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# Heal Hashimoto's: Start With The Gut

## HEAL HASHIMOTO'S

Start with the Gut



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DR. SHARON LEE RASA



## **Synopsis**

Do you have Hashimoto's or think you may have? Are you frustrated by well meaning doctors whose only solution is, "take this pill?" Are you tired? Brain fog or anxious? Heal Hashimotoâ™s: Start with the Gut" is a handbook, personal map and touchstone for anyone with Hashimotoâ™s Thyroiditis or autoimmune disease. Each chapter is chock full of useful and tested information to build your knowledge and lead you to natural solutions that work. Dr. Rasa shares her personal story of remission and shares the healing treatments and solutions that have helped many of her patients recover. Hundreds of patients have found remission and healing by focusing on lifestyle changes and healing the gut. Dr. Rasa is a doctor of natural medicine, Chiropractor, Functional Medicine, Certified Practitioner of the Hashimoto's Institute and has 25 years helping people deal with chronic dis-ease. Let her help you too! What you will learn: When is medication necessaryHow to interpret the tests5 Stages of Hashimotoâ™sSymptoms of Hashimotoâ™sCan I recoverTests to runWhat can I eatYour microbiome â“ the secret to healingHelpful supplementsThree things all Hashimotoâ™s patients have in commonGut Solutions, treatments and moreSometimes all we need is someone to help us sort out the confusion. A road map guides us to our destination. This is what is available to you now. Get started by scrolling to the top and click the "buy now" button.

## **Book Information**

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## Customer Reviews

I really love how in depth this book goes. You can find a whole lot of basic info when you google search, however, this book takes it to the next level and puts it all in one place. I am someone who lives with hypothyroidism and needed a "ok, now what" as my doctor want to just keep increasing my medications. This book gives straightforward, practical help for healing. I highly recommend this book.

This book brought more relief into my life than I could have imagined. Dr. Rasa has gathered information from symptoms and causes to appropriate testing and diet and put it into a clear, easy to understand and follow format. She offers a place to start the healing process and steps to follow as healing progresses. I am grateful to Dr. Rasa and for this book. Already recommending it to friends!

Very informative, easy to understand and well written. Enlightening even for someone who has lived with low thyroid for years. Many aha moments while reading this book. Loved it. Celeste

This book was so informative! I loved how Dr. Rasa explores the mind-gut connections. I learned that one of my asthma medications is probably causing my gluten intolerance that began last year - mystery solved! Thank you, Dr. Rasa!

I really enjoyed the way the book was written. Easier to read and to relate to. There were a lot of recommendations for sites to continue research and recipes. I love that the author got into oils as well. It's something I felt I could benefit from.

Dr. Rasa, I am so excited to have had the opportunity to read your book. IÃ¢Â™m blown away by your understanding of how the bodyÃ¢Â™s Ã¢ÂœsystemsÃ¢Â• (e.g., the thyroid and the gut) work - down to a cellular level. IÃ¢Â™ve never known a doctor to go to that level of diagnosis! I realize how frequently the doctors IÃ¢Â™ve gone to have been treating symptomsÃ¢Â• not finding the root cause of the trouble. I wish medical schools taught them to search further. But, I remind myself that the name of the game (the Ã¢Âœhealth businessÃ¢Â•) is to sell pills to enable us to live with our chronic diseases and make us dependent upon those pills for the rest of

our lives - not to make us healthy again (no profits in THAT!). I don't know if my thyroid is 100% healthy, but I do experience a number of symptoms you listed. I understand that doesn't necessarily mean my thyroid isn't working properly, but because its function (and my gut's function) is critical to my health, I'd like to know that it IS healthy. As a survivor of advanced and aggressive cancer, I try to be as proactive as possible - I want to avoid illness. Having gone through chemo and radiation, I learned that on some levels, the "cure" is worse than the disease. I know several people who have been diagnosed with thyroid problems, and they're taking pills for the rest of their lives. Now I know it may not be necessary! It isn't correcting the problem. I want to run out and tell all my friends and family about the revelation I now have because of you. (When your book comes out in soft cover, I will be giving it as a gift to several people.) Thank you! I hope you'll write a book containing some of your healthy food tips for us "for those who are sick and for those who want to fuel their bodies with GOOD nutrition to help stay as healthy as possible. I'm intrigued with your "bone soups" (I want to know more about them). Thank you for sharing your invaluable work with us. God bless you and keep you safe and keep you well so you can continue to educate us. It's clearly God's plan.

still working on the protocol! Book was very helpful.

Too much personal history and not enough information on what to prepare meal wise. Mostly pointing to other resources for more information.

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism) Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Heal Hashimoto's: Start with the Gut Hashimotos Protocol Cookbook: 50 Hashimoto Meals For A Healthier Thyroid-Heal And Repair The Gut Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ...

& More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIETâ "Heal Your Gut Too! How to Heal Hashimoto's: An Integrative Road Map to Remission Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues The Complete Gut Health Cookbook: Everything You Need to Know about the Gut and How to Improve Yours The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) Clinical experience of Irritable Bowel Syndrome: Brain-gut axis versus gut-brain axis

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