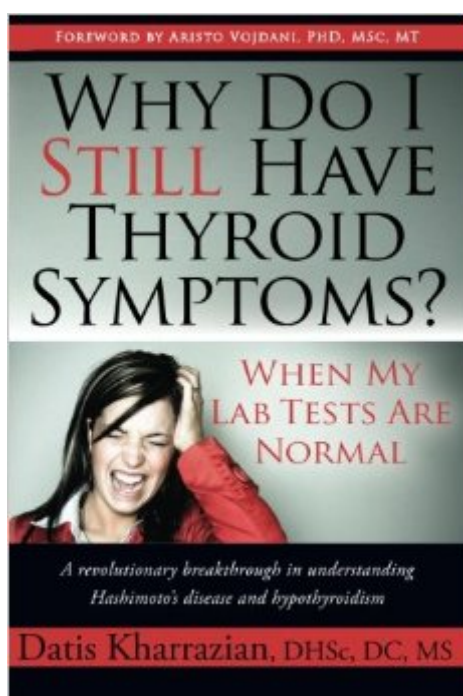


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# Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease And Hypothyroidism



## Synopsis

Why Do I Still Have Thyroid Symptoms? was written to address the true causes of hypothyroidism in this country and how to manage them. The vast majority of hypothyroid cases are being treated inappropriately or misdiagnosed by the standard health care model. Through exhaustive research and clinical experience, Dr. Kharrazian has discovered what really causes hypothyroidism and how to manage it.

## Book Information

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## Customer Reviews

I'm a lay person who has had thyroid disease for 43 years. The idea of going gluten free if you have autoimmune thyroid disease is nothing new, but withholding that information as a way of luring thyroid patients to buy the book goes precisely to why Dr. Kharrazian's book-form infomercial is a turn-off for me. Dr. K is obviously very bright and articulate. The bottom line of the book? Go to see his specially trained practitioners (read chiropractors) who have taken his seminars; they are the only ones who can sell his secretly formulated supplements. Those are likely to be the same chiropractors who have just rated this book 5 stars. What happened to the good old days when people wrote just a plain old book....not a plan for a pyramid sch..er..marketing empire? I just could not get past it. On Dr K's web page I listened to the radio interview where he didn't present himself as a chiropractor, but rather as someone holding a doctorate in medical research. I pictured him in the halls of a medical center conducting studies. I was quite impressed until I googled the school he went to--it's an online one. While I'm sure he wrote a dissertation on the subject of medical

research, I'm equally sure this is NOT the hard science research degree Dr K would like to have us believe it is. In my opinion, his research for this book shows it by its paucity of references to sound studies. I'd be more impressed if he hadn't trumpeted his online "doctorate" at all. I found the help I was looking for, but not from this book, which targets the vast number of people--especially women--not doing well, suffering from the seeming vacuum of knowledge among physicians and endocrinologists treating autoimmune thyroid disease and resultant adrenal stress.

UPDATE for those looking for help with autoimmune, fatigue, etc. I find helpful Ayurvedic doctors experienced in balancing hormones and lymphatic system for better results. John Douillard's website [lifespa](#) has many articles, audios and videos for free that educate on lymphatic-autoimmune connection and you can purchase a telephone consult from him if you are not in the Boulder, Colorado area. Organic India's March 2014 newsletter is on Thyroid. Manjistha (available from [here](#)) is a great affordable gentle way to start getting your lymphatic, digestion, and elimination systems working correctly and then your body automatically corrects autoimmune conditions and other disfunction and becomes healthier.+++ original review ++++A HEALTHY gluten-free diet is REQUIRED in Datis' protocol and may actually be the only change the reader needs to get a healthy thyroid and lose the hypo/hyperthyroid symptoms. If you aren't knowledgeable about gluten's effects or how immune system and thyroid work, you may want to read this book but there are better ones out there that aren't infomercials for their system of 1) go to their specially trained chiropractor who charges fees so high that the insurance company won't/can't reimburse them and they refuse to accept what the insurance company says their service is worth, 2) pay for tests that aren't covered by insurance and are not recognized by the AMA as supporting authoritative medical diagnosis but tests that are simply designed to tell you not what nutrients you are deficient in but which of THEIR supplements you need to purchase and 3) purchase THEIR supplements which probably are not the best ones out there for your individual needs and treatment.

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