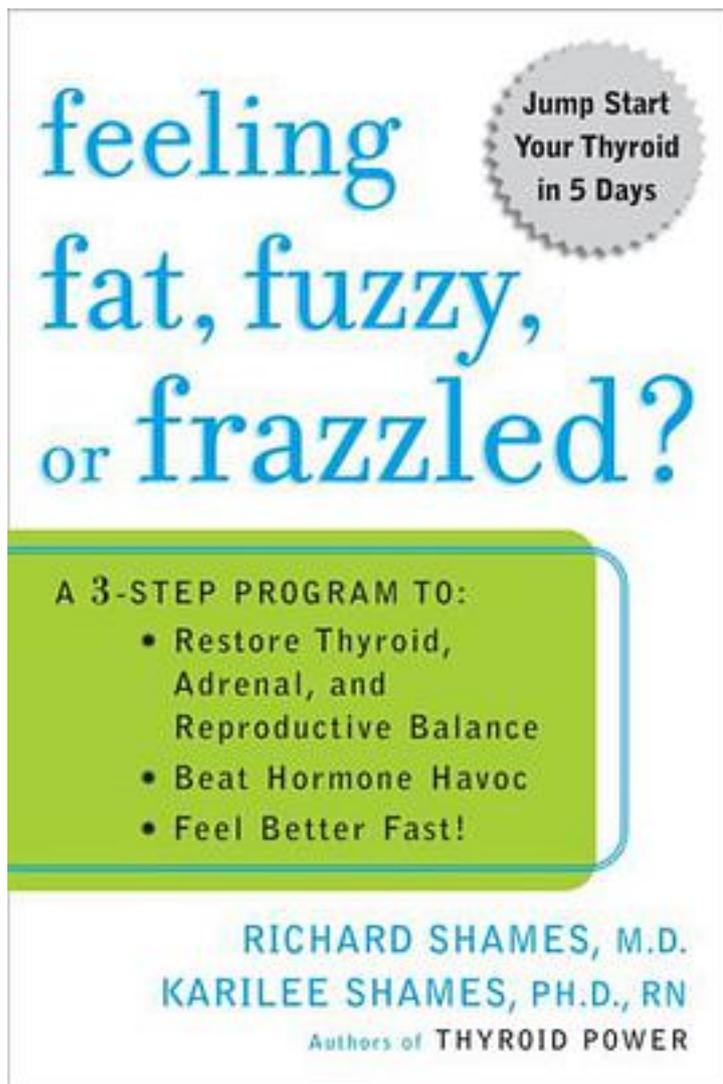


Feeling Fat, Fuzzy, or Frazzled?



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From the authors of *Thyroid Power* (more than 60,000 copies in paperback sold) comes a practical, hands-on program for the fat, fuzzy, and frazzled among us to feel better fast. For the 33 million Americans who feel sluggish, spacey, and stressed out daily, *Feeling Fat, Fuzzy, or Frazzled?* is the first book to address the delicate balance among the thyroid, adrenal, and reproductive glands—which can make the day-to-day difference between feeling awful and feeling good. Long-term, if left untreated, this imbalance can cause heart disease, diabetes, arthritis, infertility, and severe menopause. Authored by an expert physician/nurse team, the book offers readers: an innovative program to identify their particular hormone-related metabolic disorder; a "5-day jumpstart program" to help alleviate weight gain, low energy, or frayed nerves fast; and a long-term plan to achieve optimal health.

作者介绍:

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