



Thyroid and Insulin Resistance Diet Box Set: Manage Your Thyroid Symptoms, Overcome Insulin Resistance and Feel Great with These Delicious Recipes! (Diet Plan for Weight Loss)

Rebecca Dwight, Carrie Bishop

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Thyroid and Insulin Resistance Diet Box Set (2 in 1)

Book One: Thyroid Diet: Delicious Recipes for Managing Your Thyroid Symptoms, Losing Weight and Boosting Your Metabolism

Have you noticed that you wake up tired even after a full night's sleep? Do you have trouble losing weight and keeping it off? Your symptoms may be the result of a poorly functioning thyroid gland! The thyroid controls your metabolism, regulates hormone production, determines how well you sleep and how you use energy. If the thyroid isn't working properly, you won't lose weight. Learn the foods that support a healthy thyroid and start to control your symptoms and begin to lose weight!

Written in easy-to-understand language, this book takes you step-by-step through the process of making simple recipes that are delicious and healthy! Stop feeling tired and hungry. Start eating the foods your thyroid needs so you can start losing weight!

Inside you will learn—

- How the thyroid diet works.
- Tips for eating a quick, tasty breakfast!
- Step-by-step instructions for delicious lunch and dinner recipes that are easy to make!
- Tips for making craving crushing snacks and decadent desserts!
- Strategies for following the thyroid diet while eating out in restaurants.

You can do it! You don't have to feel tired. Stop feeling frustrated because you can't lose or maintain your weight. Learn to enhance your thyroid's functioning and start losing weight!

Learn the tips and strategies for following the Thyroid diet! Download now! Start managing your thyroid symptoms and boost your metabolism!

Book Two: Insulin Resistance Cookbook: Your Guide to Beating Insulin Resistance with 20 Go-To Recipes!

Do you feel tired, unfocused, and moody throughout the day?

Have you been to the doctor lately about your blood glucose levels?

Were you diagnosed with insulin resistance?

If you answered yes to any of those questions, then you may benefit from the information and recipes inside this book! Insulin resistance is the first sign of developing cardiovascular disease, diabetes, and many other health complications. It's your body trying to tell you that something you are doing in your daily life is not healthy, and in most cases, it's what you're eating.

But what should you be eating that will help reverse this illness?

Yes, you read right. Insulin resistance is reversible, and you can find out how to reverse this unfortunate process by scrolling up and purchasing this cookbook!

In this book, you'll find:

- An overview of the disease and how to begin your diet
- Five Breakfast Recipes
- Five Lunch Recipes
- Five Dinner Recipes
- Five Dessert Recipes
- And much more!

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From reader reviews:

Robert Watts:

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Judith Judd:

The publication with title Thyroid and Insulin Resistance Diet Box Set: Manage Your Thyroid Symptoms, Overcome Insulin Resistance and Feel Great with These Delicious Recipes! (Diet Plan for Weight Loss) includes a lot of information that you can discover it. You can get a lot of gain after read this book. This book exist new information the information that exist in this publication represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This kind of book will bring you with new era of the syndication. You can read the e-book on your smart phone, so you can read this anywhere you want.

Bradley Roberts:

In this era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become one among it? It is just simple approach to have that. What you have to do is just spending your time little but quite enough to enjoy a look at some books. One of many books in the top checklist in your reading list will be Thyroid and Insulin Resistance Diet Box Set: Manage Your Thyroid Symptoms, Overcome Insulin Resistance and Feel Great with These Delicious Recipes! (Diet Plan for Weight Loss). This book and that is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking right up and review this book you can get many advantages.

Jessica Harris:

Guide is one of source of understanding. We can add our information from it. Not only for students but native or citizen will need book to know the revise information of year to year. As we know those textbooks have many advantages. Beside we add our knowledge, can bring us to around the world. By the book

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