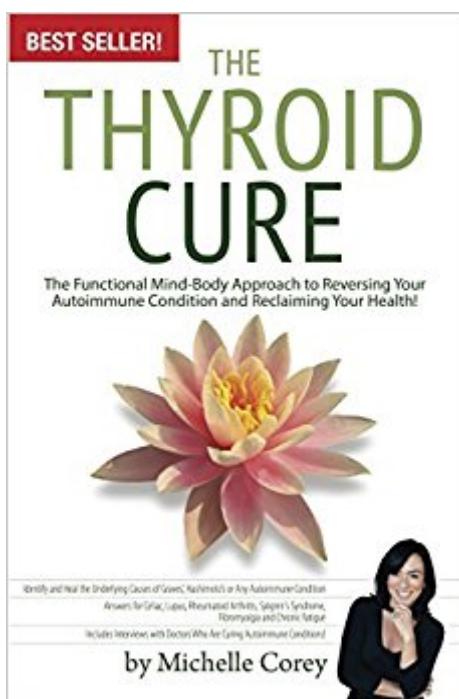


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# The Thyroid Cure - The Functional Mind-Body Approach To Reversing Your Autoimmune Condition And Reclaiming Your Health!



## Synopsis

In The Thyroid Cure, Michelle Corey outlines the exact steps that anyone can take to reverse ANY kind of chronic, inflammatory autoimmune condition. You will learn how to become empowered in health, navigate the broken medical system and get the right care, so that you can undercover the roots of your illness and heal for good. You will discover what you can do on your own to restore your health, and how to find and work with a practitioner if necessary. The book comes with online companions such as: A letter to your doctor explaining the rationale; a test request so you can have a baseline for where you stand at the beginning of the program; mind-body assessments so that you and your doctor can get closer to identifying the roots of your condition; a 14-day detox program to kick start your recovery and help you become aware of any foods that might be triggering your condition. Chronic inflammatory conditions such as autoimmunity can be successfully and quantifiably reversed when the underlying splinters are uncovered and removed, and the core systems of the body are restored to balance. The Thyroid Cure is based on cutting-edge science and combines ancient healing principals with the current advances in functional and integrative medicine

## Book Information

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## Customer Reviews

Autoimmunity can be reversed when the underlying burdens of allergens, microbes, toxins and stress are removed, allowing the body's natural healing capacity to prevail. Michelle Corey's comprehensive new book, The Thyroid Cure, is essential reading for anyone with any kind of autoimmune condition who wishes to reverse the autoimmune process and feel better fast! Mark Hyman, MD Author - The Blood Sugar Solution 10-Day Detox Diet Chairman - The Institute for

Functional Medicine ultrawellnesscenter.com The Thyroid Cure provides an incredibly comprehensive understanding of autoimmune thyroid disease. While user friendly for patients, the depth of research that clearly went in to creating the text makes this a must read for any healthcare provider dealing with thyroid issues as well as autoimmune diseases in general. How wonderful it is that the value of nutrition and lifestyle choices are finally receiving their due validation in health and illness as so well presented in this empowering book. David Perlmutter, MD #1 New York Times Bestselling Author of Grain Brain drperlmutter.com Michelle Corey has put together a thorough and masterful book that takes readers by the hand and guides them through the steps they need to take to both understand their illness and then navigate the medical maze to get the right treatment, both conventional and integrative. This is a very helpful and informative book that I recommend highly.

Susan S. Blum, MD, MPH Author of The Immune System Recovery Plan

blumcenterforhealth.com Autoimmune conditions can be resolved by removing the root causes. In "The Thyroid Cure," Michelle Corey outlines just how to uncover and remove the factors that incite the immune system to attack our own tissues. Everyone suffering with an autoimmune condition could do themselves no greater service than reading this book, taking its wisdom to heart and putting its recommendations into action. C.E. Gant MD, PhD Founder of the Academy of Functional Medicine and Genomics cegant.com Michelle Corey has eloquently put into perspective the debate about the involvement of the immune system in autoimmune thyroid conditions. Both ancient systems of healing and modern scientific medicine have taught us that balance, or imbalance, in the body is the result of myriad processes, which are simultaneously complex and beautifully simple.

Eric Grasser, MD Unity Medicine Santa Fe drgrasser.com

Autoimmune disease had reached epidemic proportions worldwide. Over 100 million people in the U.S. alone suffer with an autoimmune condition. Ninety percent of people diagnosed with a thyroid condition actually have an autoimmune condition and don't know it. The Thyroid Cure is the most comprehensive and well-researched book on the topic of autoimmunity, what triggers it and how to heal naturally. It's not just about autoimmune thyroid disease. It's about all autoimmune conditions. It's the only book on autoimmunity that is written for both the patient and their doctor. In fact, it's the only book that you can take in to your doctor's office and actually point to the clear science behind the cure. In The Thyroid Cure, I outline the exact steps that anyone can take to reverse ANY kind of chronic, inflammatory autoimmune condition. I show you how to become empowered, navigate the broken medical system and get the right care, so that you can undercover the roots of your illness and heal for good. My book has already helped thousands of people finally

solve the mystery of autoimmunity and take the path to healing.

This book taught me so much! Lost 17 lbs in 30 days. It's truly what you eat and how you live your life.

