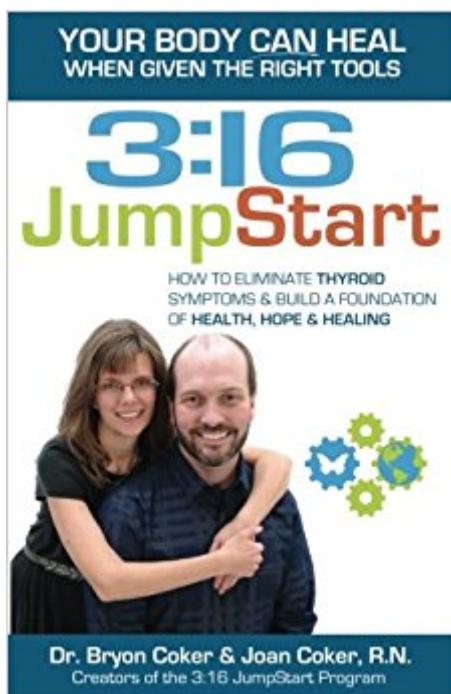


The book was found

3:16 JumpStart: How To Eliminate Thyroid Symptoms & Build A Foundation Of Health, Hope And Healing



Synopsis

Whether youâ€ve been dealing with Thyroid symptoms for years and tried other programs, diets, or supplements, or if you are just beginning this journey, you will find everything you need to know to get back your life in 3:16 JumpStart. Dr. Coker and his wife Joan, a Registered Nurse, draw from their first hand experience in dealing with Hashimoto's in their own home, as well as the experience of helping hundreds of women regain their health through a foundational health program they developed called the 3:16 JumpStart Program. What if you could wake up in the morning and not feel like going straight back to bed, or step on the scale without worrying that your weight has gone up, even though youâ€ve been eating clean and exercising like crazy. What if you could make plans without that voice in the back of your head saying, "As long as I feel okay that day, or brush your hair without worrying about how much hair is left in the brush. What if you could get your life back? Itâ€s all in this book, and none of it is theory.

Book Information

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Customer Reviews

Dr. Bryon Coker and Joan Coker, R.N. believe that God created our bodies to be intelligent with the ability to heal themselves when given the right tools. Thatâ€s why they are dedicated to tackling the root causes of chronic diseases like Hashimoto's and Graves by harnessing the power of Functional Medicine to transform lives. Dr. Coker, Nurse Joan, and their team work every day to empower women suffering from thyroid conditions with the education and resources to fuel their bodies and minds. Dr. Coker is a Chiropractic Physician practicing Functional Medicine, the creator

many Wellness Programs, and the Founder and Health Director of 3:16 Health Solutions. Joan Coker is a Registered Nurse, nutritional expert, and avid researcher. Joan was diagnosed with Hashimoto's after the birth of her youngest son, and lives a full and vibrant life thanks to the foundational health principles of the 3:16 JumpStart Program. The Cokers are parents of eight lovely children and reside in a suburb of Chicago, IL. They are co-founders of 3:16 Health Solutions, a virtual health practice devoted to women's health.

Good info but says the same things as others in getting healthy and staying healthy

I have suffered from hypo thyroid disorder for years, many of them without a proper diagnosis...conventional medicine has failed me miserably. Through the help of my naturopathic physician, my own research, and books like this one, I am on the road to total healing! This book is easy to read and understand, full of other resources, and if you want it, the science is in there. The main point is how to eat properly and cleanly, with a "jump start" 21 day elimination way of eating, in order to promote healing in your body, the way God created it and intended it to be fed.

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