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# The 3:16 JumpStart Diet: The Ultimate Eating Guide For Thyroid Patients To Eliminate Symptoms, Lose Weight, Regain Energy And Make Life Worth Living Again

YOUR BODY IS SMARTER THAN ANY  
DOCTOR OR DRUG OUT THERE

THE  
**3:16 JumpStart**  
**DIET**  
*Transform Your Life*



The Ultimate Eating Guide  
for **Thyroid Patients** to  
**Eliminate Symptoms**  
Lose Weight, Regain  
Energy, and Make Life  
Worth Living Again

**Dr. Bryon Coker & Joan Coker, R.N.**

Creators of the 3:16 JumpStart Program



## Synopsis

What if you could give your body the tools it needed to heal all by itself? Eat delicious foods without any fear of gaining weight, build deep relationships with your loved ones without any fear of anxiety or depression getting in the way, and enjoy a life free from chronic pain and misery with this one of a kind diet designed specifically for Thyroid and Hashimoto's patients. NO Starving Yourself NO Tracking Points NO Exercising NO Portion Control NO Calorie Counting Get Your Life Back! Challenge Old Beliefs Discover New Insights Get Answers Learn Natural Solutions Take Charge of Your Health

## Book Information

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## Customer Reviews

I was excited to read this book after seeing an advertisement for it on Facebook for the webinar. While I did find the book good, it did not really provide any outline or steps to this diet. Basically you have to subscribe to their program on their website to really find out how the diet works. There are definitely some good recipes in the book that I will try and am glad the authors provided that, but I was very disappointed that there wasn't more information about the actual diet and how it works. Also, I got the Kindle format and it showed up very poorly in that format. Also there were no names

to the recipes in the book--just the recipes themselves. I have already spent a pretty penny on trying to get help with my thyroid and Hashimoto's and was really hoping this book would help me. I really don't want to spend more money on something I'm already skeptical about when it comes to buying into a program. Makes me think they are into it for just the money. I have read the Trim Healthy Mama books and those girls are honest and provide so much for free--it is where their heart is truly at. Doesn't seem like these authors are the same.

Didn't give enough info. I expected much more info about what foods & even a list of what to eat. It didn't tell me anything I didn't already know from watching the webinar. I wanted to put the plan into action but it didn't give me enough information how to do that.

Made perfect sense.

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The 3:16 JumpStart Diet: The Ultimate Eating Guide for Thyroid Patients to Eliminate Symptoms, Lose Weight, Regain Energy and Make Life Worth Living Again The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat &

Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

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