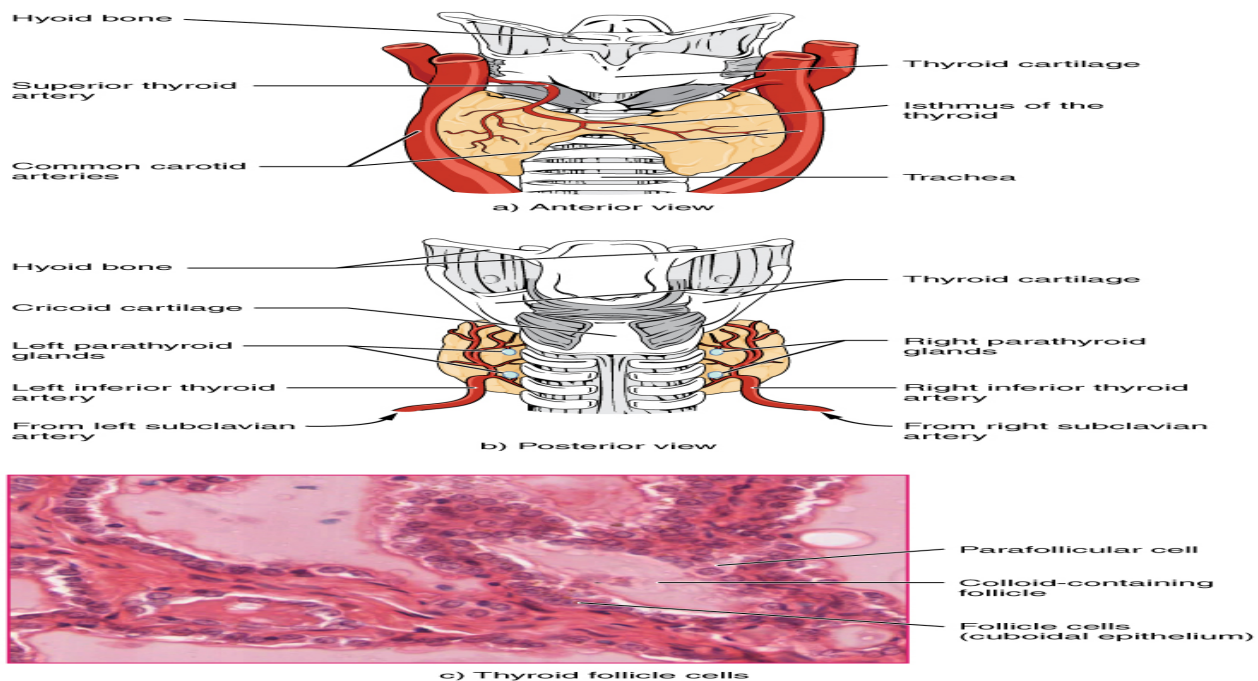




Hypothyroidism Natural Treatment Guide With Science Based Diet For Hashimotos Thyroiditis Launched

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Hypothyroidism Online, a collection of science-based thyroid health resources, launched a new guide on how to deal with hypothyroidism and Hashimoto's thyroiditis by optimizing one's diet. Readers will discover the underlying causes of hypothyroidism and a new guide "Hypothyroidism Revolution" which focuses on science-based dieting to cure thyroid problems. More details can be found at <http://hypothyroidism.online>.

This new guide provides objective analysis on recent diet and nutrition discoveries which could help individuals experiencing hypothyroidism find new ways to manage and even treat their condition. Hypothyroidism Online looks at the way dietary changes can play an important part in regulating thyroid function. According to the report, standard hypothyroidism medicine may not be the ideal option.

The guide explains: "This is because unfortunately medicine doesn't heal the root of the problem and it's nothing more than a band-aid. Medical research shows that an autoimmune cause accounts for approximately 90% of adult hypothyroidism, mostly due to Hashimoto's disease but chemical therapy can actually worsen the symptoms and thyroid function."

To address the underlying cause of the issue, the new report recommends implementing sustainable dietary changes based on established research data. Readers will find an overview of the "Hypothyroidism Revolution", a guide written by health researcher and functional medicine practitioner Tom Brimeyer.

The guide offers a step-by-step approach on how to implement effective dietary changes for hypothyroidism natural treatment. Also included is a clear list of the foods to avoid, as well as practical tips to correct the negative hormone feedback cycles that are responsible for hypothyroidism.

By implementing the strategies in Tom's book, individuals will experience improvements in all hypothyroidism-associated symptoms, including depression, fatigue, weight gain, low energy, and many others.

According to the report, Tom's dietary principles have helped over 17,000 people in more than 60 countries overcome their thyroid problems. Wanda Reese from Georgia, says: "After 1 week I feel better than I have felt in 20 years! I have been working my way into your plan for about 6 weeks now. My energy is returning, my vision is not blurred, I've lost 6 lbs. I know my results will even get better. How will I ever thank you for putting the parts of the puzzle together.?"

Find more information by visiting the Hypothyroidism Online website.

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Hypothyroidism Online

Hypothyroidism Online is a collection of well-researched thyroid health resources.

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