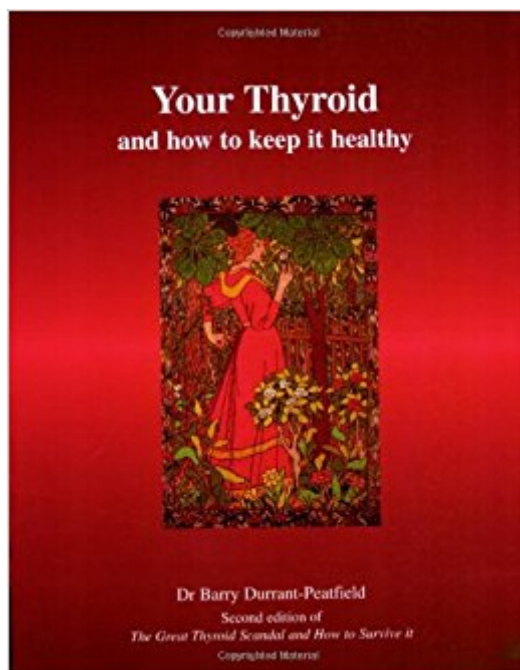


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# Your Thyroid And How To Keep It Healthy



## 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

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

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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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