

The Complete

# THYROID

## Health & Diet Guide Understanding and Managing Thyroid Disease

Featuring  
**The Balanced  
Thyroid Diet**  
Convenient meal plans  
and 150 delicious  
thyroid-healthy recipes

This comprehensive book will help you understand why your thyroid glands may be out of balance and what natural approaches you can take to normalize them. Whether you're seeking alternatives or supplements to your current treatment or simply looking for thyroid-healthy recipes and nutritional strategies that will help your thyroid work even better, this book will be all the inspiration you need to get well and stay well.

**Dr. Nikolas R. Hedberg**, DC, DABCI, DACBN, BCNP, is a board-certified naturopathic physician and chiropractic physician. In addition, he is board-certified in nutrition by the American Clinical Board of Nutrition. He is the founder of the Immune Restoration Center, located in Asheville, North Carolina.

**Danielle Cook**, MS, RD, CDE, has a master's degree in nutrition and food science. She has worked as an inpatient clinical dietitian, a nutrition support specialist and a diabetes educator/dietitian in an outpatient setting.

### Complete and straightforward information on these topics:

How Does the Thyroid Work? • How Do I Know If I Have a Thyroid Disorder? • The Immune System and Thyroid Disorders • The Gastrointestinal System and Thyroid Disorders • The Hepatic System and Thyroid Disorders • The Adrenal Glands and Thyroid Disorders • Hormone Imbalance and Thyroid Disorders • Iodine and Thyroid Disorders • Medications and Surgery for Thyroid Dysfunction • Lifestyle Modifications for Thyroid Dysfunction

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