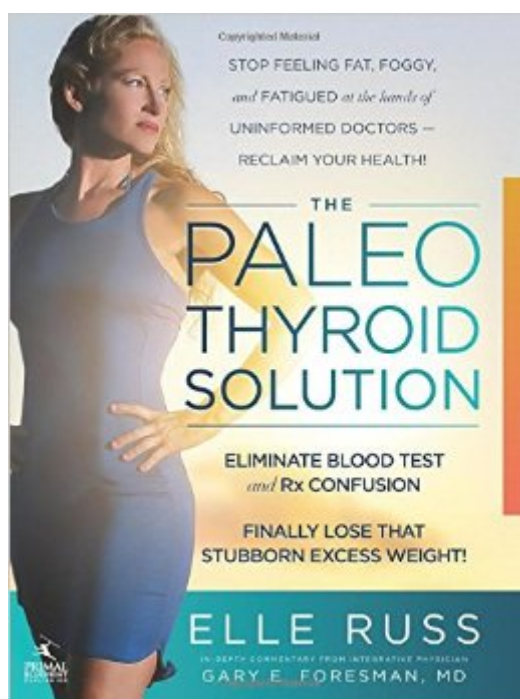


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# The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health!



## Synopsis

The Paleo Thyroid Solution dispels outdated, conventional thyroid wisdom still practiced by uninformed doctors, and provides the in-depth guidance necessary to solve hypothyroidism, achieve vibrant health, and optimize thyroid fat-burning hormone metabolism. Over 200 million people worldwide and 20+ million Americans have some form of thyroid disease, but 60% are undiagnosed and unaware of their condition. Undiagnosed or mistreated hypothyroidism can put people at risk for serious conditions, such as: depression, high blood pressure, high cholesterol, type 2 diabetes, insulin resistance, cardiovascular disease, osteoporosis, gynecological issues (infertility/miscarriages/fibroids/PCOS etc.), hormonal imbalances, adrenal fatigue, anemia, and other diseases. The Paleo Thyroid Solution provides the only lifestyle and weight loss plan specifically targeted for maximizing thyroid hormone metabolism in harmony with paleo/primal/ancestral health principles. In The Paleo Thyroid Solution, you will learn: Primal/paleo protocols for naturally optimizing and even possibly reversing low thyroid function How to work with your doctor to get the correct blood tests to diagnose hypothyroidism and accurately interpret results How to work with your doctor to optimally treat hypothyroidism with thyroid hormone replacement How to find a good doctor or work with your current one to diagnose and treat Reverse T3 issues (including T3-only treatment) How to lose the insidious fat and weight gained from hypothyroidism An MD's perspective on why and how some doctors are uninformed and still practicing outdated thyroid protocols (in-depth commentary from integrative physician Dr. Gary E. Foresman, MD) (Elle Russ)

## Book Information

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## Customer Reviews

I heard the author interviewed on one of my favorite podcasts (The fat-burning-man podcast with Abel James) and I felt like she was speaking my thoughts so I bought the book. It will definitely take me more than one read-through to get a handle on all the information but on my first read I see how horribly the doctors I have been to have been treating my hypothyroidism! I just wanted to cry while reading this book because I feel like I have been duped by doctors and I really trusted my doctors even though I knew something wasn't right because I wasn't getting better I was getting worse. I have read about 5 or 6 thyroid books but none of them described in detail what it feels like on every level to be sick with hypothyroidism and I teared up while reading the success stories in the book because I related to each of them and they gave me hope. The other thyroid books I have don't give blood result examples like this book did which to me, was key. I am glad to know that I wasn't crazy or imagining symptoms but have just been going to the wrong type of doctors. I knew about Paleo and it's health benefits but I did not know about the underlying details behind why paleo is the best for thyroid hormone metabolism and I now see how I kind of negatively contributed to my thyroid health too. The interview with Dr. Foresman at the end of the book is something I will share with friends and family who are hypo so that they can hear it from a doctor which might motivate them to change course on their treatment. Overall, I am so happy I bought this book, I feel like it will be my thyroid manual for the next 6 months.

I pre-ordered and am so glad I did. This book is excellent. Even if you've read other popular thyroid books, you'll still learn much from this one as well. Elle does a great job of explaining thyroid conditions, especially what to do about reverse t3 conditions. There are great success stories at the end with pics. I'm so happy with this book.

I bought this book because my mom has been on Synthroid for over 30 years and she still struggles with weight issues/energy issues, depression, Migraines, forgetfulness, aches and pains and her doctor keeps telling her that her thyroid is fine " year after year. I had listened to a podcast with the author which peaked my interest in buying the book. There is so much detailed information in this book. It's really quite remarkable how important (and impactful) this little thing called a Thyroid is to your quality of life. The book is a detailed introduction of the Thyroid, symptoms and pervasive mistreatment by the medical community. What's more, it provides a recommended path to

proper diagnosis that you can literally bring to your Doctor and say "I want these tests." • EASY!  
If you are on Synthroid (standard course of treatment), chances are you are being mis-managed and this book explains why. It has a lot of medical terminology, but it explains it all in a way that us non-medical folks can understand. That's nice because my mom feels like she can understand and "speak" the language when talking to her doctor now about her Thyroid and symptoms. Reading the interview with Dr. Foresman at the end of the book helped provide an explanation about why her doctors really haven't done much in the way of Thyroid management. For example, my mom's doctor never tested her Free T3 or related tests like Reverse T3, Ferritin and Vitamin D in all of these years on Synthroid! Not an excuse for the medical community, but you can't solve a problem if you don't fully understand it. Now, at least, we feel like we understand what's been going on. My mom finally has hope after all of these years that between Thyroid management and diet, she might be able to start "living" life again. An overall great book packed with detailed information yet an easy read. I liked it so much, I came back and bought copies for my wife and all of my close friends!

After a thyroid cancer scare and complete thyroidectomy at the age of 15, I was prescribed Synthroid for "surgically acquired hypothyroidism". What followed was a decade of hypothyroid symptoms and improper management of my health on the part of my doctors. I eventually demanded naturally derived Armour thyroid and felt an immediate improvement in my weight, energy levels, etc. HOWEVER, my endocrinologist, who insisted on using only TSH to measure my thyroid levels wanted to reduce my Armour dosage because I had "suppressed TSH". Enter Elle Russ and the Paleo Thyroid Solution. Thanks to Elle and her book, I discovered that suppressed TSH is not uncommon in people who use thyroid replacement that contains T3 (like Armour) and followed her recommendations to get a full thyroid panel (which I ordered online without needing a physician) that included free T4, free T3, and TSH. The results of this test showed that my true thyroid levels are actually on the low end, and I could possibly benefit from a slight increase in my dosage, not a decrease in dosage like my endocrinologist recommended. Elle and the Paleo Thyroid Solution empowered me with the information that I needed to avoid a potential health crisis and to challenge the misinformed "conventional wisdom" of thyroid care. I can't thank Elle enough for writing this book and for dedicating her life to truly advocating for thyroid patients like myself.

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