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**Step 1: Diagnose Your Problem**

**Step 2: Pinpoint The ...**

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## Review

Step 2: Pinpoint The Underlying Causes Mark Hyman M.D. Author of The New York Times Bestseller UltraMetabolism The Solution Ultra Thyroid Workbook ... The Ultra Thyroid Solution: Workbook | Are Thyroid Problems Contributing to Your Health

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## **A 7-Step Plan To Boost Your Low Thyroid And Metabolism ...**

6-Steps to Heal Your Thyroid As I explained in last week's blog , the thyroid system plays a critical role in your metabolism. Along with insulin and cortisol, your thyroid hormone is one of the big three hormones that

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control your metabolism and weight.

### **The UltraMind Solution: Fix Your Broken Brain by Healing ...**

The Ultra Thyroid Solution: What Does Mark Hyman Know About the Thyroid that Other Doctors Don't?

Hypothyroidism — an underactive

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thyroid — can cause unexplained weight gain. Sluggishness, exhaustion, brain fog and skin problems are also symptoms of a low-functioning thyroid. But these are things a lot of people know.

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