



# HEALING THE **THYROID** with **AYURVEDA**



Natural Treatments for Hashimoto's,  
Hypothyroidism, and Hyperthyroidism



**MARIANNE TEITELBAUM, D.C.**

Foreword by *Anjali Grover, M.D., NYU School of Medicine*

Marianne Teitelbaum

## Healing the Thyroid with Ayurveda: Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism



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Offering an easy-to-follow yet comprehensive guide, Teitelbaum shows that optimum thyroid health in addition to overall health are within everyone's thyroiditis, hypothyroidism, and hyperthyroidism developed over more than 30 years of Ayurvedic practice •s successful treatment protocols for Hashimoto' Details the author' Explores the underlying causes of thyroid malfunction, the thyroid's connections to the liver and gall bladder, and the significance of early recognition •s thyroiditis, hypothyroidism, and hyperthyroidism, offering guidance on the targeted use of herbs, particular dietary recommendations, proper detoxification, and Ayurvedic dishes.C., integrates the historic medication of Ayurveda with contemporary scientific findings to handle the growing epidemic of thyroid disease. She also contains remedies and remedies for common symptoms of thyroid disease, including insomnia, depression, fatigue, and osteoporosis, in addition to for luxurious hair regrowth and weight loss. She outlines the basic concepts of Ayurveda, including pulse medical diagnosis, an integral tool for early detection, and explains the successful treatment protocols she's developed over a lot more than 30 years of Ayurvedic practice. She details the underlying reasons for thyroid malfunction, such as inflammation, malnutrition, and toxins, and how the thyroid is connected with the wellness of the others of body, including the liver and gall bladder. She explores the Ayurvedic treatment of thyroid-related circumstances, such as Hashimoto' Also includes treatments for common outward indications of thyroid disease, such as for example insomnia, depression, exhaustion, and osteoporosis, in addition to for weight reduction and hair regrowth In this comprehensive information for practitioners and those concerned with thyroid health, Marianne Teitelbaum, D. Revealing the way the thyroid may be the victim of many elements that conspire to create ill health--and how many instances of thyroid disease move undiagnosed--Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest, most reversible stages. In line with the treatment of thousands of patients, this publication also shares success stories of thyroid curing and the scientific studies that support the author's Ayurvedic thyroid protocols.A comprehensive guidebook to addressing the developing epidemic of thyroid disease from the perspective of the Ayurvedic custom •s reach.



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