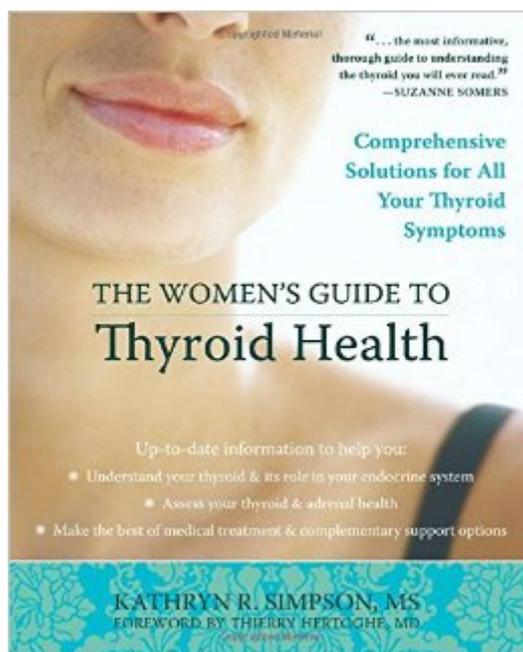


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# The Women's Guide To Thyroid Health: Comprehensive Solutions For All Your Thyroid Symptoms



## Synopsis

You're already an expert on your thyroid symptoms. Why not become an expert on solutions? Although your doctor is an invaluable resource, taking charge of your health care is the best way to discover treatments that work, make the most of your medical appointments, and restore your thyroid balance. Because hypothyroidism, hyperthyroidism, and other thyroid problems affect every woman differently, *The Women's Guide to Thyroid Health* takes a personal approach. Together with your doctor, you'll evaluate your symptoms and use that information to create a personal treatment plan. Use this book to help interpret test results, understand your options for hormone therapy medication, manage side effects, and discover simple nutrition and lifestyle strategies that can keep you looking and feeling well. By informing yourself and partnering with your doctor, you'll get the results you are looking for.

## Book Information

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## Customer Reviews

**The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms**  
This is an excellent book of information about a Thyroid condition. I inherited this condition from My Mother but did not understand my symptoms or what was happening to my body. The only thing the doctor did was put me on Synthroid and check my Blood. No information whatsoever. This even gives a person information on how to get free testing if you have no insurance, It explains what kind of blood tests you need as well as explaining everything your Thyroid controls. I have realized that the health problems I have been experiencing since my early 30's have been all related to my Low Thyroid condition. Amazing book!! I applaud it and recommend

it highly. Thanks!

This is the book I wish was around when I first started having thyroid problems. It thoroughly and simply explains thyroid function, disease processes, and the interaction of hormones. The book touches on the common and obscure symptoms related to thyroid disease, and explains treatment options.

I was diagnosed with hypothyroidism four years ago. For the most part I thought it was under control, I had no idea the health problems I was having were related to the thyroid. I first got this book on a two week loan from our local library. It is so full of wonderful information that I decided I need my own copy. It explains all your glands and hormones and how they relate to your thyroid.

After having been diagnosed by my Gynecologist having Hashimoto Disease I read this book and got so MUCH information from this book. I went to see a Endocrinologist and he didn't know as much as I did after reading this book. Buy this book if you have problems with your thyroid or adrenal glands, you will be glad you did! Packed full of information and what the test results mean.

Wonderful and informative book, it was very insightful and gave great suggestions on changing my lifestyle to help fight this issue. I'm hoping that by making changes without medicine, I might be able to avoid it all together... At least one can hope and it's a great place to start.

Words are truly inadequate, I cannot say enough about the author and the outstanding contribution she has made in explaining and detailing thyroid health. I highly recommend this book as an incredible resource for understanding and treating thyroid dysfunction. I have rechecked many facts in different areas and everything I find is reconfirmed elsewhere. The foreword writer is not only an endocrinologist expert in his own right but has a long list of ancestors who were early pioneers in endocrinology and thyroid research.

This book is very informative and easy to read -- I love how Simpson explains the hormone system as a whole and the influencing parts. The thyroid and adrenal assessments are very helpful, and I like that she also includes information on diet and lifestyle changes that can improve your condition. Simpson is very pro-medication, and it's great that it worked for her. But before you go out and demand medication from your doctor, I would definitely read "Why Do I Still Have Thyroid

Symptoms?" by Dr. Kharrazian. He talks about important tests not all doctors do, and the overuse of medication for symptoms of thyroid problems.

This is a FANTASTIC book for anyone with any type of Thyroid disorder. It is written beautifully and is both wonderfully informative and understandable. I am so glad I chose this book over the others. It helped me to piece together my symptoms and what was causing them with ways to help deal with and handle my thyroid. Money well spent!

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