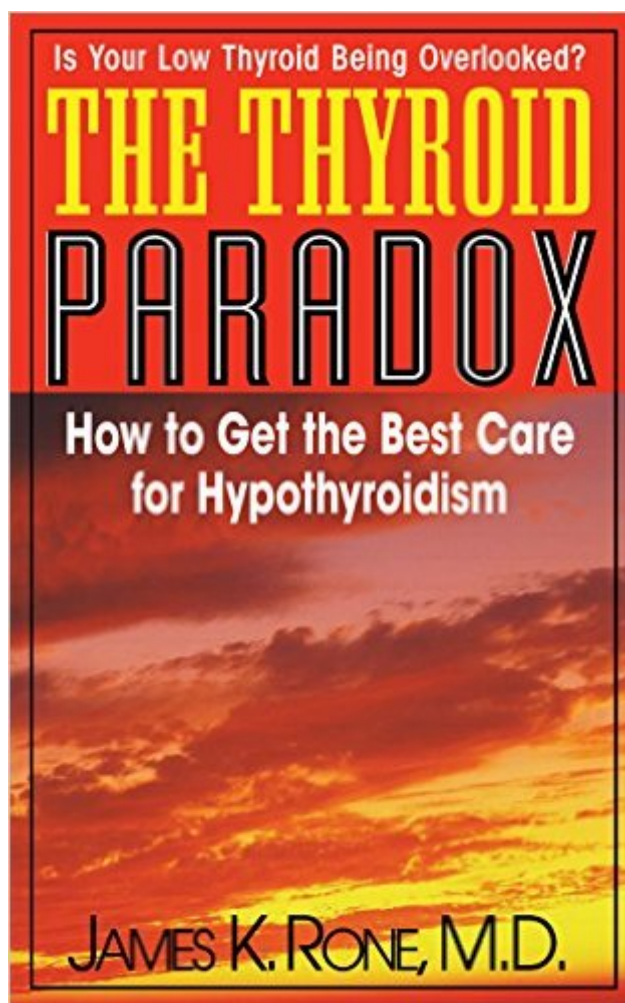


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The Thyroid Paradox: How To Get The Best Care For Hypothyroidism



Synopsis

Readers who suffer from low thyroid, or think they might, can find the missing answers. For the person who's been told it's not your thyroid, without then being told convincingly what the problem is. This book provides readers with the knowledge needed to communicate and work with their doctors to get the treatment they deserve.

Book Information

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Customer Reviews

And let me start by saying that I've read many. Note: This book specifically covers hypothyroidism. If you have hyperthyroidism, you might find this book useful in some ways, but it was not written specifically for that spectrum of the disease. Dr. Rone is a uniquely qualified author for this book for many reasons: 1) He is a board certified endocrinologist. 2) He has done a lot of specialized work with the thyroid. 3) He has hypothyroidism, so he understands what it is like to live with the disease. 4) He has been told by doctors that his thyroid numbers were fine and that his problems couldn't be thyroid related. Most of us who have suffered with thyroid disease clearly understand how difficult it is to get a doctor to listen to us when we tell them our symptoms and how we think our symptoms are caused by our thyroid. Many have been told, "it's not your thyroid. Your numbers are normal." Unfortunately, the doctors then rarely help us figure out what the problem is, so we go through life, sometimes for years, feeling miserable, and not knowing what the problem is. Dr. Rone explains the problem of modern medicine's approach to diagnostics (looking only at blood work) vs. the approach used by doctors before blood tests were available (signs and symptoms). He

recommends that doctors should be using a mixture of both the modern and the old, so as to not miss patients whose numbers might not be that high, but whose symptoms are off the charts. Dr. Rone does an excellent job of describing medical terms in a way that the average reader will be able to understand.

I highly recommend Dr. Rone's excellent book to all who are suffering with thyroid issues. I have suffered with hypothyroidism for some time and have had great difficulty finding a knowledgeable practitioner to assist me with treatment. It is clear that Dr. Rone is such a practitioner...a doctor who is passionate about learning all he can about the thyroid and using his knowledge to help people sort out these complex issues. Dr. Rone covers the myriad of treatment options for hypothyroidism. While it's clear that he favors treatment with synthetic medications, he is also familiar with the "reformist" school which advocates treatment with desiccated thyroid and gives a fair minded analysis of this approach. Dr. Rone concedes that hypothyroidism is probably far more common than most will admit and he believes that doctors should err on the side of treatment in many cases. There are a number of websites that purport to provide guidance to those seeking treatment for hypothyroidism. I myself was following some of the protocols advocated on these sites. After reading Dr. Rone's book I realized that much of what I read on the internet was grossly oversimplified. Dr. Rone's book can be challenging to read ...but that is because the material is very complex to begin with. Anyone relying on websites for treatment should buy and read Dr. Rone's book today so they can at least be apprised of the risks they are undertaking from self treatment. Unlike most conventionally trained physicians, Dr. Rone is not afraid to admit that he does not have all the answers. He is a cautious physician who believes that you should first and foremost "do no harm". I stupidly followed some internet advice that said thyroid blood tests are too sensitive and that most people need to take 3-5 grains of thyroid to get well.

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Hashimoto's: Hashimoto's Diet: An easy step-by-step Guide for Fixing the Root Cause of Hashimoto's Thyroiditis (thyroid, hypothyroidism, hashimoto's)

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