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### *Dreaming of becoming an IBCLC?*

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#### Born to be Breastfed

##### New shows weekly

March 28th 2016: **Understanding Thyroid Disease and Its Impact on Postpartum Health**

In the U.S., approximately 20 million people have thyroid disease. The majority of affected people are women. No treatment, or too little treatment, can lead to serious health problems, including fatigue, infertility constipation, dry skin, thinning hair, depression or mood swings, joint pain and stiffness, and more. For new mothers, it can lead to breastfeeding problems. Wonder if your thyroid is causing you problems? Wonder what you can do? Join Marie as she talks with special guest Dr. Jolene Brighten, naturopathic doctor and author of "Healing Your Body Naturally After Childbirth: The New

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#### Featured Guest

Guest Image

#### Jolene Brighten

Jolene Brighten, ND earned her doctorate in Naturopathic Medicine from the National College of Natural Medicine after receiving a BS in Nutrition Science and completing graduate coursework in molecular nutrition. She has extensive training in Integrative Women's Health and autoimmune disease management and is a practicing Holistic Pelvic Care(TM) provider.

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