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Do you know how your thyroid works? [1]

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El Nuevo Día

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The thyroid is a gland localized to the front part of your neck, under the "Adam's apple". Its function it to produce hormones that communicate to organs in our body affecting our breathing, cardiac rhythm, weight, an energy levels. If the thyroid is not working properly, neither can we.

For the full article, please refer to the Spanish version of this site.

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