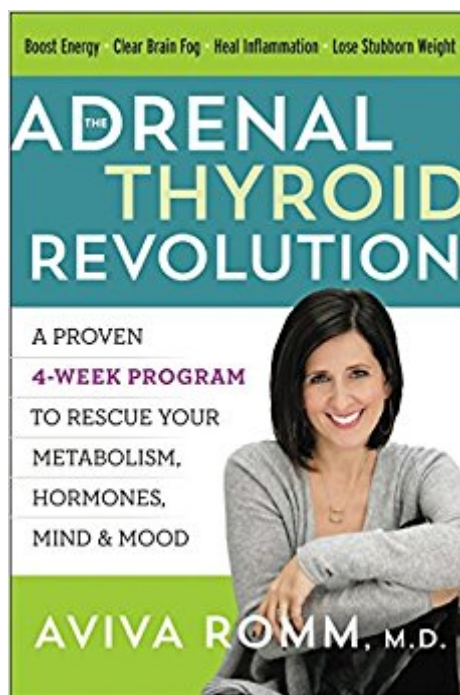




The book was found

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



Synopsis

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 conditionsâ "for years, health practitioners have commonly viewed each as individual health problems resulting from a patientâ '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 diseaseâ "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. Rommâ '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 moodâ "and achieve long-lasting health.

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Customer Reviews

• 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 living to our highest potential. • (Gabrielle Bernstein, #1 New York Times bestseller) • It has never been more critical to develop insight into the vital importance of adrenal and thyroid health. Now, in the era of patient-directed healing, Dr. Aviva Romm brings you a powerful, easy-to-use guide to begin your journey toward your most empowered self. • (Kelly Brogan, M.D., holistic women's health psychiatrist and author of *A Mind of Your Own*) • Initially, before my Graves' diagnosis I was brushed off by my doctor as just being stressed out. Dr. Romm is an outstanding physician and a voice of hope for all of us women who are not being heard by conventional medicine. • (Amy Myers, M.D., author of *The Thyroid Connection* and *The Autoimmune Solution*) • Prescription-based remedies for thyroid and adrenal issues focus on short term, symptom-based fixes. Gratefully, 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., board-certified neurologist, Fellow of the American College of Nutrition, and author of *Grain Brain* and *The Grain Brain Whole Life Plan*) • *The Adrenal Thyroid Revolution* is the beginning of a new era in women's health where women can finally stop accepting exhaustion, brain fog, extra weight, and emotional imbalance as the norm and take more control of their health and wellbeing. • (Frank Lipman, M.D. New York Times bestselling author of *The New Health Rules*) • Aviva Romm has helped thousands of women silently suffering from "medically unexplained symptoms" that dramatically decrease the quality of life. This empowering new book will give you a plan to uncover what is at the root of these confusing health problems and show you how to love your body again. • (Vani Hari, Founder of Foodbabe.com and New York Times Best Selling Author of *The Food Babe Way*) • Don't live one more day heading down an unhealthy and unnecessary path. Buy this book and let Dr. Aviva Romm remind you how good you deserve to feel and teach you how to find the balance and health your body,

mind, and spirit are craving.â • (Danielle DuBoise and Whitney Tingle, founders of Sakara)

Dr. Aviva Romm is a Yale-trained, board-certified family physician with a specialty in womenâ™s health and obstetrics; certified professional midwife; and herbalist. Referred to as "the face of natural medicine in the 21st century" by Prevention Magazine, she is a member of the Yale Integrative Medicine Programâ™s Advisory Board, and currently serves as an Adjunct Assistant Clinical Professor in the Department of Family Medicine at Tufts University School of Medicine.

I do like this book and the way Dr. Romm presents information to the reader. I've researched and used similar nutritional protocols over the last decade, and I feel reading this was a good, comprehensive reminder. I was eager to use the meal plan and recipes she recommends, because I really do need a reboot as I am a few months postpartum and I am having symptoms of hypothyroidism. I wanted something easy with the meal plans already figured out so I didn't have to think much (hello, no sleeping baby!). Unfortunately, this menu plan still requires you to do quite a bit of tinkering and substituting. Here is what frustrates me:- The recipes do not match up well to the Reboot meal plan. One of the first recipes is for the Vegan Nutrient Detox Broth... she recommends making a big batch before starting the Reboot. The FIRST ingredient is potatoes - a nightshade - which you are to avoid for the first three weeks. The breakfast on the 7th day is the Power Parfait with (optional) granola. The granola is made up of oats and nuts - two things that are to be avoided for the first two weeks. Why even list granola on week one if there aren't supposed to be nuts/grains consumed? The first lunch recipe on week 1 (The Mediterranean Board) has SIX items that should not be included in week 1. There are so many you have to remove, there isn't much left... Luckily, I have enough experience in a kitchen to realize this oversight and substitute. If I were a newbie to this lifestyle/style of detox this would be very confusing and frustrating. Unfortunately, the main reason I wanted this book (the menu plan for the first weeks of reboot) is not living up to my expectations.- There are recipe names listed that aren't in the book (at least the Kindle version). For example, a Tuscan Kale Salad is listed for the Mediterranean Board, but isn't in the book that I can find.- This menu plan requires A TON of cooking. And this is coming from a stay at home mom that currently cooks 90% of what my family eats... so I'm not shy of cooking. For example, the Mediterranean Board on week one LUNCH has you making SIX different recipes (hummus, kale salad, pasta salad, roasted cherry tomatoes, roasted potatoes + veggies, pesto).- The menu plan and recipe charts are TINY on a Kindle. They are super hard to see, and if I were to do this over again, I would buy the actual book.- In order to fully use this book, you will need to flip back and

