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HEALTH & WELLNESS



with Lisa Lewtan, Andrea Beaman & Michelle Pfennighaus

Healthy View Radio

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**May 24th 2018: Cooking for Thyroid Support
with Jill Grunewald and Lisa Markley**

An estimated 20 million Americans have some form of thyroid disease. If you're one of them, or are looking to prevent issues with your thyroid, you can't miss this week's episode of Healthy View Radio. We'll discuss the best ways to support your thyroid health with co-authors of best-seller, 'The Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto's' Jill Grunewald and Lisa Markley. We'll also be joined by Certified Integrative Nutrition Health Coach and Culinary Nutrition Expert, Sara Fins. We'd also really love to hear from YOU - leave a

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Featured Guests



Jill Grunewald

Jill Grunewald, FMCHC, is an Integrative Nutrition and Hormone Coach, founder of Healthful Elements, and co-author of the 5-category best selling Essential Thyroid Cookbook.

[Read more](#)



Lisa Markley

Lisa Markley, MS, RDN is a dietitian, culinary nutrition expert, and co-author of the best-selling The Essential Thyroid Cookbook: Over 100 Nourishing Recipes for Thriving with Hypothyroidism and Hashimoto's.

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Sara Fins

Sara Fins is a Certified Integrative Nutrition Health Coach, Culinary Nutrition Expert and mom of two kids; 6 and 8 years old.

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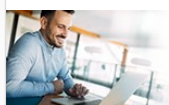
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