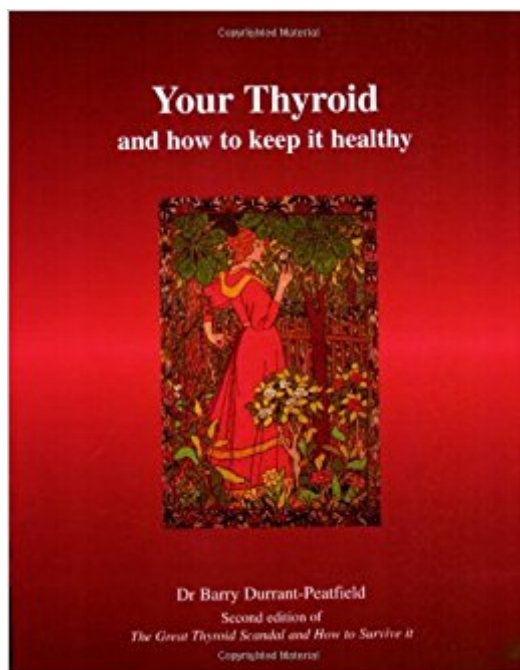


The book was found

Your Thyroid And How To Keep It Healthy



Synopsis

Thyroid problems, especially thyroid underactivity, are on the increase but notoriously difficult to diagnose. Many sufferers have years of treatment for their symptoms rather than for the underlying problem. In this fully revised and updated second edition of Dr Durrant-Peatfield's acclaimed book you will learn how to recognize thyroid problems in yourself and how to take an active part in your own treatment. New for the second edition: * enhanced emphasis on patient empowerment * more detailed guidance on a natural approach * more detail on digestive and nutritional issues, including food intolerance and candida infection * full referencing throughout

Also available: Chronic Fatigue Syndrome: a natural way to treat M.E. - ISBN 1905140002 The Perrin Technique - ISBN 1905140126 Suburban Shaman: Tales From Medicine's Frontline - ISBN 1905140088

Book Information

Paperback: 240 pages

Publisher: Hammersmith Press Limited; 2nd edition (June 27, 2006)

Language: English

ISBN-10: 190514010X

ISBN-13: 978-1905140107

Product Dimensions: 6.8 x 0.6 x 8.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (25 customer reviews)

Best Sellers Rank: #174,092 in Books (See Top 100 in Books) #95 in Â Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #346 in Â 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...](#)

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: Second edition of The Great Thyroid Scandal and How to Avoid It Your Thyroid and How to Keep It Healthy The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms 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) 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 Happy Healthy Thyroid - The Essential Steps to Healing Naturally Productivity Secrets with Google Keep: How I use Keep daily to stay organized and productive Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy When Your Ex Doesn't Follow the Rules: Keep Your Sanity and Raise Happy, Healthy Kids The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) The Thyroid Cure: The Functional Mind-Body Approach to Reversing Your Autoimmune Condition and Reclaiming Your Health! The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New

