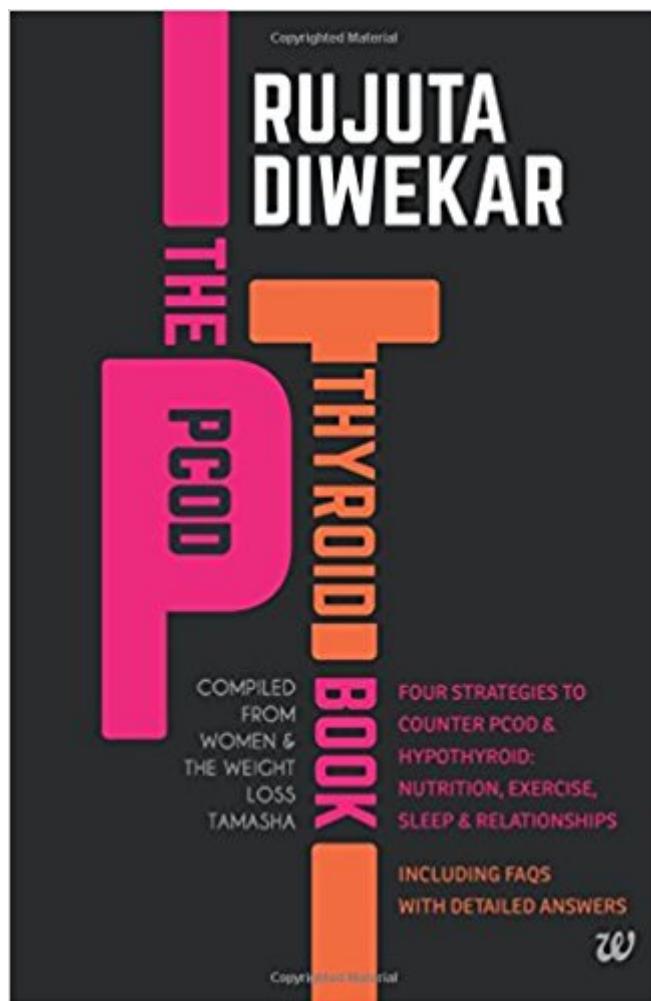


The book was found

# The PCOD- Thyroid Book



## **Synopsis**

Don't blame it on the hormones. As women, it has always been up to us to leave behind the heritage of health, just like your grandmother did for your mother and everyone in the family. But it's not easy to leave behind a legacy of health and harmony - we must first create that in our lives. That requires making time for ourselves, be it for exercise, to eat right, or simply to nap. This book is about taking charge of ourselves, thanking our bodies and making peace with the fact that it's not the hormones, it's us. What can we do about our food, sleep, exercise and relationships that will make us feel good, help us overcome the conditions of Pcod and Hypothyroid, and most importantly get off drugs and stay off them for good.

## **Book Information**

Paperback: 201 pages

Publisher: Westland Books- India; 1st edition (February 18, 2016)

Language: English

ISBN-10: 938572441X

ISBN-13: 978-9385724411

Product Dimensions: 5.1 x 0.5 x 7.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 13 customer reviews

Best Sellers Rank: #453,340 in Books (See Top 100 in Books) #109 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #747 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #7615 in Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

This book is very useful for our health and we must first create that in our lives. that requires making time for ourselves, be it for exercise, to eat right . --By A Customer on 5 feb 2016

India's best-loved fitness professional, Rujuta Diwekar, is the winner of the prestigious Nutrition Award from the Asian Institute of Gastroenterology. Her educational background in Sports science and nutrition, her understanding and practice of yoga and her more than 15 years of experience working with people from all walks of life including Kareena Kapoor, Anil Ambani, Alia Bhatt, Saif Ali Khan, Varun Dhawan, Anupam Kher and many more, has come together in this book.

No specific recommendations, author just does round and round about her clients and experiences which helps to some extent but not as substantial as you would think. The language is really annoying to read. I'm from Mumbai and I enjoy the way we talk, but reading it in a book is not fun and especially when the topic is so important and sensitive for quite a lot of people as the book suggest; it kind of takes it away from the issue.

I got this book hoping I would gain some more information about managing thyroid disease without medication but did not help me much. I hoped there would be more diet information as not many people can afford consultation with Rujuta.

Great book for all who suffer from Thyroid or PCOD...loved the way she has explained things you can do and things you need to avoid ! I would highly recommend!For people who critisize her style of writing, please be tolerant and focus on substance which is truly great and useful :)

Best book about thyroid , I recommend it to all people suffering from thyroid. For all ages i advise it.

Gives good knowledge. Good book.

Providing a pcos diet plan beginning from breakfast to dinner would have been more helpful.

I liked the approach of the writer and practical solutions for the women living with pcos.I also love the application of spiritual approach in her book. Although I sound like oldies, but the writer supports the old traditional ways of eating, cooking with scientific evidence. I really loved this book .

Can't stop reading.. weight training is important!home made food is key !! Traditional recipes and farm fresh food! Home made white butter!!chaas!!

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