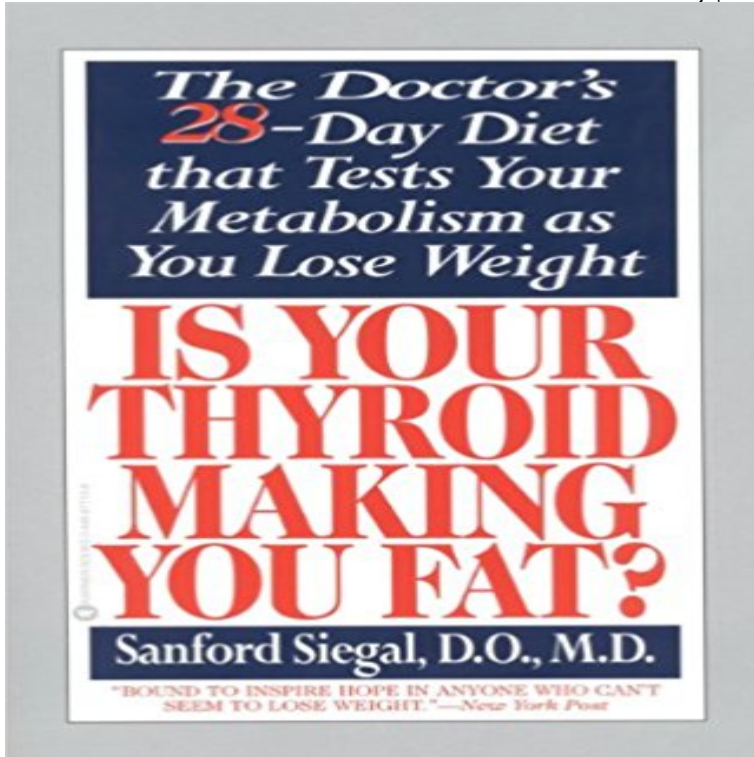


Is Your Thyroid Making You Fat: The Doctors 28-Day Diet that Tests Your Metabolism as You Lose Weight



The thyroid is critical to maintaining a normal, healthy body weight. In this first-of-its-kind guide, Dr. Siegal outlines a 28-day self-test designed to identify thyroid malfunction. The program consists of eating a certain healthy percentage of protein, carbohydrates, and fat over a 28-day period, while taking weight and temperature measurements. The results are then tracked on a chart provided to monitor thyroid activity. Once an accurate diagnosis is achieved, the weight problem can be brought under control through Dr. Siegal's recommended medication and a special eating plan. A groundbreaking book, *Is Your Thyroid Making You Fat?* is sure to change the lives of millions of readers.

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