

Thyroid Diet the Beginners Guide to Medicinal Plants (Paperback)



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(Hailee Armstrong I)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Essential Oils Box Set #40: Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism + The Beginners Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants Herbs, How to Grow and Harvest Them Thyroid Diet Want to know how to take care of your thyroid gland? This small gland located in the neck drives the body s metabolism. Imbalance of the hormonal functions would mean disturbances in different aspects of the body, like digestion, weight control and energy. Even sleep can get affected, too. In this book, learn all about the thyroid gland, its hormones, its functions and how you can keep it healthy. A healthy organ is a healthy body. Learn about how the thyroid function can go off balance. Know about the different disorders related to it, the causes and how these can be managed. Also, learn about the thyroid diet- what is it, what can it do and how you can use it for yourself. There are a lot of things you need to learn about your body. Start with your thyroid. Thyroid Diet Material Covered. Your ThyroidThyroid ImbalancesRestoring Balance Through DietThyroid DietThyroid Diet Food Guide Thyroid Diet for Weight LossMuch, much more! Medicinal Plants Growing medicinal plants and herbs indoor is a popular hobby for a lot of gardeners. One of the greatest reasons to plant medicinal plants indoor is to have a ready supply of these beneficial herbs. These herbs are those that you commonly snip into your sauces and soups. They can also be used to soothe an itchy rash or cough. Growing medicinal herbs may not sound...



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