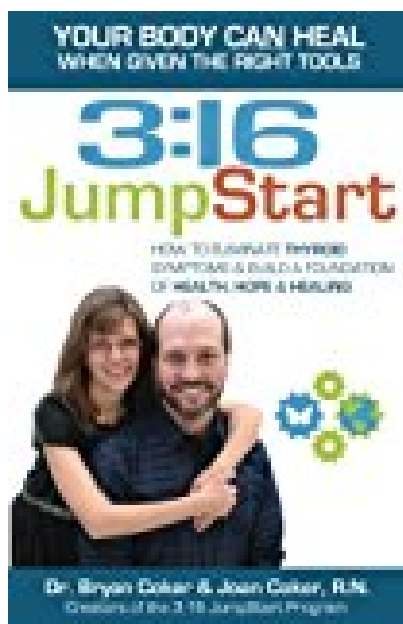


# 3:16 JumpStart How to Eliminate Thyroid Symptoms & Build a Foundation of Health Hope and Healing

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## BOOK DETAILS

- Author : Dr. Bryon Coker
- Pages : 192 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1541173465

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## BOOK SYNOPSIS

Whether you'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 Hashimotos 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 you'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? It's all in this book, and none of it is theory.

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