



# The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet

By Karen Frazier

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## The Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid Health Through Diet By Karen Frazier

The Groundbreaking Cookbook for Hashimoto's

This is the first cookbook specifically for people with Hashimoto's thyroiditis, despite the fact that Hashimoto's is the most common thyroid disease in the United States and affects nearly 14 million Americans.

Karen Frazier has been living with Hashimoto's for more than 20 years. She knows firsthand how hard it is to give up gluten, corn, soy, and dairy—inflammatory foods that also happen to be staples of the standard American diet. She also knows that it is possible to enjoy eating again because she's doing it, and she can help you, too.

With The Hashimoto's Cookbook and Action Plan, you will find:

- Clear explanations of the causes and symptoms of Hashimoto's
- A guide to the most common dietary triggers
- A month-long action plan to eliminate problem foods, broken down into a 3-day cleanse and a 3-week meal plan
- Shopping lists for the entire month so you buy only what you need for breakfast, lunch, dinner, and snacks
- Over 125 recipes in all, including a chapter of reintroduction recipes

Prescription medicine is not the only hope or answer for Hashimoto's. Start cooking with The Hashimoto's Cookbook and Action Plan and feel for yourself how food really can be thy medicine.

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### **Editorial Review**

#### **About the Author**

Karen Frazier is the author of numerous books about nutrition, cooking, and holistic healing, including two books on dietary and lifestyle approaches to living with Hashimoto's thyroiditis. She was a personal trainer before Hashimoto's and celiac disease changed her life and led her to research dietary approaches to living with autoimmune conditions. A firm believer that the path to good health starts with the foods we put into our bodies, Karen specializes in developing recipes and writing meal plans for restrictive diets. For more information and inspiration, visit her food blog The Modern Ancestor ([modernancestor.net](http://modernancestor.net)).

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**Dona Henry:**

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