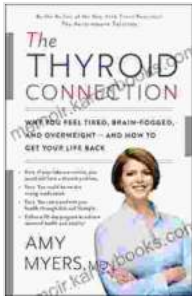


Why You Feel Tired, Brain Fogged, and Overweight: And How to Get Your Life Back



The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back by Amy Myers MD

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1886 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 433 pages



Do you feel tired, brain fogged, and overweight? You're not alone. Millions of people suffer from these symptoms, and they can have a significant impact on your quality of life.

But there is hope. In her book, *Why You Feel Tired, Brain Fogged, and Overweight and How to Get Your Life Back*, Dr. Amy Myers offers a comprehensive guide to help you overcome these challenges and regain your health.

Dr. Myers is a functional medicine physician who has helped thousands of patients overcome chronic health conditions. In her book, she shares her insights into the root causes of fatigue, brain fog, and weight gain. She also

provides a step-by-step plan to help you address these issues and improve your overall health.

The book is divided into three parts. Part One explores the root causes of fatigue, brain fog, and weight gain. Dr. Myers discusses the role of diet, stress, sleep, and hormones in these conditions. She also provides a quiz to help you assess your risk factors.

Part Two of the book provides a step-by-step plan to help you overcome fatigue, brain fog, and weight gain. Dr. Myers offers practical advice on diet, exercise, stress management, and sleep. She also provides recipes and meal plans to help you get started.

Part Three of the book is a resource section that includes information on supplements, testing, and additional resources. Dr. Myers also provides a list of frequently asked questions and answers.

Why You Feel Tired, Brain Fogged, and Overweight is a comprehensive guide to help you overcome these challenges and regain your health. Dr. Myers's approach is based on the latest scientific research, and her step-by-step plan is easy to follow. If you're ready to take control of your health, this book is a must-read.

What Readers Are Saying

"This book is a lifesaver! I've been struggling with fatigue, brain fog, and weight gain for years. I've tried everything, but nothing has worked. Dr. Myers's book has finally given me the answers I've been looking for. I'm so grateful!" - Our Book Library reviewer

"I'm a doctor, and I've been recommending this book to my patients for years. It's a great resource for anyone who is struggling with fatigue, brain fog, or weight gain. Dr. Myers's approach is based on the latest scientific research, and her step-by-step plan is easy to follow." - Goodreads reviewer

"This book is a must-read for anyone who is struggling with their health. Dr. Myers's insights are invaluable, and her step-by-step plan is easy to follow. I highly recommend this book." - Barnes & Noble reviewer

About the Author

Dr. Amy Myers is a functional medicine physician who has helped thousands of patients overcome chronic health conditions. She is the author of the bestselling book, *The Autoimmune Solution*. Dr. Myers is a graduate of the University of California, Berkeley, and the University of California, San Francisco School of Medicine. She is a member of the American Academy of Anti-Aging Medicine and the American College of Lifestyle Medicine.

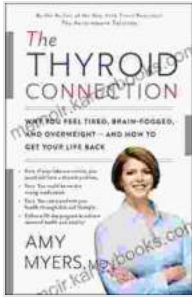
Free Download Your Copy Today

Why You Feel Tired, Brain Fogged, and Overweight is available now on Our Book Library, Barnes & Noble, and other major retailers.

[Image of book cover]

[Button: Free Download Now]

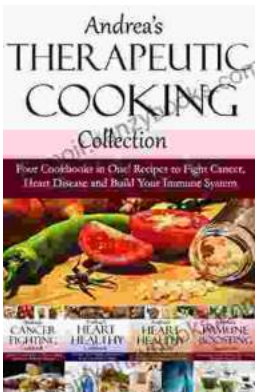
The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life



Back by Amy Myers MD

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1886 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 433 pages



Four Cookbooks In One: Recipes To Fight Cancer, Heart Disease, And Build Your Immunity

Looking for a healthy way to fight cancer, heart disease, and build your immunity? Look no further than this cookbook! With over 300 recipes to choose from,...



Hearts and Souls: Exploring the Lives and Legacies of Special Olympics Athletes

The Special Olympics movement has been a beacon of hope and inspiration for decades, transforming the lives of countless athletes with intellectual disabilities around the...

