

# THE HYPOTHYROIDISM SOLUTION



**NOT EVERYONE SUFFERS  
HYPOTHYROIDISM FOR LIFE**

**JODI KNAPP**  
BLUE HERON HEALTH NEWS

The problem of Hypothyroidism is very dangerous. Because of this problem the people may lead to death also there are so many symptoms of this disease like tiredness, low energy level, low confidence, increasing weight, dry skin, so much pain in joints of body so these are the symptoms of Thyroid. The Hypothyroidism Solution is a helping program to cure thyroid disease. The Hypothyroidism Solution by Jodi Knapp program provides information about the main cause of this disease so that you may eradicate this problem permanently.

## What is The Hypothyroidism Solution?

Jodi Knapp's The Hypothyroidism Solution is an online program that designed to eliminating the root cause of hypothyroidism naturally and permanently in just 4 weeks. The Hypothyroidism Solution is created by Jodi Knapp at Blue Heron Health News.

The Hypothyroidism Solution is a digital program to cure Thyroid disease within 4 weeks. In this solution you will gain knowledge about the symptoms of this disease, and how you can get rid of this fatal disease. Jodi Knapp The Hypothyroidism Solution PDF is providing directions in just 4 steps, all steps are very easy to perform for anybody. Jodi Knapp The Hypothyroidism Solution Review has proved its working capacity.



**[CLICK HERE TO CHECK DISCOUNTED PRICE \(24HRS LIMITED OFFER\)](#)**

## Who Is The Author Of The Hypothyroidism Solution

Jodi Knapp is the creator and author of this great program that's why this book is called Jodi Knapp The Hypothyroidism Solution PDF. Jodi Knapp is a best health trainer and researcher till now he has created so many ideas and articles related to health. The Hypothyroidism Solution By Jodi Knapp is a great invention in the field of Thyroid treatment.

## The Hypothyroidism Solution Table Of Contents

### Part 1: Getting to Know Your Thyroid

1. The Thyroid – Where, What, How and Why?
2. The Cycle of Thyroid Hormones

3. Parathyroid Glands
4. Hypothyroidism – Primary, Secondary or Sub-Clinical?
5. Symptoms of Hypothyroidism
6. How Is Hypothyroidism Diagnosed?
7. Causes of Hypothyroidism
8. The Risks of Not Treating Hypothyroidism
9. Treating Hypothyroidism with Medication
  1. T4 Medication
  2. T3 Medication
  3. T3 and T4 Medications

## Part 2: Autoimmune – Your Body Under Attack

1. A Modern Epidemic
2. Acute Inflammation – A Quick, Time-Sensitive Response
3. Chronic Inflammation – Healing Gone Wrong
4. Are You Autoimmune?
5. Principles of Immune-Healing Lifestyle

## Part 3: Hypothyroidism: Causes and Solutions

1. Your Microbiome and Hypothyroidism
  1. The Immune System's Headquarters
  2. Leaky Gut
  3. Gut Bacteria – Your Immune System's Little Helpers
  4. Dysbiosis – A Population Out of Balance
  5. What's Harming Your Gut?
  6. Heal Your Gut
  7. Gut-Friendly Foods
  8. Gut-Healing Supplements

## 2. Your Diet and Hypothyroidism

1. Goitrogens
2. Cruciferous Vegetables
3. What about Soy?
4. Do You Need to Give Up Coffee?
5. Sugar, Blood Sugar, and Thyroid Problems
6. Fats, Inflammation, and Your Thyroid
7. Thyroid-Friendly Supplements

## 3. Your Environment and Hypothyroidism

1. Plastic
2. Non-stick Surfaces
3. Antibacterial Soaps and Household Cleaners
4. Chlorine
5. Parabens
6. Detoxing Your Chemical Burden

## 4. Stress and Hypothyroidism

1. Stress-Busting Strategies
2. Stress-Busting Supplements
3. Reboot Your Sleep Cycle
4. Transform Your Morning
5. How to Meditate