Author Michelle Corey has impressive credentials for bringing this welcome, controversial book and concept to our attention. Michelle studied holistic nutrition at Clayton College of Natural Health, and functional medical protocols at the Academy of Functional Medicine and Genomics and is a Certified Nutrition and Wellness Consultant, health care advocate, researcher and author. She is an advisor to the Academy of Functional Medicine and Genomics and the Functional Medical University, teaching doctors how to integrate Functional Medical protocols into their practices. She is also a member of the National Association of Healthcare Advocacy Consultants and gives personal assistance to people who suffer from complex autoimmune and inflammatory conditions, offering Functional Mind-Body healing retreats in Taos, New Mexico. This is her debut book and an impressive one it is! THE THYROID CURE is a practical, results-based holistic healing program that blends the sciences of functional medicine, psychology, epigenetics and nutrigenomics with the classic principles of detoxification and mind/body awareness. As Michelle states in her introduction, 'It is my desire that this book will offer a new way of thinking about all autoimmune disease, its causes, and the steps you can take to reverse it.' And as Michelle has conquered her own autoimmune disease of Hashimoto's thyroiditis, her research, gained knowledge through impressive studies, and her clarity of presentation makes this subject that is so poorly understood by the lay public and many healthcare providers as well offers an entry point to clarify, benefit for, and move in the direction of mind-body healing. What makes this presentation perhaps controversial is Michelle's very valid statement, 'You have the right and the duty to evaluate the quality of care you are getting from a therapist or health care professional of any kind. If you don't feel you are being helped, find someone else!' And rather than seeing this as an anti-medical response, then read on about how Michelle carefully details the confounding issues of autoimmune diseases (such as Hashimoto's, Graves disease, lupus, Celiac, Rheumatoid Arthritis, Fibromyalgia, Chronic Fatigue, and more) and explains why it is so important to enter the mid-body realm of thinking. 'Be ready to accept help from unexpected people and in unexpected ways during your healing journey. Healing is a process that is often driven by intuition and serendipity, as well as by reason, analysis, research and treatment protocols.' and 'Healing is impossible without willing, committed participants. What doesn't want to be healed has to be allowed to pass away.' and No one has the right to tell you that you can't heal

your life-- because you can! While each of us is unique, I have found that people with autoimmune disorders have certain stressors in common such as chronic negative thoughts, poor coping mechanisms, poor dietary choices, food sensitivities, compromised livers, leaky gut, inflammation, low-grade infections or viruses, and chemical or heavy metal toxicity. In order to reverse your condition, you have to determine if you have any of these stressors and then work to heal them. There is one thing I know for sure: no matter how sick you are or how bad your life situation may seem, things can get better. Every day presents you with the amazing responsibility to make new choices. I'm not suggesting that making life changes is easy, because I know it's not. What I am saying is that you don't have to accept the prognosis of an incurable disease. This is a major volume (some 500 pages) that contains so much valid information and backup research that it should be part of the library of every person who cares about 'compleat medicine'. Her chapter headings offer a glimpse of the contents: In PART ONE - Take Charge of your Health, Consider the Real Cost of Wellness, Explore Different Medical Approaches, Discover Your Thyroid, Understand Your Immune System, Reframe the Autoimmune Process, Autoimmune Thyroid Conditions, Become Conscious of Stress and Body Burden, Uncover the 'Splinters' in Your Autoimmunity, Perform Your Personal Assessments, PART TWO Transformation - The Thyroid Cure Program (Test - don't guess, Optimize your nutrition, Reduce Stress, Heal your gut, Restore your Liver, Clear infections, Detox your life, PART THREE - The Mind-Body Connection (superb!), PART FOUR - Interviews with Doctors who are curing autoimmune conditions. Of course there is so much more information and support than this brief outline indicates, but if this reviewer can encourage everyone to read Michelle's book, that will be at least a start. Very Highly Recommended. Grady Harp, July 15

With many people in my family suffering from hypothyroidism (my mother, my father, my wife, and my sister-in-laws) I was wondering if there was anything that I could do to help them alleviate their symptoms. When I saw this book, the title alone told me that I would be able to gain some information to help me. I liked the fact that the book consisted of 4 sections. The first section was about awareness. This was useful for me because I didn't quite understand what the autoimmune disease really was. The next section was about transformation. What I liked about this section was that it provided information about the types of tests that my family should ask for as well as holistic changes that they can make in order to try to improve their health. The third section was about the mind-body connection. The ideas in this section were things that I never would have thought about, despite the fact that they make a lot of sense. How we think and feel definitely has a dramatic impact on our health. The final section is what really clinched it for me. In section four

Michelle shared interviews with doctors who are curing autoimmune conditions. These interviews gave some real validity to what Michelle had to say. I am definitely going to share this information with my family and see if it helps.

I haven't finished other, but, so far very interesting.

lots of info

Great book !!!! Just is a lot of medical information at the beginning And with a lot of patience I got healthy again.. thank you Michelle Corey..

It's a good book. I got it because my sister-in-law has thyroid issues and I wanted to help. I have not finished it and am not sure how helpful it has been yet.

The Thyroid Cure is very accurately titled!! Just the title alone made my interest perk, I have been struggling with hashimoto's for roughly 10 years with alopecia as well. I began the program about 3-4 months ago and I have seen major improvements in the way I feel and my hair is starting to grow back!!! What a blessing! Michelle Corey has been such a blessing into my life and my son's life, I have him on the program as well, he is dealing with alopecia. I have taken it very slowly with the diet change and supplementation, he too is improving and has a white "peach fuzz" covering his entire head and in many places he has his beautiful pigmented hair growing back! This book is very well researched, it gives a very detailed and easy to follow plan. I'm telling you, Michelle Corey has laid the foundation, all you have to do is follow it at whatever pace is comfortable for you! If you follow, you will see results and that is why I HIGHLY recommend this book!! I feel empowered and I feel like my life is getting better and better everyday!! She also has great vitamins that support your thyroid and every part of your body, I also recommend those too! She sells them on her website! God bless you Michelle and thank you for this book and believing in our God given right to be healthy, vibrant and thriving!!

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