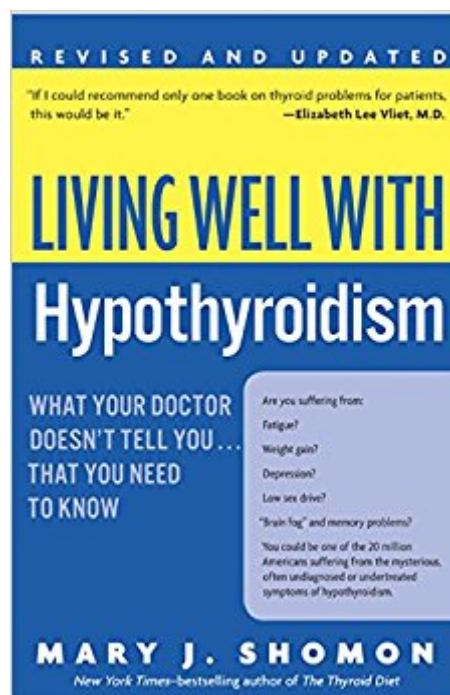




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# Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need To Know (Revised Edition)



## Synopsis

The Most Comprehensive Resource Available on the Diagnosis and Treatment of

Hypothyroidism For millions of Americans, hypothyroidism often goes untreated ... or is treated improperly. This book, thoroughly researched by the nation's top thyroid patient advocate—a hypothyroidism patient herself—provides you with answers to all your questions, including: What is hypothyroidism? What are the warning signs, symptoms, and risk factors? Why is getting diagnosed often a challenge, and how can you overcome the obstacles? What treatments are available (including those your doctor hasn't told you about)? Which alternative and holistic therapies, nutritional changes, and supplements may help treat hypothyroidism?

## Book Information

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## Customer Reviews

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, [www.thyroid-info.com](http://www.thyroid-info.com). She lives in Kensington, Maryland.

As a Hashimoto's sufferer since 2014, I was happy to receive this book as a resource for my condition. Well written and easy to read/understand, the author speaks in a way that is relatable and interesting. I'd certainly recommend this to anyone with hypothyroidism or feeling the symptoms.

Very helpful information on hypothyroidism, what it is, how it is treated, and how to advocate for yourself. A great resource

I am torn about this book. I read the first edition many years ago and found it helpful, but reading the current version left me with some concerns. Here are the positives and negatives, as I see them. For background, I've been diagnosed with hypothyroidism for over 20 years and have done the rounds of medical professionals including both GP's and endocrinologists in that time. I'm NOT a medical professional by any stretch of the imagination. Pros: \* The author is a well-known patient advocate who clearly knows a lot about hypothyroidism. \* There is a lot of information in this book, some of which could be very helpful to new patients (as long as you read it with a bit of skepticism; see below). Cons: \* The science is a bit dated, and the author tends to talk in general terms about research but doesn't provide a lot of actual studies. There are very few if any citations. \* The writer's tone is antagonistic and somewhat condescending towards Western medical doctors in general. She seems to imply that a well-informed patient knows more than an endocrinologist, and honestly I don't believe that's usually the case. (Although I have met some docs that made me wonder. There is a range of competence in every profession). \* The section on symptoms includes a broad list of all the things that can be caused by hypothyroidism, but not much information on what are the common issues vs. which ones are more rare. If you don't read it with some skepticism, every problem you have ever had could have been caused by hypothyroidism. (Or might not, because it could legitimately be something else. If you are busy blaming your thyroid, you could miss something important like diabetes or heart disease). \* She seems to write from a perspective that everyone should be medicated for thyroid issues, even if the lab results don't say so. This can actually be dangerous because being hyperthyroid has its own side effects, including osteoporosis and heart issues. \* The sections on alternative medicine felt to me like she's pushing these as superior solutions, without citing any research about safety / efficacy. Personal anecdotes are helpful but they are not a substitute for legit research, in my mind anyway. I'm not a medical practitioner so I don't think that I'm overly biased. I do, however, like my medical care to be based on research, and while I do use alternative medicine such as chiropractic, I wouldn't have my hypothyroidism treated by anyone other than a medical doctor.

Great book for those whose doctors aren't all that helpful in explaining what Hypothyroidism is and what it can do to you, it's great for anyone with Hypothyroidism who wants to know more about it, really.

I highly recommend this book to anyone who suffers from Hypothyroidism or has a loved one with the disease. This book is informative, easy to read and extremely helpful. It covers everything you need to know to deal with hypothyroidism so you can be an advocate for your own health and well being.

Read this book and learn that there is way more to treating the thyroid then doctors know. The common drug given out does not always work for everyone. Be opened-minded and you will see that listening to others experience is the best way. You will see that this disease affects every organ in a person's body. What is discussed in here will open your eyes to a healthier life forever.

This is a great book, although a little dated. Lots of good info, names of some recommended practitioners and organizations in the USA and world, I received the book very quickly, and have no problems with the seller. Thank you.

HALF WAY THROUGH. LOOKS LIKE IT WILL HELP WITH MY WIFES PROBLEM

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