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The 3:16 JumpStart Diet: The Ultimate Eating Guide For Thyroid Patients To Eliminate Symptoms, Lose Weight, Regain Energy And Make Life Worth Living Again

YOUR BODY IS SMARTER THAN ANY
DOCTOR OR DRUG OUT THERE

THE
3:16JumpStart
DIET
Transform Your Life



The Ultimate Eating Guide
for **Thyroid Patients** to
Eliminate Symptoms
Lose Weight, Regain
Energy, and Make Life
Worth Living Again

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Creators of the 3:16 JumpStart Program



Synopsis

What if you could give your body the tools it needed to heal all by itself? Eat delicious foods without any fear of gaining weight, build deep relationships with your loved ones without any fear of anxiety or depression getting in the way, and enjoy a life free from chronic pain and misery with this one of a kind diet designed specifically for Thyroid and Hashimoto's patients. NO Starving Yourself NO Tracking Points NO Exercising NO Portion Control NO Calorie Counting Get Your Life Back! Challenge Old Beliefs Discover New Insights Get Answers Learn Natural Solutions Take Charge of Your Health

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Immune Systems

Customer Reviews

I was excited to read this book after seeing an advertisement for it on Facebook for the webinar.

While I did find the book good, it did not really provide any outline or steps to this diet. Basically you have to subscribe to their program on their website to really find out how the diet works. There are definitely some good recipes in the book that I will try and am glad the authors provided that, but I was very disappointed that there wasn't more information about the actual diet and how it works.

Also, I got the Kindle format and it showed up very poorly in that format. Also there were no names

to the recipes in the book--just the recipes themselves. I have already spent a pretty penny on trying to get help with my thyroid and Hashimoto's and was really hoping this book would help me. I really don't want to spend more money on something I'm already skeptical about when it comes to buying into a program. Makes me think they are into it for just the money. I have read the Trim Healthy Mama books and those girls are honest and provide so much for free--it is where their heart is truly at. Doesn't seem like these authors are the same.

Didn't give enough info. I expected much more info about what foods & even a list of what to eat. It didn't tell me anything I didn't already know from watching the webinar. I wanted to put the plan into action but it didn't give me enough information how to do that.

Made perfect sense.

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WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-FODMAP Diet) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Soap Making: A Step-By-Step Beginner's Guide on Organic Homemade Soap Recipes for Skin Care (Make Soap 365 Days a Year and Techniques that Help ... Look Smooth, Comfortable, and Young Again!) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!

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