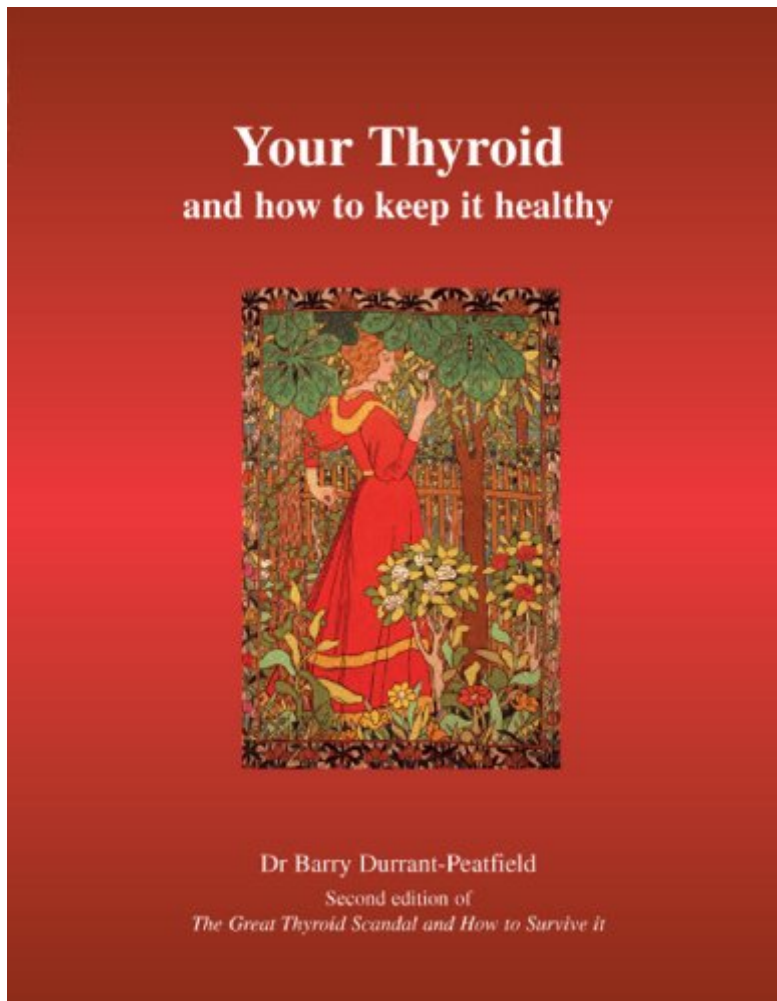


The book was found

Your Thyroid And How To Keep It Healthy: Second Edition Of The Great Thyroid Scandal And How To Avoid It



Synopsis

In this updated (2012) second edition of this acclaimed book, you will learn how to recognize thyroid dysfunction and its many associated problems. Do you have a constant battle with weight? Do you have inexplicably high cholesterol? Do you feel cold and tired all the time? Is your hair thinning? Do you feel very low, or even depressed? Do you have a fertility problem? Dr Durrant-Peatfield will help you to assess your symptoms systematically and then take an active part in your own treatment, which may include understanding digestive and nutritional issues, including food intolerance and systemic candida.

Book Information

File Size: 2002 KB

Print Length: 240 pages

Publisher: Hammersmith Health Books; 2nd edition (September 1, 2012)

Publication Date: September 1, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00AKF900G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #187,539 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Administration & Policy > Health Care

Delivery #83 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid

Conditions #377 inÂ Books > Medical Books > Administration & Medicine Economics > Health Care Delivery

Customer Reviews

Going to the doctor with symptoms of thyroid may be a futile and frustrating experience if you don't pass the blood test values required by many doctors in treating thyroid disorders. And it's hard to self-advocate when you're exhausted and being told it's all in your head, or a result of your age, or your blood test results don't warrant an increase in your thyroid dosage. In Dr. Durrant-Peatfield you have a friend indeed. This book is all about empowering you to take care of yourself and have

confidence in listening to your body's messages and self-administer treatment. This is a perfect book for those just starting out in learning about the thyroid because of the simplicity with which the information is presented. The book discusses:

- * The job of the thyroid and the endocrine system
- * Possible way these organs malfunction and the causes
- * Symptoms and signs of hyper- and hypothyroid
- * Other diseases that can be caused by or exacerbated by a poorly functioning thyroid
- * The role adrenal health plays in low thyroid and its treatment
- * Testing and treatment options including supplemental hormones and nutrients
- * Associated hormonal imbalances and how to correct those
- * Weight loss
- * Dietary concerns

However, the book's main focus is on treatment of thyroid disease, not necessarily "autoimmune" thyroid disease involving thyroid antibodies. Durrant-Peatfield writes: "In any laboratory workup for thyroid illness, antibodies are, or should be, checked for. Their presence, however, will little affect the ultimate treatment." I would say that their presence most definitely should affect the ultimate treatment.

[Download to continue reading...](#)

Your Thyroid and How to Keep it Healthy: Second edition of The Great Thyroid Scandal and How to Avoid It The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Your Thyroid and How to Keep It Healthy Great Tank Scandal (British Armour in the Second World War) (Part 1) The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms NEVER BE BANKRUPT - AVOID FILING BANKRUPTCY & START OVER WITH A NEW NAME, IDENTITY & CREDIT - LEGAL, FAST & EASY IN 50 STATES (Disappear, Privacy, New Name) (HOW TO BOOK & GUIDE TO AVOID DISASTER 4) 150 Tips and Tricks for New Nurses: Balance a hectic schedule and get the sleep you need...Avoid illness and stay positive...Continue your education and keep up with medical advances Every Nonprofit's Tax Guide: How to Keep Your Tax-Exempt Status and Avoid IRS Problems Hormone Lies and Thyroid Misunderstandings: A Medical Intuitive Reveals the Truth Behind the World's Hormone and Thyroid Crisis Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40 Days! Keep Your Love On - KYLO Study Guide (Keep Your Love on Study Series) The Price of Silence: The Duke Lacrosse Scandal, the Power of the Elite, and the Corruption of Our Great Universities 1,001 Heart Healthy

Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) Dating: Dating Advice for Women: Best 16 Dating Tips To Get The Guy, Understanding Men, Keep Him Interested and Avoid the Traps and Pitfalls Most women will never know about (Dating Advice)) Vegan Fitness for Mortals: Eat Your Veggies, Be Active, Avoid Injury, and Get Healthy for Life Productivity Secrets with Google Keep: How I use Keep daily to stay organized and productive

[Dmca](#)