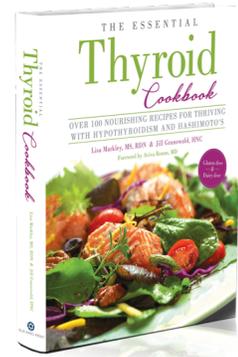


## FOR IMMEDIATE RELEASE

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### Most Indispensable Dietary Resource for Those with Low Thyroid Function?



#### *Introducing First-of-its-Kind Cookbook for Managing Hypothyroidism/Hashimoto's*

With their combined 20 years of culinary and nutrition expertise, food authorities Lisa Markley, MS, RDN and Jill Grunewald, integrative nutrition and hormone coach, have pioneered an original, scientifically supported cookbook: *The Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto's*.

It's masterfully written and the renowned Susan Blum, MD states, “[*The Essential Thyroid Cookbook*] is one of the most amazing food education and recipe books I’ve ever seen.”

Grunewald shares, “The inspiration for this cookbook stemmed from the many successful stories from my clients who’ve experienced the life-changing power of thyroid- and immune-supportive nutrition that helped to alleviate their Hashimoto’s symptoms. I worked closely with expert recipe creator, Lisa Markley, to take these nutrition recommendations and translate them to the plate to create over 100 nourishing and mouthwatering recipes geared toward the home cook.”

Markley, a registered dietitian with over a decade of nutrition and culinary experience, states, “While the recipes are therapeutically designed to support those with thyroid and immune imbalances, they were created to appeal to all palates and cooking abilities.”

Hashimoto's (autoimmune hypothyroidism) is the most common autoimmune disease and thyroid problems are among the most prevalent yet overlooked conditions that compromise women's wellbeing. (Men are being diagnosed in increasing numbers.) Therapeutic nutrition and lifestyle modifications, as outlined in this long-awaited resource, are effective strategies for optimizing the health of those living with thyroid dysfunction.

Markley and Grunewald, who’ve each experienced the challenges of Hashimoto's first-hand, took a rigorous academic approach to *The Essential Thyroid Cookbook*. In preparation for the choices of ingredients, they developed a “[nutritional springboard](#)” that’s the foundation for their recipes. They extensively studied the most supportive nutrients for the thyroid and immune system and then identified foods that are dense sources of these nutrients, which ultimately laid the groundwork for Markley’s truly outstanding and original culinary creations.

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