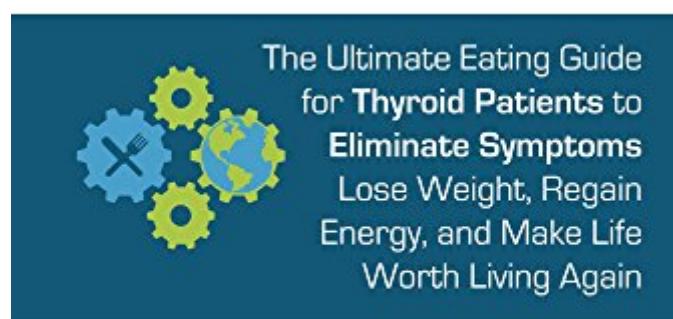


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The 3:16 JumpStart Diet: The Ultimate Eating Guide For Thyroid Patients To Eliminate Symptoms, Lose Weight, Regain Energy And Make Life Worth Living Again

YOUR BODY IS SMARTER THAN ANY DOCTOR OR DRUG OUT THERE



Dr. Byron Coker & Joan Coker, R.N.
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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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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