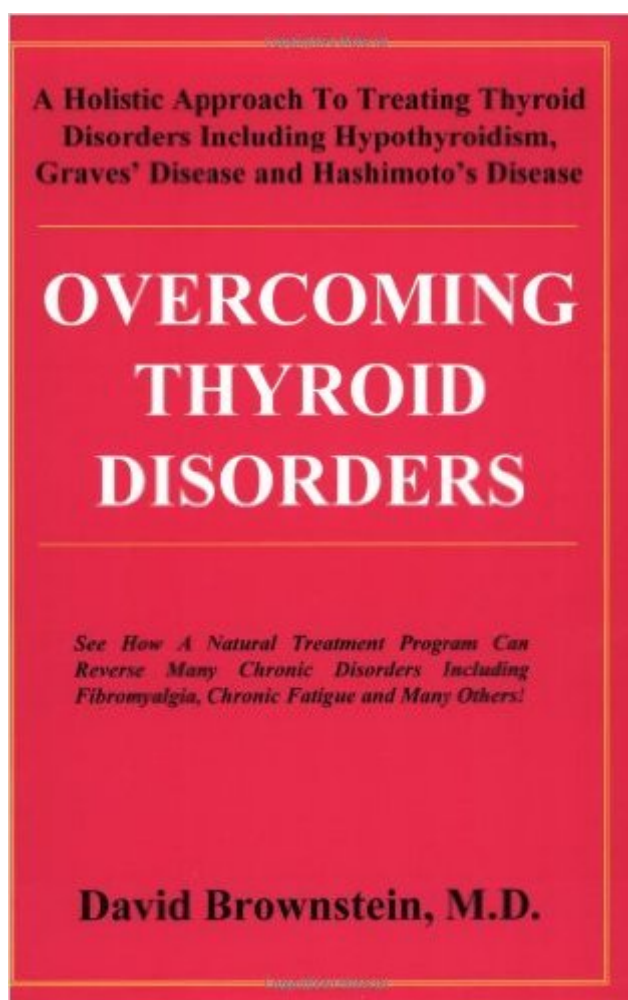


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# Overcoming Thyroid Disorders



## Synopsis

"Overcoming Thyroid Disorders" by Dr. David Brownstein is a ground-breaking book about how a holistic program can be used to treat Hypothyroidism, Hashimoto's Disease, Graves' Disease, Chronic Fatigue Syndrome, Fibromyalgia and many other conditions. This book will show you how a natural treatment program consisting of: natural thyroid hormone, other natural hormones, vitamins, minerals, diet modifications and detoxification can successfully treat many thyroid and other conditions. Dr. Brownstein illustrates the tremendous success he has had with his holistic treatment program by including over 30 actual case studies from his practice. This book provides hope to those who suffer from thyroid problems because it shows how a natural, holistic program can be used to overcome these chronic conditions.

## Book Information

Paperback: 256 pages

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Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (100 customer reviews)

Best Sellers Rank: #54,439 in Books (See Top 100 in Books) [#25 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#) [#1388 in Books > Health, Fitness & Dieting > Alternative Medicine](#)

## Customer Reviews

Author David Brownstein is a board certified Medical Doctor and the director of the Center for Holistic Medicine in West Bloomfield, MI. This eye opening book is a relatively easy read for the thyroid patient as it gives an overview to Dr. Brownstein's holistic approach in treating thyroid and other issues. Dr. Brownstein starts off by describing how his training in medical school was inadequate for dealing with thyroid issues. He was motivated and intrigued by Dr. Broada Barnes book "Hypothyroidism, the Unsuspected Illness". Dr. Barnes devoted a lifetime to researching and treating thyroid issues. This was apparently motivating enough for Brownstein to depart from practicing conventional allopathic medicine and take up a holistic and Functional medicine approach. As a practitioner of functional medicine he uses western allopathic medicine as well as

alternative approaches and encourages natural remedies to help the thyroid before prescribing hormones.. He digs and tries to find the root cause of the symptoms. He acknowledges that labs don't tell the whole story. He will not rely 100% on lab results as he looks at the patient's overall symptoms, personal and family history. He will use naturally desiccated thyroid hormones such as Amour or Nature-throid, if he feels the need. He offers a theory on the root cause of Hashimoto's disease pointing to a deficiency of iodine and antioxidants. Currently mainstream medicine does not know the root cause for Hashimoto's. He points out, how can you adequately treat a condition when you don't know what is causing it. Dr. Brownstein is a very big advocate of taking iodine in the form of Lugol or Iodoral (a mixture of iodine and iodide) for thyroid and many other disorders.

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