## Part 4: Your 4-Week Thyroid Healing Plan

1. Week 1
2. Week 2
3. Week 3
4. Week 4

## Hypothyroid Healing Recipes



1. Plant Sources of Protein
2. Home-Grow Sprouts
3. Making Nuts and Seeds Digestible
4. Recipes
5. Smoothies
6. Salads
7. Dressings
8. Veggie Meals
9. Stir-Fry
10. Soups
11. Healthy Snacks
12. Better Grains
13. Gut-Friendly Sides

Table of Contents	
Introduction - This is Real.....	1
<b>Part 1: Getting to Know Your Thyroid .....</b>	<b>3</b>
<i>The Thyroid - Where, What, How and Why?</i> .....	3
<i>The Cycle of Thyroid Hormones</i> .....	4
<i>Parathyroid Glands</i> .....	4
<i>Hypothyroidism - Primary, Secondary or Sub-clinical?</i> .....	5
<i>Symptoms of Hypothyroidism</i> .....	6
<i>How is Hypothyroidism Diagnosed?</i> .....	6
<i>Causes of Hypothyroidism</i> .....	7
<i>The Risks of not Treating Hypothyroidism</i> .....	7
<i>Treating Hypothyroidism with Medication</i> .....	8
T4 medication.....	9
T3 medication.....	9
T3 and T4 medication.....	9
<b>Part 2: Autoimmune - Your Body under Attack .....</b>	<b>11</b>
<i>A Modern Epidemic?</i> .....	11
<i>Acute Inflammation - A Quick, Time-sensitive Response</i> .....	12
<i>Chronic Inflammation - Healing Gone Wrong</i> .....	13
<i>Are You Autoimmune?</i> .....	13
<i>Principles of Immune-Healing Lifestyle</i> .....	15
<b>Part 3: Hypothyroidism: Causes and Solutions .....</b>	<b>17</b>
<i>Your Microbiome &amp; Hypothyroidism</i> .....	17
The Immune System's Headquarters.....	17
Leaky Gut.....	17
Gut Bacteria - Your Immune System's Little Helpers.....	18
Dysbiosis - A Population Out of Balance.....	19
What's Happening Your Gut?.....	20
Bad Your Gut.....	20
Gut-Friendly Foods.....	20
Gut-Healing Supplements.....	22
<i>Your Diet &amp; Hypothyroidism</i> .....	24
Grains.....	24
Consume Vegetables.....	24
What about Soy?.....	27
Do You Need to Give up Coffee?.....	28
Sugar, Refined Sugar, and Thyroid Problems.....	40
Fat, Inflammation, and Your Thyroid.....	43
Thyroid-Friendly Supplements.....	46

<i>Your Environment &amp; Hypothyroidism</i> .....	52
<i>Pesticides</i> .....	52
<i>Anti-biotic Surfaces</i> .....	53
<i>Antibacterial Soaps and Household Cleaners</i> .....	53
<i>Chlorine</i> .....	53
<i>Fluorides</i> .....	54
<i>Detoxing Your Chemical Burden</i> .....	54
<i>Stress and Hypothyroidism</i> .....	57
<i>Stress-Healing Strategies</i> .....	57
<i>Stress-Healing Supplements</i> .....	58
<i>Reboot Your Sleep Cycle</i> .....	59
<i>Trackdown Your Missing</i> .....	60
<i>How to Meditate</i> .....	60
<b>Part 4: Your 4-week Thyroid Healing Plan .....</b>	<b>63</b>
<i>Week 1</i> .....	63
<i>Week 2</i> .....	65
<i>Week 3</i> .....	68
<i>Week 4</i> .....	70
<b>Hypothyroid Healing Recipes.....</b>	<b>73</b>
<i>Plant Sources of Protein</i> .....	73
<i>Home-grown Sprouts</i> .....	73
<i>Making Nuts &amp; Seeds Digestible</i> .....	74
<i>Recipes</i> .....	75
<i>Smoothies</i> .....	75
<i>Green Smoothies</i> .....	75
<i>Sugar Green Smoothies</i> .....	75
<i>Berry Smoothies</i> .....	76
<i>Tropical Smoothies</i> .....	76
<i>Peanut Chocolate Protein Smoothies</i> .....	76
<i>Design Your Own Smoothies</i> .....	76
<i>Salads</i> .....	77
<i>Beetroot Bean Salad</i> .....	77
<i>Citrus, Green, and Avocado Salad</i> .....	78
<i>Roasted Root, Quinoa Salad</i> .....	78
<i>Beetroot Quinoa Salad</i> .....	78
<i>Design Your Own Salad</i> .....	79
<i>Dressings</i> .....	80
<i>Peanut Sauce</i> .....	80
<i>Sweet Mustard</i> .....	81
<i>Peanut Dressing</i> .....	81
<i>Design Your Own Dressing</i> .....	81
<i>Veggie Meals</i> .....	82
<i>Roasted Miso Eggplant</i> .....	82
<i>Vegetable Kebab with Tahini Dipping Sauce</i> .....	82
<i>Oven-Baked Falafel</i> .....	83

