



Roadmap to Remission: A Practical Guide to Hashimoto's Healing

By Marc Ryan L.Ac.

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Here's the simple truth about Hashimoto's. It's way more than a thyroid problem. And even though it's an autoimmune disease it is also way more than an immune system problem too. Over time, it becomes a body wide disorder. Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss and constipation. But what many people don't seem to understand is that many Hashimoto's patients also present with anxiety and depression, acid reflux, blood sugar imbalances like hypoglycemia and insulin resistance, intestinal permeability, anemia, food intolerances, and much more. This is not coincidence. It is all caused by positive feedback or repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body. The system revealed in this book provides an easy to follow approach for first figuring out what is breaking down and then developing a plan for fixing it. This book is a practical roadmap for healing Hashimoto's using diet, lifestyle changes and other natural interventions to transform these vicious cycles into positive healing momentum. And thereby allowing the body to return to balance and start healing the body, mind and spirit again.

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Editorial Review

About the Author

Marc Ryan, L.Ac. is a graduate of Cornell University and a licensed acupuncturist and herbalist in the State of California who practices functional medicine (a blend of Western diagnostic testing and natural treatment). After suffering from his own battle with Hashimoto's and discovering an alternative approach to healing it, he decided to devote his life to doing everything he could to help others find hope, help and healing for their Hashimoto's too. In the last 4 years he has spent thousands of hours researching, working with and talking to over 1,000 Hashimoto's patients. In this book he shares much of what he has learned from both his analysis of research and from clinical experience working with so many people who suffer from this disease. His website www.hashimotoshealing.com and his Facebook group www.facebook.com/hashimotoshealing are both testaments to the growing trend of the healing power of information and community.

Users Review

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