forth to various charts and plans and recipes. Again, this is challenging on a Kindle. Buy the physical book if you want to actually implement this plan without throwing your Kindle across the room (SOS-inducing, anyone?). I really love Dr. Romm and thoroughly enjoyed her interview on The Good Life Project, which inspired me to purchase this book. I also think this book has great information, but don't expect to use the meal plans and recipes as written for the first few weeks, which is when people most likely need the most ideas/ support.

Dr. Romm knows a TON about Adrenal-Thyroid problems, but her book is a nightmare for those with these conditions! I read the beginning of the book, and she convinced me to try her 3 week food program. OOPS! Week 1 in the book includes foods I'm not supposed to eat, so I found a corrected version online. OOPS! Page 284 says I can print a copy of the foods I need to purchase for each week at avivaromm.com, but I couldn't find anything of the sort. Guess I'll make my own shopping list. OOPS! There are no page references or index for the recipes she lists on the "Week 1 Sample Daily Menus and Lifestyle" sheet I printed from the web site. So, I'm thumbing through the pages of the book looking for the recipes and writing down page numbers. Aviva - I'm about to have a nervous breakdown, and I haven't even started your program! HELP!!!

Dr. Romm is so real and authentic about what happens to aging women's adrenal and thyroid. I feel a great sense of inspiration and hope. After struggling with continuous weight gain, being tired and draggy, her book gave me some answers that make sense.

Dr. Romm is one of a kind and her book will really open your eyes when it comes to your health - mind, body and spirit :) Her plan requires commitment and patience, but can really help you uncover the causes to whatever health issues you have. Huge fan!

The Adrenal Thyroid Revolution is an excellent resource for women either diagnosed with thyroid disease (like Hashimoto's) or adrenal dysfunction or for those struggling with fatigue, weight loss resistance, gut issues and other negative symptoms. I really appreciated the combination of science, gut health, detox, nutrition, lifestyle, self care and the critical area of mindset...particularly in the area of perfectionism which many women subject themselves to these days. Dr. Aviva did an excellent job of connecting pregnancy and breast feeding considerations (particularly with herbal/adaptogen recommendations), but I wish there was more connection made for the peri/menopause hormonal fluctuations that have a profound effect on adrenal and thyroid function

and related symptoms. Most of the clinical cases presented were women in that age range, so it would have been great if this were expanded upon more in the body of the book (menopause was mentioned in some of the herbal remedy tables, but that was about it - maybe a future book!). There were just a couple of arguable nutrition nits that were no big deal in the big picture (like classifying corn as a "green vegetable" when it's more like a grain or starch nutritionally - "energy vegetable" at the least, and there was reference to a Dr Sara recipe in one of the meal plans without providing the recipe - no biggie - probably just an editing error). Overall, the building blocks for meal boards, Buddha Bowls, smoothies etc...were really great! Perfect for a companion cookbook where pictures and more space would allow for optimal layout. I have a whole library of books on this topic and this one ranks at the top. I will definitely be keeping this as a resource and go-to recommendation for my clients struggling with adrenal and thyroid symptoms. Great work, Dr. Aviva!

Dr. Romm is the real deal. I love, love, love that she is an herbalist, midwife, holistic/integrative and western trained medical doctor. She sees the whole person combines eastern and western medicine along with clinical experience/expertise. What more could you ask for?!

This book is very well written, easy to understand and full of practical advice. I love the recipes and weekly plans. This book and Dr. Romm's suggestions, advice and information have been transformative for me.

If you're sick and tired of being sick and tired, you need to read this book. Dr. Romm gives you a simple plan for getting your health and energy back. I highly recommend this book.

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The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood
Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution)
Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution)
High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle]
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)
Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid

Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Adrenal Fatigue: Cure it Naturally - A Fresh Approach to Reset Your Metabolism, Regain Energy & Balance Hormones through Diet, Lifestyle & Nutrition (Plus Bonus Adrenal Diet Recipes) Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series) Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now!

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