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The Thyroid Solution: ... Dr. Ridha Arem is a Clinical Professor of Medicine at Baylor College of Medicine in Houston, TX. For years he served as Chief of Endocrinology and Metabolism at Ben Taub General Hospital, and Medical Director of the Endocrine Laboratory at Methodist Hospital. Dr.

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The Thyroid Solution (Third Edition): A Revolutionary Mind ...

The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health by Ridha Arem. It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people, most of them women--has a thyroid disorder.

***The Thyroid Solution* by Arem, Ridha (ebook)**

After treating hundreds of patients for thyroid-related issues, Dr. Ridha Arem, an endocrinologist and clinical professor of medicine

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The Thyroid Solution Diet - Diets in Review

The 1-Minute Thyroid-Boosting Smoothie. Learn how to make Dr. Natasha Turner's thyroid total power booster, an energizing 4-ingredient drink, which can increase thyroid hormone production and thyroid function.

The Nutrient Your Thyroid Needs Every Morning - The Dr. Oz ...

Help your thyroid function optimally by making sure you get 30 grams of protein early in the day. This protein will help boost your metabolism and combat negative energy effects from your thyroid. These smoothie bites are packed with protein and super easy to make. Enjoy them as a quick snack to help improve your body and your health.

Smoothie Bites | The Dr. Oz Show

Dr. Ridha Arem is the author of the book, *The Thyroid Solution* which provides a comprehensive mind-body program for thyroid wellness. The third edition of this book was released in 2017 and is available in both English and Spanish. He is also the author of *The Protein Boost Diet* a companion book detailing a comprehensive weight loss program. Together, these books are the foundation of Dr. Arem's Thyroid Wellness Program.