



## The Thyroid Solution Diet: Boost Your Sluggish Metabolism to Lose Weight

*Ridha Arem*

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Could your thyroid be making you fat? Do you have a hard time losing weight? If your thyroid and metabolism are slow, you can't lose weight simply by cutting back on what you eat. And if you're overweight—whether you suffer from a thyroid problem or not—your hormones are most likely out of whack and are keeping you from losing those extra pounds.

World-renowned endocrinologist Dr. Ridha Arem has treated hundreds of patients successfully for hormone-related weight problems—and almost every weight problem has an accompanying hormone problem. Now for the first time in *The Thyroid Solution Diet*, Dr. Arem makes his comprehensive hormone-balancing nutrition and weight-loss plan available to the public. With it, you will restore your health and feel better—mentally and physically—as you get slimmer.

Dr. Arem perfected his unique diet after extensive research, modifying the Mediterranean Diet so that his plan is higher in protein, higher in fiber, and also low-glycemic. This way your meals are both satisfying and filling. Specific combinations of proteins and essential supplements at each meal rev your metabolism and reverse hormonal imbalances. And you can further personalize your weight-loss plan by choosing from Dr. Arem's extensive lists of Favorite Foods and from 48 delicious recipes created especially for this book.

Before you even start the diet, Dr. Arem takes you through a weeklong detox plan to rid your body of the environmental toxins that compromise your hormone functions and contribute to making you fat. You'll make his carefully formulated smoothie and also start to work with the illustrated 20/10 Exercise program—twenty minutes of aerobics and ten minutes of strength training—to generate energy and vitality.

Retrain your body, ramp up your energy, sleep better, reduce stress, and—finally—lose weight and keep it off. This comprehensive mind-body health and diet plan can help you.

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## From *The Thyroid Solution Diet*

Do you want to lose weight? Have you tried diet after diet and yet the stubborn pounds remain? Regardless of why you gained weight, once you're wearing those extra pounds, your metabolism shifts gears, triggering multiple hormonal changes that perpetuate weight gain by making your body resistant to losing weight. The only way to lose weight is to rebalance your hormone systems, and the Thyroid Solution Diet is meticulously crafted to do just that.

Ask yourself these questions: Are you always tired? Do you have dry skin and dry hair? Is your hair thinning? Are your hands and feet always cold? Do you have a lack of motivation or are you moody, anxious, irritable, or depressed? A thyroid imbalance could be causing any of these symptoms . . . and your weight gain, too. For decades, researchers knew that the thyroid, a butterfly-shaped gland at the front of the neck, governed metabolism, mood, body fat, brain function, and even hearing and vision. But the details on how thyroid hormones control appetite, energy, and weight weren't clear until recently. Even if you haven't

been diagnosed with a thyroid condition, or your doctor has told you your blood tests are normal, you might have a subclinical thyroid imbalance, meaning your blood tests are minimally abnormal or borderline. Many doctors ignore these small abnormalities, but losing weight with a borderline low thyroid condition is extremely difficult.

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