**[CLICK HERE TO CHECK DISCOUNTED PRICE \(24HRS LIMITED OFFER\)](#)**

## The Hypothyroidism Solution Scam

The Hypothyroidism Solution is a natural healing system to cure all symptoms and thyroid disease. With the help of Jodi Knapp The Hypothyroidism Solution PDF thousands of people have eliminated Thyroid disease. So there is no scam in The Hypothyroidism Solution Program. There is no need to worry about any scam, whereas this is a very safe and effective program.

## Does The Hypothyroidism Solution Really Work?

Jodi Knapp The Hypothyroidism Solution works in a proper way, as we know that this program gives directions in 4 parts. All parts have a different way to teach you about its healing by step. As about symptoms then how to tackle them and what should be your diet plan. Like this Jodi Knapp The Hypothyroidism Solution PDF works in a proper way with its natural techniques.

## The Hypothyroidism Solution Price

The author of The Hypothyroidism Solution is providing this effective program at a very affordable cost of \$49. As we know that compared to disease this cost is very low to pay. Here the user has a chance to get rid of this disease in a small amount. You will not have to pay any other charge over \$49. The Hypothyroidism Solution By Jodi Knapp is a low prices healing program and easily affordable.

## The Hypothyroidism Solution Amazon

The Hypothyroidism Solution is not available on amazon. Amazon doesn't know when the The Hypothyroidism Solution will be back in stock. You can order The Hypothyroidism Solution through its [official website](#) instead of amazon.

Due to the high demand, The Hypothyroidism Solution is always out of stock from Walmart, eBay, and Amazon websites. The product is available exclusively online, only through its official website. So you can order this book from the UK, Australia, US, and Canada.

## Where To Buy The Hypothyroidism Solution

The Hypothyroidism Solution PDF program is out of stock in stores Walmart, eBay, Amazon because this program is having high demand in the market. That's why the author is providing this on its official Website, you can order The Hypothyroidism Solution PDF easily by visiting its [official Website](#).

## The Hypothyroidism Solution Pros

Jodi Knapp The Hypothyroidism Solution PDF is very beneficial in thyroid disease. There are many pros of this.

- The guidance of The Hypothyroidism Solution is giving in an easy language that's why it's easy to understand and perform.



- With the help of The Hypothyroidism Solution Book you can recover from Hypothyroidism easily and you can restore your body's function in a proper way.
- There is no place for any medication or drugs suggestion in this program so it's very safe guidance.
- The diet plan of this program helps to improve your immunity.
- This program helps in many other diseases to cure them.

## The Hypothyroidism Solution Cons

The Hypothyroidism Solution does not leave any side effect on your body while following the guidance of this program.

- This program is available only on its official website.
- The Hypothyroidism Solution is available in digital format.
- The user and purchaser of Jodi Knapp The Hypothyroidism Solution PDF must have a computer system to purchase and download this program.

## Shipping, Refund Policy, & Money-Back Guarantee

As we know that this program is available on its official Website so there is no Shipping charge you have to pay. Whereas the author of this program is providing you Refund Policy, & Money-Back Guarantee facility. In case if you are not happy with the program then You can claim your Money within 60 days from the purchase date. The author promises you to give your Money back 100%.

## The Hypothyroidism Solution Conclusion

If we go through Jodi Knapp The Hypothyroidism Solution Review of Conclusion then we found that this program is very effective working and provides a desired result in Hypothyroidism. The Hypothyroidism Solution is a totally natural dependent program, containing the recipes information and movement information by which so many other problems related to health can be eradicated.

