



# **Healing Hashimoto's Naturally: How I used radical TLC to love my thyroid and my body back to health...and you can too!**

*Jen Wittman*

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## **Healing Hashimoto's Naturally: How I used radical TLC to love my thyroid and my body back to health...and you can too! Jen Wittman**

True healing begins with TLC. If you're like me, life with a thyroid or autoimmune disorder has been a bumpy, discouraging ride. It can feel like no one is listening and that even your doctors don't really get it. Sometimes you just want to give up. It doesn't have to be this way. The many (many!) symptoms of thyroid, autoimmune and inflammatory diseases can be dramatically reduced or even eliminated by reconnecting to your body's own healing ability. I know because I've done it and in this book, I show you how to jump start your healing so you can live the vibrant life you desire. If your experience of health care has been frustrating and impersonal, with rushed office visits, a trickle of information and an avalanche of prescriptions, then prepare yourself for something quite different. Complex problems need loving solutions. You can reverse or even eliminate thyroid, autoimmune and inflammatory dysfunction as I have done by using the powerful tools of self-love and self-care. In Healing Hashimoto's Naturally, we delve into what healing is and how to do it. My holistic approach to healing means taking the time to know you, to address your unique mind, body and spirit to resolve disorders that many mistakenly consider "incurable." I invite you to dive in to my story. I think you'll see some of yourself amongst these pages. \*\*\*\*\* Self-healing strategies, writing prompts and free digital journal included.

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