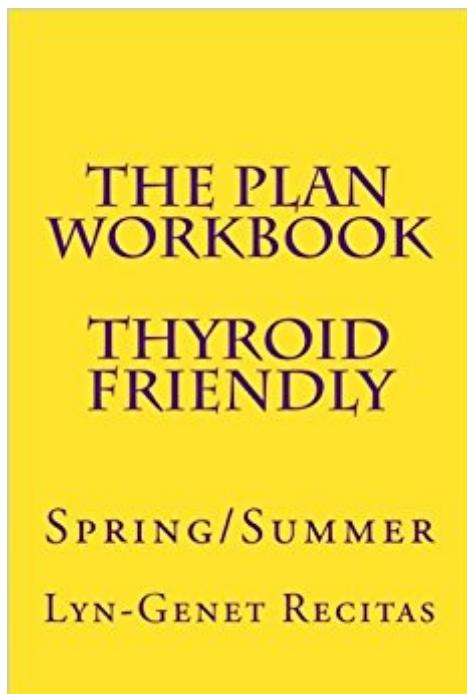


The book was found

The Plan Workbook Thyroid Friendly: Spring/Summer



Synopsis

Lyn-Genet Recitas is the New York Times bestselling author of *The Plan*, a groundbreaking anti-inflammatory nutritional protocol. Her work has been featured on Dr Oz, Huffington Post and Fox News. She has been a holistic nutritionist for over 30 years studying nutritional therapy, holistic medicine, herbology, homeopathy, yoga and shiatsu. Lyn-Genet and her team at The Lyn-Genet Plan have helped hundreds of thousands of men and women find easy, effective ways to lose weight, improve health and reverse the aging process.

Book Information

Paperback: 76 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (March 25, 2015)

Language: English

ISBN-10: 1508648840

ISBN-13: 978-1508648840

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #63,794 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #664 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

This is the most interesting eating plan you will ever try. I would not call it a diet, because you can eat anything you want. Everything about it makes sense and it's a lot of fun testing new foods and eating things you never thought you could eat before. I had the privilege of working one-on-one with Lyn-Genet Recitas (and you can too). She is so knowledgeable. If you buy the Workbook, you may also consider buying and reading her book, "The Plan." so much to learn. It takes time, but worth it. There is also a chat room that is extremely helpful if you have questions.

This is a good companion to *The Plan*. I carry it with me and it helps me track what I am eating that day.

Good information about foods you may have a reaction to which will cause inflammation and weight gain. Can also release these food reactions with NAET,(Chiropractor) or a good energy worker.

Only complaint is her dogmatic and negative approach to supplementation, only take what she recommends? I really like Dr. Youngs, ph plan's recommendations for weight loss supplementation, really cuts sugar and simple carb cravings.

Excellent

Great series of information on thyroid

This is a good book. The food ideas are delicious.

Compliments the book "The Plan" I have lost 13.4 lbs

Alot of great info we all should know

[Download to continue reading...](#)

Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) The Plan Workbook Thyroid Friendly: Spring/Summer Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Vegan Spring Rolls & Summer Rolls: 50 Delicious Vegan Spring Roll Recipes and Summer Roll Recipes (Veganized Recipes Book 10) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! The Plan Workbook Thyroid Friendly: Fall/Winter Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40

Days! Love, One Summer in Bath: A Regency Romance Summer Collection: 8 Delightful Regency Summer Stories (Regency Romance Collections Book 4) Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr The Complete Thyroid Health and Diet Guide: Understanding and Managing Thyroid Disease The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Mental, Emotional and Psychological Aspects of Thyroid Disorders: Your mind can heal your thyroid!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)