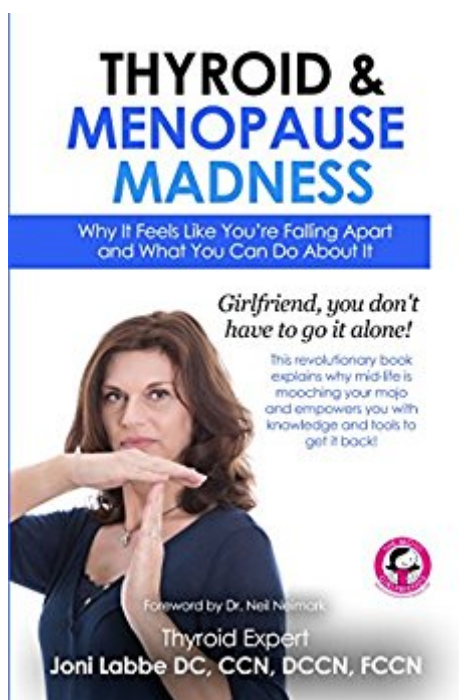


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Thyroid & Menopause Madness: Why It Feels Like You're Falling Apart And What You Can Do About It



Synopsis

Your thyroid is screaming, your adrenals are wrecked, you can't remember where you put your keys, and the only thing in your closet that fits is your shoes. But your doctor says you're FINE... Menopause sucks! But it doesn't have to. You Are Not Lazy, Crazy, Or Finished! Are you experiencing: • Fatigue • Energy crashes • Brain fog • Memory loss • Insomnia • Irregular cycles • Hot flashes • Night sweats • Weight gain The transition into menopause can take ten or more years, and be a wildly unpleasant ride at times. Challenging? Yes. But, girlfriends, don't let mid-life mooch your mojo. Instead, embrace this time as a wake-up call to win back your health and passion for life. Dr. Labbe's 9-step program offers powerful, science-based nutritional therapy and holistic lifestyle solutions to ease the mid-life transition, reclaim your mojo, and restore yourself to vibrant health. This revolutionary book explains where your mojo went and empowers you with the knowledge and tools to get it back! It includes a detailed discussion of all the factors that may be causing your chronic fatigue and menopause-like symptoms, including a thyroid condition called Hashimoto's, adrenal fatigue, food allergies, and even a leaky gut! Dr. Joni Labbe DC, CCN, DCCN, FCCN has successfully guided women through the many seemingly mysterious, unchecked root causes of the issues of mid-life, through her powerful Mojo Girlfriends' program. She is a Board Certified Clinical Nutritionist, Dr. of Chiropractor, former radio personality host of "Healthier Way with Dr. Labbe, professional speaker, and nutritional writer for numerous health and fitness magazines. She continues to live with Hashimoto's and celiac disease.

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Customer Reviews

Good book with lots of information. I purchased it while researching thyroid issues last fall. It has some good information and lots of familiar information widely available on the internet.

This insightful book by Dr. Labbe addresses health problems and complaints common to women experiencing mid-life transitions (including many symptoms practitioners overlook or simply write-off as a right-of-passage). Her unique approach of "functional medicine" traces symptoms like chronic fatigue, hot flashes, memory loss, and weight gain to the root of the problem. She addresses why these things are happening and how to treat the overall problem (often without piles of prescriptions). Readers will have a better understanding of how the body is a complex and intertwined ecosystem and how the ultimate goal is to balance these systems naturally for optimal health and well-being.

Dr. Labbe is a trusted professional. It is worth your time reading this if you have have a thyroid issue or may have a thyroid issue.

Product was in good shape and as described

Informative.

It is true that because menopause is only considered a woman's issue that it is now deemed important enough/not a priority. Women tend to be dismissed by family, friends, co-workers, and doctors when it comes to the symptoms of menopause. I recently saw a famous actress on a television talk show say how she never complains about menopause. The TV talk

show host was in agreement with the actress stating how she refuses to complain too. This is a talk show that millions of Americans watch every day. Even though we are in the 21st century, women are still being told not to complain about their ailments. The message that is conveyed is that another generation of women should grin and bear it. Sometimes it seems as if one day you are fine and the next day everything has changed. Or you notice that your immune system is weakening little by little. Or chronic fatigue and other symptoms are now a part of your daily life. In Chapter 11, *Building Your Environment: Reducing Exposure to External Toxins*, the author notes that environmental toxins contribute to health risks.

Electrosmog has been known to cause fatigue, back pain, memory loss among other symptoms. While toxic chemicals can lead to the following: hormonal imbalance, brain diseases, breast cancer, and reproductive organ cancers. It is also important to take notice of what you eat! This can't be overstated. I used to eat lots of junk food and was addicted to soda. Now I can't stand fast food and won't go near soda. It is amazing how much better I feel and how my taste buds are no longer dull. This is a book that teaches women how to take better care of themselves and not to ignore how they feel. It is time women put themselves first! I received a free copy of the book in exchange for an honest review.

I'm a 48 year old women who has IBS, Rheumatoid Arthritis Fibromyalgia ulcerated colitis and Raynaud's Phenomenon, all Auto immune disorders and this Book gave me so much insight and hope. Dr Joni Labbe wrote this book with understanding (having an auto immune disorder herself), Knowledge (being a doctor) and Humor (being a women going through all this and still holding her head up) Praise to her for writing this book. So many "ah Haaa" moments for me. So very easy to read, not using terms that go right over your head. My favorite lines in the book ..." if men went through menopause, a national emergency would be declared long ago " and " hospitals everywhere would have a menopause wing". If you or someone you know is going through menopause and/ or has an auto immune disorder this is a must read. I received a free copy of this book in exchange for an honest review

The new diet fad is most definitely gluten free; however, Joni Labbe explains in detail why it is logical and extremely important for one's health. I absolutely loved reading this book! I could not put it down until I was finished. I may not be in my mid-life, so to speak, but I felt like I was reading my own personal health history in this book. So much of the questions that I have asked multiple physicians for years following my two pregnancies have finally been answered. I received a free

copy of this book in exchange for my honest opinion; however, in return, I have gained so much more knowledge than I could have imagined. I am thrilled to have been able to read this book as it goes in to depth on various autoimmune diseases and how to treat them with dietary changes. The book also focuses on the cause of fatigue, brain fog, insulin resistance, menopause, perimenopause, anxiety and depression, memory difficulties, and so much more. Joni Labbe is very positive and upbeat with her writing and not derogatory at all. A lot of women who are suffering from these ailments find themselves in a total rut and have lost a lot of hope, but Miss Labbe has sparked that hope of wellness through empowerment and knowledge. A theme that is consistently repeated is "You are not lazy, crazy, or finished." This theme will be sure to grab the attention of many readers and allow them to digest the information further. I would suggest that all women read this book, and men also for that matter. Sometimes the men in our lives do not understand how a woman can change so drastically with her health following major life events. This could certainly be enlightening for the entire family, and I would also believe that some of the ideas expressed in this book would be beneficial for both men and women. I am currently following some of the advice outlined in Joni Labbe's "Why is Mid-life Mooching Your Mojo? Solutions to Banish Fuzziness and Fatigue Forever!" and I am quite happy to report that I have seen significant changes within the first week. I look forward to reading more from Joni Labbe and I am excited to join the mojo girlfriends online community. I have received a free copy of this book in exchange for my honest review.

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Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems &

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