



More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects.

But there is a better way.

Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In *Hashimoto's Protocol*, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days.

Drawing on her own personal experience as well as her work consulting with thousands of patients, *Hashimoto's Protocol* offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. *Hashimoto's Protocol* also features original recipes.

Grounded in the latest science, *Hashimoto's Protocol* is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

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- Title: Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back
  - Author: Izabella Wentz PharmD
  - Released: 2017-03-28
  - Language:
  - Pages: 384
  - ISBN: 006257129X
  - ISBN13: 9780062571298
  - ASIN: 006257129X
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