

# [PDF] The Adrenal Thyroid Revolution: A Proven 4-Week Program To Rescue Your Metabolism, Hormones, Mind & Mood

Aviva Romm - pdf download free book

## ARE YOU SICK AND TIRED OF FEELING SICK AND TIRED?

"A masterwork of science, compassion, and clinical acumen. If you are one of the millions of women who are sick and tired of being sick and tired, this book is for you. If you've been diagnosed with adrenal fatigue, Graves' disease, or Hashimoto's thyroiditis, this book is for you. Follow the program. Take back your life."  
—CHRISTIANE NORTHrup, M.D., author of *Women's Bodies, Women's Wisdom*

"With *The Adrenal Thyroid Revolution*, Dr. Romm guides readers on a profound journey of transformational healing. Not only do we realize that our fears are misguided but, further, Dr. Romm reveals a clear path to leaving our symptoms behind and bring to our highest potential."  
—SABRILLE BEHNSTEIN, author of *The Grownup Man: Your Back*

"If you feel exhausted and wish you could regain your energy—I have the book for you. *The Adrenal Thyroid Revolution* by Aviva Romm, M.D., is the solution so many women have been searching for. It offers a comprehensive program to help you finally resolve the emotional stress and physical symptoms that have been keeping you from experiencing your best self. You'll feel in sync with your body again!"  
—KELI CARR, wellness advocate and author of *Crash Diet*

"You're not just or forever fat, you simply have a reversible problem with your hormones. As women, we can't change the world if our hormones are out of whack. Read this book to educate yourself about the priority of adrenal and thyroid health and, most importantly, what to do about it."  
—SARA GOTTFRIED, M.D., author of *The Hormone Cure*

"Prevention-based remedies for thyroid and adrenal issues focus on short-term, symptom-based fixes. Graciously, Dr. Romm reveals how specific lifestyle choices incorporated into a cohesive and encompassing program can address what actually underlies these issues, paving the way for radical improvement and taking back your health."  
—DAVID PERLMUTTER, M.D., author of *Grain Brain*



HEALTH & FITNESS BOOKS

### Books Details:

Title: The Adrenal Thyroid Revolution

Author: Aviva Romm

Released: 2017-01-31

Language:

Pages: 384

ISBN: 0062476343

ISBN13: 9780062476340

ASIN: 0062476343

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## Description:

A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics

delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and prevent and reverse the myriad of symptoms affecting the vast majority of women today.

Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners have commonly viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to alleviate their specific symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems, and even to therapists or psychologists.

While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome, a condition that occurs when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, lack of sleep, disrupted gut microflora, and even prescribed medications.

Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, immunity, energy, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into full blow illnesses, including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS.

*The Adrenal Thyroid Revolution* explains SOS, how it impacts our bodies and can lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose excess weight, discover increased energy, improve sleep, and feel better. With *The Adrenal Thyroid Revolution*, you can rescue your metabolism, hormones, mind and mood—and achieve long-lasting health.

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  - ISBN: 0062476343
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