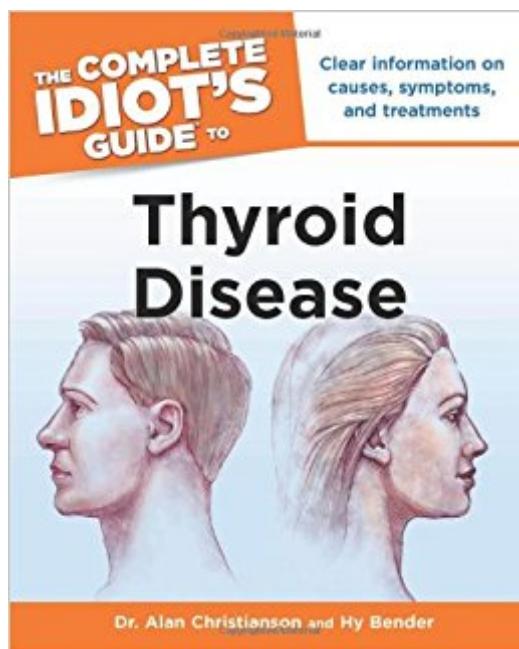


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# The Complete Idiot's Guide To Thyroid Disease (Idiot's Guides)



## Synopsis

Controlling health when metabolism is out-of-control. The thyroid is the body's energy center, working to set the metabolism. It can be underactive or work too fast. It is susceptible to cancer and other health issues, more often in women than men. And its symptoms are varying and hard to identify. The Complete Idiot's Guide to Thyroid Disease sifts through the vast amount of conflicting advice to help readers learn how to seek appropriate treatment for their individual situation. &#149; Covers Hypothyroidism and Hyperthyroidism, as well as Goiter, Graves' Disease, Hashimoto's Disease, Thyroid Cancer, and adrenal gland diseases &#149; Thyroid's role in PMS, infertility, and postpartum depression

## Book Information

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## Customer Reviews

Dr. Alan Christianson is the "go-to" expert to whom other physicians refer patients with thyroid disease. He has been featured on TV news stations across the country for his views on medicine, and has been spotlighted by national publications ranging from Woman's World to the Townsend Letter for Doctors & Patients. Hy Bender is the bestselling author of 15 books and has also written for such national publications as The New York Times, American Film, Advertising Age, Spy, and Mad Magazine. Hy's lived through both thyroid cancer and hypothyroidism, allowing him to write about thyroid topics in a nuanced way that fully takes into account a patient's feelings and needs.

This book is easy to understand and AWESOME. It provides tons of information that doctors should know but don't know. This is a great book for understanding autoimmune disease and what you can

do to heal it without ending up on drugs for life.

The book covers the main scope of thyroid disease thoroughly in an easy to understand manner. Of particular interest is an excellent section on the controversies of thyroid diagnosis and treatment that pervade the medical profession at this time, i.e. one size fits all medicine, which is slowly evolving toward individually oriented treatment. There is also a very good discussion on the various treatment options and an excellent section on analyzing test results, however my test results apparently do not follow any of the patterns indicated nor described elsewhere in the book. Thus it is short on information about the supposedly rarer outlying diagnoses that people have involving the thyroid (only 4 pages), such as secondary (pituitary) and tertiary (hypothalamus) hypothyroidism. I definitely recommend it even though it was not completely helpful in my case.

Thyroid is a complicated issue that most western medicine doctors don't really deal with well. It's not just 'one quick test' and you have your answer. I learned a lot, and have listened to podcasts from Dr. Christianson, who really knows this well. Definitely a book for someone who is wondering why they have all the Thyroid 'issues' but their doctors say their thyroid is fine.

Ok, but nothing new from what you can read on internet.

I loved that I didn't feel the need to have a doctor translate for me . I was able to find and answer my own questions, also make sense of why it works that way .. Really happy with this book. It made speaking with the doctor so much easier .

Very helpful. Lots of info. Get it and write down all the symptoms listed and take to your doctor.

Having lived for many years with an under-active thyroid, I have learned more about my condition from this book than I have from any doctor. I believe that we must all advocate for our own health and this book gives a great starting point to do just that. I for one have already initiated more comprehensive blood testing. Thanks to Dr. Alan Christianson and Hy Bender!

This was a very helpful book! Easy to read and understandable. It gave me information that my doctor wasn't up on, she's not an endocrinologist.

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