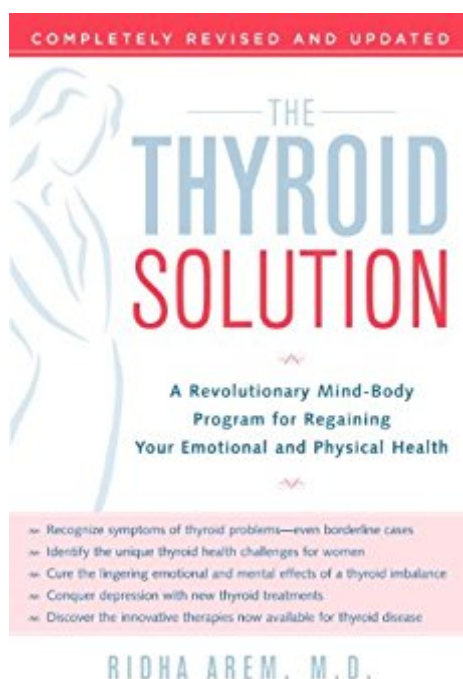


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# The Thyroid Solution: A Revolutionary Mind-Body Program For Regaining Your Emotional And Physical Health



## Synopsis

It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people, most of them women--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source. Yet many primary-care doctors still don't recognize the importance of the thyroid in mind-body health--and its especially crucial role in women's well-being. The Thyroid Solution is a must-read for anyone who suffers from a thyroid condition. It's the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover-

- The thyroid basics--what it is, where it is, what it does-
- How thyroid hormones affect the brain and alter mood, emotions, and behavior leading to brain fog, weight gain, loss of libido, infertility, anxiety, and depression-
- What tests to ask your doctor to give you--and what they mean-
- The vital connection between stress and thyroid imbalance-
- The benefits of antioxidants and essential fatty-acid foods and supplements-
- How to recognize and cure the deep and lingering effects of a thyroid imbalance

Filled with remarkable patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, The Thyroid Solution now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

## Book Information

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## Customer Reviews

I read this book, *The Thyroid Solution* by Ridha Arem, many months ago, so some of my specific recollections are a little hazy, but I do remember thinking that overall it was pretty good--a solid 3 1/2 stars. (I rounded up to four even though it isn't quite up to that.) But even though it's pretty good and worth reading, there were a few respects in which it disappointed. Dr. Arem's thorough yet understandable exposition of the thyroid, how it works in concert with other bodily systems and organs, and the wide-ranging consequences of deviations from optimal functioning relative to health and well-being is sufficient in and of itself to justify recommendation of this book. Moreover, Dr. Arem is head and shoulders above the all-too-typical McMedicine types who robotically prescribe Synthroid based only on TSH reference ranges. For example, Dr. Arem recognizes that some patients are unable to convert adequate T3 from T4, so he frequently prescribes T3. And he also recognizes that some people will have to be pushed lower than others on the TSH to really feel good. Disappointingly, he strongly resists using natural, desiccated whole thyroid in favor of synthetics for reasons that aren't entirely convincing (e.g., that the natural ones aren't sufficiently standardized). In fact, his antipathy toward natural (e.g., Armour) thyroid is so great that he tries to migrate his patients who are already taking it to other "better" synthetics. Perhaps some of his patients would do better if he were more willing to prescribe whole thyroid. For whatever reason(s), some patients respond better (from the patient's perspective) to whole thyroid than even the T4/T3 combo. My impression from reading Dr.

Pros: He does a good job of explaining the relationship between the thyroid and conditions that are often thought to be psychological. He gives medical treatment advice that seems good and original (although since I never tried it and am not a doctor, I can't say more than that). He also discusses ways to manage the situation where, once the thyroid becomes functional, the body doesn't catch up and the symptoms don't go away immediately. The book seems comprehensive in terms of thyroid problems. Cons: His diet advice seemed self-contradictory and arbitrary. He says that controlling calories and exercising more doesn't work in the real world for losing weight, and then

advises controlling calories and exercising for losing weight and gives a basic 'intro to exercise' exercise plan. (As someone who has been overweight much of my life, I find it demeaning when someone assumes that because you are overweight you don't exercise, and one might assume that someone motivated enough to read a book about thyroids might already have figured exercise.) Given that the trend nowadays is to promote saturated fats as a healthy alternative to vegetable oils such as canola or safflower, and many people do well with that both for thyroids and weight loss, I was surprised at his insistence on not eating saturated fats. It seemed like he was just repeating popular belief about what is "healthy". Similarly, he encourages the reader to eat soy, and then comments it MAY have deleterious effects on the thyroid. Maybe it's just me, but if I were reading a book because I had a thyroid problem, and someone said a food MAY cause a problem, well, I wouldn't want to eat it. You know.

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