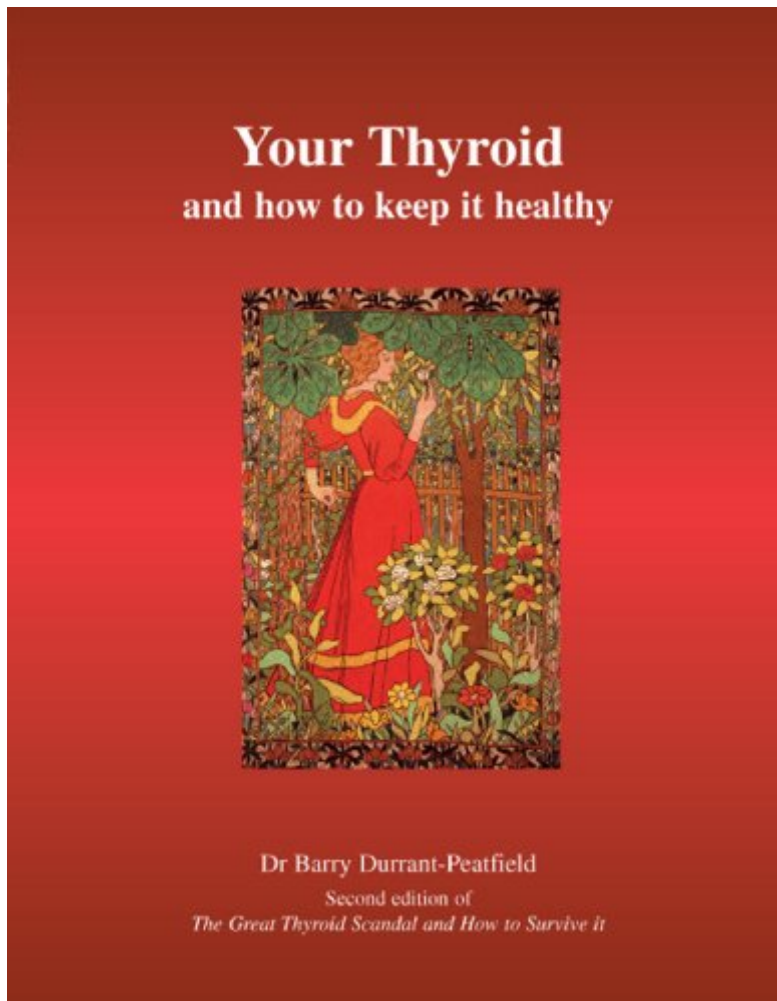


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# Your Thyroid And How To Keep It Healthy: Second Edition Of The Great Thyroid Scandal And How To Avoid It



## 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

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## 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.

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