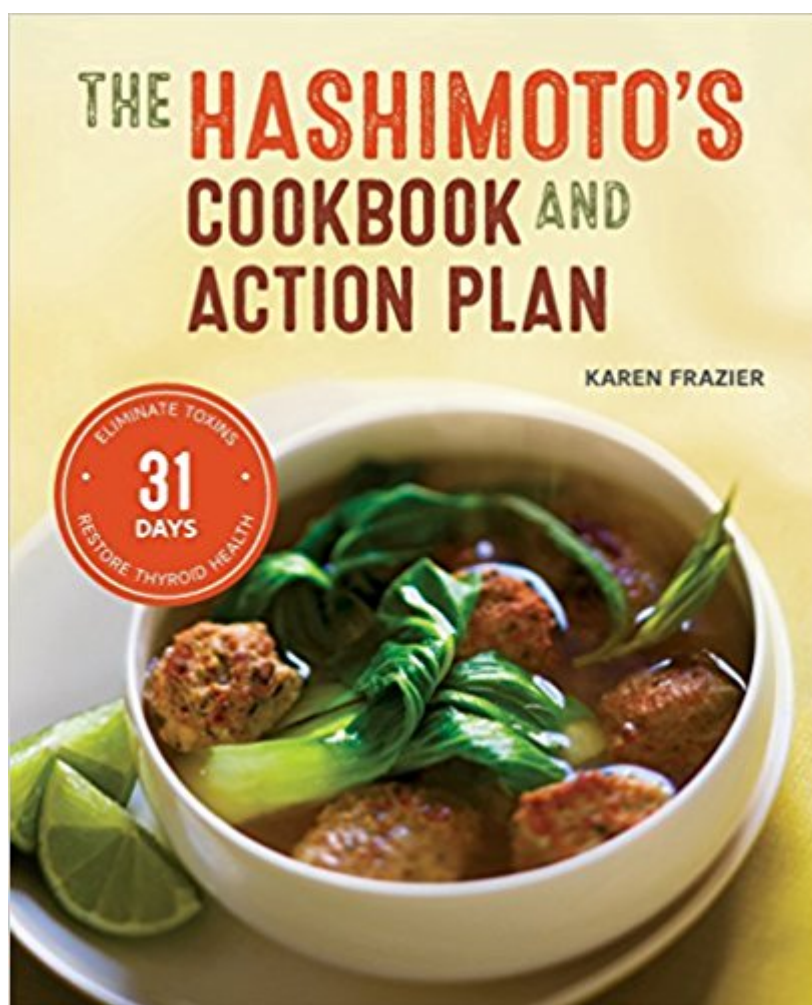


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# Hashimoto's Cookbook And Action Plan: 31 Days To Eliminate Toxins And Restore Thyroid Health Through Diet



## Synopsis

The Groundbreaking Cookbook for Hashimoto's This is the first cookbook specifically for people with Hashimoto's thyroiditis, despite the fact that Hashimoto's is the most common thyroid disease in the United States and affects nearly 14 million Americans. ã Å Karen Frazier has been living with Hashimoto's for more than 20 years. She knows firsthand how hard it is to give up gluten, corn, soy, and dairy-inflammatory foods that also happen to be staples of the standard American diet. She also knows that it is possible to enjoy eating again because she's doing it, and she can help you, too. With The Hashimoto's Cookbook and Action Plan, you will find: ã Å Clear explanations of the causes and symptoms of Hashimoto's A guide to the most common dietary triggers A month-long action plan to eliminate problem foods, broken down into a 3-day cleanse and a 3-week meal plan Shopping lists for the entire month so you buy only what you need for breakfast, lunch, dinner, and snacks Over 125 recipes in all, including a chapter of reintroduction recipes Prescription medicine is not the only hope or answer for Hashimoto's. ã Å Start cooking with The Hashimoto's Cookbook and Action Plan and feel for yourself how food really can be thy medicine.

