



## **Cómo sané mi tiroides (Spanish Edition)**

*Paula Walsh-Robles*

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# Cómo sané mi tiroides (Spanish Edition)

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## **Cómo sané mi tiroides (Spanish Edition)** Paula Walsh-Robles

Cómo sané mi tiroides, es un libro lleno de información acerca del camino que personalmente tomé para sanar mi tiroides de Hashimoto naturalmente. En este libro encontraras los pasos básicos que puedes tomar para comenzar hacer los cambios necesarios para mejorar y apoyar a tu remedio para que este funcione mejor. Escribí este libro porque mi experiencia personal con doctores regulares fue muy mala lo que tomó mucho tiempo en el cual mi salud declinaba sin parar. La lista de los síntomas era cada día más grande y el sentimiento de que mi cuerpo se atacaba diariamente con un enfermedad autoinmune y nor ser guiada positivamente por estos fue una experiencia muy traumática. Esto me llevó a descubrir un nuevo mundo de información y cambios que hay que hacer a través de comidas correctas, personales y ambientales para sentirse mejor. Con esta información nació el protocolo básico de la tiroides, el cual lo puedes encontrar en mi libro. Este protocolo está basado en años de práctica personal, estudios en los cuales me titulé como Coach de Salud y Comidas Naturales del Institute for Integrative Nutrition en NY. También aprendí a través de muchas conversaciones con mi doctora Naturópata la cual es mi consultora y la única que me pudo diagnosticar, después de años de no sentirme bien y docenas de visitas a doctores especialistas regulares, los cuales no me dieron ninguna solución a mi enfermedad. Este plan el mismo plan que aplico a mis clientes de mi programa de 9 meses. Puedes encontrar testimonios de mis clientes en el libro. Este libro está diseñado para compartir las últimas informaciones con respecto a la tiroides y lo que se puede hacer de forma natural, en tu casa. También vienen recetas.

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