's 4-Week Plan*, you'll learn to adapt lifestyle strategies by addressing the physical and emotional symptoms of hypothyroidism.

Packed with inspiration and ideas for managing your Hashimoto's holistically, *The Hashimoto's 4-Week Plan* combines lifestyle advice, emotional support, and dietary tips with a practical meal plan featuring easy-to-make, Hashimoto's-friendly recipes. The empowering strategies help you achieve a healthier diet, better sleep, and greater self-compassion so you discover the path to wellness—on your *own* terms. By committing to four weeks, you will take important steps toward a lifetime of better health.

The Hashimoto's 4-Week Plan provides practical strategies to help you:

EAT HEALTHIER: A convenient meal plan, shopping lists, and 75 delicious recipes that use 5 main ingredients or fewer **SLEEP BETTER:** Action-oriented tips to improve sleep hygiene **REDUCE STRESS:** Practical advice to manage stress and anxiety **PRACTICE SELF-COMPASSION:** Simple step-by-step exercises and daily checklists to treat yourself with kindness

The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism Details

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From Reader Review The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism for online ebook

chell says

After I heard I have Hashimoto's I was pretty lost. So many opinions, so much bull and so many options to try and consider.

I wanted to try the paleo diet, but already knew it wasn't perfect for me and my body.

This book really helped me to sort the whole food issue out.

It's easy to read and (with some adjustments) pretty doable. I started out with cleaning out my kitchen of everything I should no longer eat and then take the pantry list to the shop and restock my pantry.

Every week has a shopping list and recipes for breakfast, lunch dinner and snacks.

The recipes themselves are (with a few exceptions) easy to follow and do not require you to spend hours a day in the kitchen.

The ingredients though is another thing. The book is obviously meant for an American market. A lot of ingredients are very hard to find in my country, and foods that are (apparently) not too expensive in the US are VERY expensive where I live.

I actually left the butchers with a 1 weeks worth of meat I needed and had to pay over 300 euros.

It's also pretty hard to figure out for how many people a recipe is. Most meals are HUGE, even if you are supposed to eat leftovers for lunch. I eventually adjusted the amounts of the recipes to half and we could still eat with 3 people and have leftovers.

All in all this book helped me to figure out a lot of stuff on diet and Hashimoto's and I found it very helpful, clear and easy to use.

I used it for about 8 weeks and did feel a whole lot better after only 2 weeks of following this, but had to stop due to the amount of money I had to spend on ingredients.

Sinead says

Finally a Plan!

Years of suffering with weight gain, inflammation, and overall feeling of disappointment finally the answers. I applaud the efforts and the research that went into this stellar approach to understanding and living with Hashimoto's.

Andrea Huelsenbeck says

I may have Hashimoto's disease. My doctor's not concerned, but I am.

Frazier claims that nutritional intervention can halt Hashimoto's, an autoimmune disease that targets the thyroid gland. She recommends starting out with a four-week cleanse, eliminating all foods that could trigger an auto-immune response. You know the usual suspects: wheat, dairy, basically anything that doesn't fall

into a paleo diet.

I can give up wheat. I can't imagine giving up cheese and yogurt, too. I suppose I could cut way back, if it meant improving my well-being.

But I would find it difficult to implement Frazier's meal plan for one big reason—my husband's diet consists completely of "outlawed" foods; he would not be willing to eat the foods on the plan. Which would mean two sets of dinners, every day.

I can't say how helpful the plan really is, since I haven't tried it. However, I'll at least prepare a couple of the recipes Frazier provides. Some sound really delicious.

Jill says

DNF

It worked for her but not practical for most.

Michelle says

I have had Hashimoto's for years. This book did not provide any new information and, in some places, was inaccurate. In addition, there was no explanation as to what you were eliminating each week of the diet. That means you cannot modify the diet to meet the needs of you and your family based on things that are currently available (seasonal) and your family's tastes and needs.

In terms of inaccuracies, the biggest complaint I have about this "elimination" diet is that soy is included in the first week. The author did not eliminate one of the biggest sources of digestive problems for people with Hashimoto's. Makes it hard for me to get on board with the rest of the menu plan.
