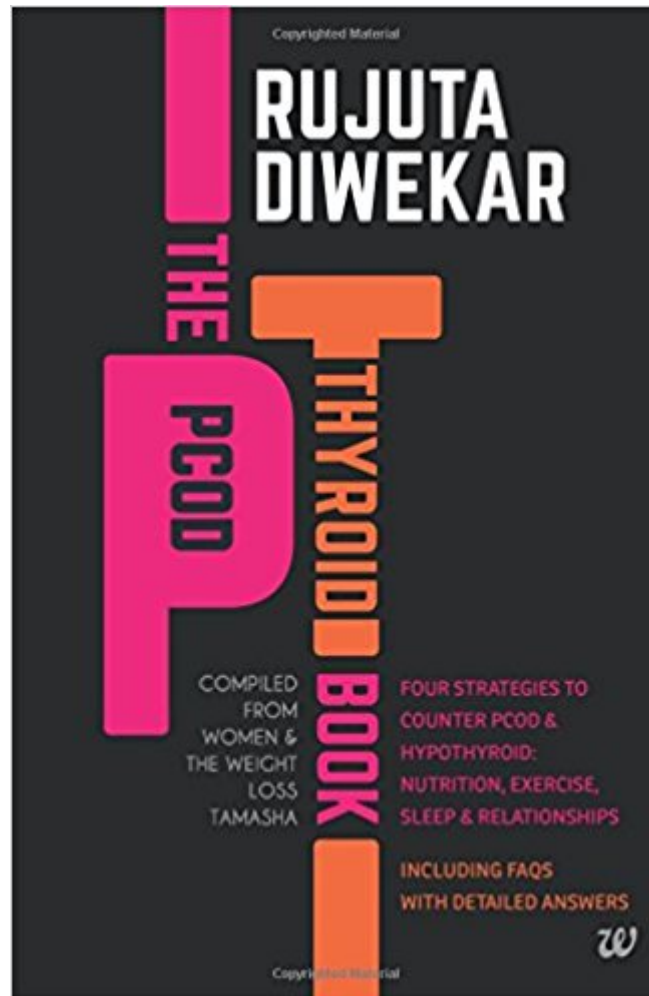




The book was found

The PCOD- Thyroid Book



Synopsis

Don't blame it on the hormones. As women, it has always been up to us to leave behind the heritage of health, just like your grandmother did for your mother and everyone in the family. But it's not easy to leave behind a legacy of health and harmony - we must first create that in our lives. That requires making time for ourselves, be it for exercise, to eat right, or simply to nap. This book is about taking charge of ourselves, thanking our bodies and making peace with the fact that it's not the hormones, it's us. What can we do about our food, sleep, exercise and relationships that will make us feel good, help us overcome the conditions of Pcod and Hypothyroid, and most importantly get off drugs and stay off them for good.

Book Information

Paperback: 201 pages

Publisher: Westland Books- India; 1st edition (February 18, 2016)

Language: English

ISBN-10: 938572441X

ISBN-13: 978-9385724411

Product Dimensions: 5.1 x 0.5 x 7.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 13 customer reviews

Best Sellers Rank: #453,340 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#) #747 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #7615 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

This book is very useful for our health and we must first create that in our lives. that requires making time for ourselves, be it for exercise, to eat right . --By A Customer on 5 feb 2016

India's best-loved fitness professional, Rujuta Diwekar, is the winner of the prestigious Nutrition Award from the Asian Institute of Gastroenterology. Her educational background in Sports science and nutrition, her understanding and practice of yoga and her more than 15 years of experience working with people from all walks of life including Kareena Kapoor, Anil Ambani, Alia Bhatt, Saif Ali Khan, Varun Dhawan, Anupam Kher and many more, has come together in this book.

No specific recommendations, author just does round and round about her clients and experiences which helps to some extent but not as substantial as you would think. The language is really annoying to read. I'm from Mumbai and I enjoy the way we talk, but reading it in a book is not fun and especially when the topic is so important and sensitive for quite a lot of people as the book suggest; it kind of takes it away from the issue.

I got this book hoping I would gain some more information about managing thyroid disease without medication but did not help me much. I hoped there would be more diet information as not many people can afford consultation with Rujuta.

Great book for all who suffer from Thyroid or PCOD...loved the way she has explained things you can do and things you need to avoid ! I would highly recommend!For people who criticize her style of writing, please be tolerant and focus on substance which is truly great and useful :)

Best book about thyroid , I recommend it to all people suffering from thyroid. For all ages i advise it.

Gives good knowledge. Good book.

Providing a pcod diet plan beginning from breakfast to dinner would have been more helpful.

I liked the approach of the writer and practical solutions for the women living with pcod.I also love the application of spiritual approach in her book. Although I sound like oldies, but the writer supports the old traditional ways of eating, cooking with scientific evidence. I really loved this book .

Can't stop reading.. weight training is important!home made food is key !! Traditional recipes and farm fresh food! Home made white butter!!chaas!!

[Download to continue reading...](#)

Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet:

Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) The PCOD- Thyroid Book Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr The Complete Thyroid Health and Diet Guide: Understanding and Managing Thyroid Disease The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients 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) Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Mental, Emotional and Psychological Aspects of Thyroid Disorders: Your mind can heal your thyroid! Thyroid Diseases: Steps for Improving Your Thyroid Health What's Wrong With My Thyroid?: 12 Steps to Detox Your Thyroid and Lose Weight (Lanzisera Center) (Volume 2) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40 Days! Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)