## Book Information

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## Customer Reviews

Karen Frazier is the author of numerous books about nutrition, cooking, and holistic healing, including two books on dietary and lifestyle approaches to living with Hashimoto's ã Å çs thyroiditis. She was a personal trainer before Hashimoto's and celiac disease changed her life and led her to research dietary approaches to living with autoimmune conditions. A firm believer that the

path to good health starts with the foods we put into our bodies, Karen specializes in developing recipes and writing meal plans for restrictive diets. For more information and inspiration, visit her food blog The Modern Ancestor ([modernancestor.net](http://modernancestor.net)).

I have Hashimoto's and one must do the elimination month in or to find out what ones triggers are. There really is no other way around your thyroid (and adrenal) problems. With that being said, who wants to give up everything "good" for 30 days and still get your family their meals too? Enter Karen's cookbook and action plan. If you are exhausted and feel like crap... This book will become your bible! I have named her the patron saint of all those who suffer from Hashimoto's. Clearly she is a genius. She "gets" the what, where and why's of each and everything one could ever need, who is silently suffering thru their 30 days. Because you have this disease, you need to find your triggers and reinvent what goes on with your diet. This is your new pathway to food and how it will help you. Consider it a primer. She explains why you need to take action with this plan. Why certain foods are off of your diet. Why you need to track your symptoms and then give you a chart to do it with. What to stock your pantry with. Shopping list for each week and every week. For delicious meals that serve four... For each meal of the day. And she tells you what to expect within this diet change, because for us, we will feel better each week. Then she explains in detail what to do after the 30 days are up. How to reintroduce the 10 foods you took out and how to tell if it is indeed a trigger. Plus, you get another chart to track these Symptoms too. All of this is important. However, it doesn't mean much if you don't like what you are eating. I was so surprised at how great Tasting everything was. We are talking about three meals a day for 30 days and then some. Recipes that you will reach for again and again - after - your 30 days are up. I would have been lost without her cookbook. The book does all of your thinking for you and avoids all of the hassles... Easy peasy!

Not true AIP (Autoimmune Protocol). Many odd recipes that don't sound appetizing to me. Not well organized. I bought this with the Healing Kitchen. I would recommend the Healing Kitchen over this book.

Cookbook was delivered when promised (although the USPS claims it was left "in the mailbox" on a Saturday when it was actually delivered the following Monday but I can't fault the sender for that). The book itself is nicely divided into sections and presents a fairly easy-to-follow schedule of recipes. The recipes that we have prepared turned out surprisingly tasty. However, the one big caveat to this book is that, unless you have a high-speed food processor or a team of chefs working

with you, the prep times are grossly underestimated.

It gave you what you could eat including recipes, and also included the things you shouldn't. Love it!!! I felt like I could eat gluten free after reading this.

I have to wonder how much the author really knows about Hashimoto's. She says in the elimination phase to not use eggs or nuts, for example. In her 3 day starter phase of the elimination 30 day plan, she has you eating eggs and almond milk. Doesn't make sense to me. I am not returning the book because it has some good sounding recipes, hence the 2 stars, but for Hashimoto's? I don't think she knows enough about it to write about it. Sorry.

I am very disappointed with this book. I thought I would be getting a cookbook that would help me manage the Autoimmune Protocol and provide me with recipes that would help me cook for myself and my family. Well, the book starts off with a 3 day cleanse, where as AIP recommends 3 weeks. Also, right from day 1, they tell you to buy 2 dozen eggs and have an egg salad recipe. Eggs are forbidden in true Hashimoto's AIP, so why are they filling these recipes with so many eggs? I'm doing the 3 week AIP cleanse as recommended and I can only make about 4 recipes in this book, and that will still require some modification. So disappointed and feel that this was poorly represented. This should be a Paleo cookbook and not for Hashimoto's.

Great cookbook with lots of good information about eating correctly with Hashimoto's. Thank you for a great product.

Before this book, I didn't even know what Hashimoto's disease was. This book is full of invaluable information for anyone suffering these symptoms and how to have it for your everyday life as well. Coming from a place where not only did I cook unhealthy, but full of grease and oils. This book helps educate you on the importance of eating healthy and has step by step ways of how to very easily. I know a lot of people suffering with hypothyroidism and I have already begun referring some of these recopies to them. Thank you for the great read!! I received this book in exchange to my honest and unbiased opinion. And this review is solely mine.

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