



The 3:16 JumpStart Diet: The Ultimate Eating Guide for Thyroid Patients to Eliminate Symptoms, Lose Weight, Regain Energy and Make Life Worth Living Again

By Dr. Bryon Coker, Joan Coker RN

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What if you could give your body the tools it needed to heal all by itself?

Eat delicious foods without any fear of gaining weight, build deep relationships with your loved ones without any fear of anxiety or depression getting in the way, and enjoy a life free from chronic pain and misery with this one of a kind diet designed specifically for Thyroid and Hashimoto's patients.

NO Starving Yourself

NO Tracking Points

NO Exercising

NO Portion Control

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