



How I Reversed My Hashimoto's Thyroiditis Hypothyroidism

By Robert T. Dirgo

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This is the first book of its kind, in which the author details the specific step by step approach, he took to reduce his Hashimoto's Thyroiditis Hypothyroidism. This is an impelling story that will inform and inspire the reader. This is a must read for any sufferer of Hypothyroidism or autoimmune related disorders, who is open to alternative treatments. The book will keep the reader engrossed anticipating the next turn in this fascinating journey to recovery. It presents a personal triumph in laymans terms that are easy to relate to. Its a message of Hope, Faith and Joy!

In addition to being an inspiring source of possibilities, it is also packed with valuable Thyroid related resources. The author provides a Personal Health Diary as well, which the reader can utilize on their personal journey to improved health.

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Editorial Review

Review

I highly recommend Bob's book....he provides inspiration & practical guidelines for fellow sufferers to follow their own path to recovery. -- *Jeffrey Bruno, Ph.D., May 2001, author of Edible Microalgae: A Review of the Health Research*

Robert Dirgo exhibits within the pages of this book, the spirit necessary to overcome insurmountable obstacles. Keep the Faith! -- *Harry "Butch" Reynolds, January 2001, Olympic Gold Medalist*

Robert Dirgo's book proves again that by applying the principles of nature and sheer determination we can overcome disease. Congratulations! -- *Lorna Vanderhaeghe, January 2001, coauthor of The Immune System Cure*

This book is very informative and offers an unique approach to addressing autoimmune disease. -- *Gail Devers, May 2001, Three -time Olympic Gold Medalist*

This book is very well done and a significant contribution to the field. -- *Gary Null,Phd., July 2001, World Renown Researcher and best selling author.*

About the Author

The Author is married to wife Mary. He was listed in the International Who's Who of Professionals in 1997. He has a B.S. in Mechanical Engineering, M.S. in Statistics and coursework at Master's level in Community Counselling and Phd. level in Operations Research. He currently works in the Aerospace Industry.

Users Review

From reader reviews:

Marcia Fullerton:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite guide and reading a reserve. Beside you can solve your problem; you can add your knowledge by the book entitled How I Reversed My Hashimoto's Thyroiditis Hypothyroidism. Try to the actual book How I Reversed My Hashimoto's Thyroiditis Hypothyroidism as your close friend. It means that it can being your friend when you experience alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know almost everything by the book. So , let us make new experience as well as knowledge with this book.

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Lillie Rose:

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