



Dr. Janet's Guide to Thyroid Health

Janet Maccaro PhD CNC

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Do you have increased susceptibility to colds and other viral infections?

Does your hair fall out easily?

Do you have dry, brittle skin or dry hair?

Do you have low body temperature?

Are you gaining weight no matter what you do to lose it?

With over two hundred varying symptoms, thyroid disease is often an undetected, underdiagnosed, and undertreated disease leaving countless sufferers unhappy and unhealthy. Thyroid disease is linked to heart disease, dementia, diabetes, obesity, brain fog, cancer, joint pain, fibromyalgia and other health concerns. Some people may live for decades without being diagnosed or optimally treated, and unfortunately 80 percent of those are women.

Get to diagnosis in days instead of decades.

The demand for answers is urgent as thyroid disease has reached epidemic proportions. Dr. Janet is a survivor of Hashimoto's thyroiditis and thyroid cancer. In this book she passionately shares her experience and vast knowledge to help the millions of people who are suffering with undiagnosed ailments. This honest and engaging book will help the frustrated reader finally get to the root of their mysterious suffering to enjoy a healthy life again.

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Hoyt Moore:

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