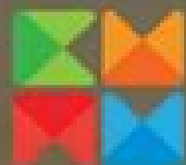


Elle Russ

All Things Thyroid

from fat, foggy, and
fatigued – to fit,
focused, and
full of life!



The EatMoveLive52 Podcast

Elle Russ Thyroid

Lei Shi



Elle Russ Thyroid:

Summary of Elle Russ's The Paleo Thyroid Solution Everest Media,2022-05-09T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 There is a big discrepancy among experts estimates of how many thyroid patients exist in the United States The common assessment seems to be about 20 million Americans while some groups estimate 27 million with 13 million of them undiagnosed 2 The only way to prevent yourself from rapidly deteriorating from hypothyroidism is to learn all you can about the condition become your own thyroid expert and take control of your own health so that you can help yourself and your doctor treat it correctly 3 The thyroid is a butterfly shaped gland located on the front of and in the middle of your neck It is the master gland of the human body controlling the metabolic rate of every organ in the body Inadequate thyroid hormones will ultimately contribute to a miserable existence 4 Metabolic rate is the entire range of biological processes that occur within us It involves the buildup and breakdown of substances and it is controlled by thyroid hormones

The Paleo Thyroid Solution Elle Russ,2020-11 Second edition of the bestselling book originally released in 2016 that reached 1 on amazon com thyroid health category The Paleo Thyroid Solution dispels outdated conventional thyroid wisdom still practiced by uninformed doctors and provides the in depth guidance necessary to solve hypothyroidism achieve vibrant health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 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 You ll learn how to find a good doctor or work with your current one to diagnose and treat Reverse T3 issues including T3 only treatment An added benefit of the PTS approach is you can expect to shed excess body fat and increase daily energy levels naturally Book is endorsed by thyroid specialist Gary Forsman MD who made extensive contributions to the book and detailed Q A section

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