

# SHANNON GARRETT

BS, RN, CNN

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Founder & CEO, SGW & Associates, Holistic Thyroid Care, and Thyroid Nurse Network

Autoimmune-Thyroid Recovery Nurse Consultant and Certified Functional Nurse-Nutritionist Shannon Garrett teaches women with Hashimoto's Hypothyroidism how to improve their health and their lives. Shannon is a prominent personality and regularly featured guest expert for online educational events, summits, and radio including the *Thyroid Secret with Dr. Izabella Wentz*, *Hashimoto's Awareness Summit*, *LDN Research Trust*, *Wellness Workshop Radio*, *Dr. Z Radio*, and more. Shannon is the author of *Hashimoto's: Finding Joy in the Journey* and *The Hashi's Sister's Guide to Low-dose Naltrexone*.

In her latest book, *Hashimoto's R & R*, (pub date Nov, 2018) Shannon shows women how to be strong through the cycles of relapse and remission related to autoimmune thyroid disease. Shannon learned as she fought for her own health after losing a decade of her life to disabling symptoms and multiple misdiagnoses. She serves as an advisory board member for HeyHashi.org and is recognized as a trusted LDN nurse educator for the LDN Research Trust to raise awareness for the safe and appropriate use of low-dose naltrexone (LDN) for achieving remission.

Shannon is a member of The Institute for Functional Medicine, The American Holistic Nurses Association, and the National Nurses Business Association. She is committed to raising awareness for reversing the symptoms of Hashimoto's through her website, online programs, podcasts, media, and special events. To find articles, recipes, helpful online programs, and more visit [holisticthyroidcare.com](http://holisticthyroidcare.com).