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# Tired Thyroid: From Hyper To Hypo To Healing—Breaking The TSH Rule

## TIRED THYROID



FROM HYPER TO HYPO TO HEALING  
BREAKING THE TSH RULE

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## Synopsis

Doctors aren't properly treating thyroid patients, so patients are turning to the internet for answers. Are doctors ordering the wrong lab tests? Are internet protocols safe? Read the book that separates thyroid fact from fiction. Barbara Lougheed chronicles her journey from being diagnosed as hyperthyroid with Graves' disease, to undergoing radioactive iodine (RAI) treatment, and finally being treated for hypothyroidism with Synthroid (levothyroxine). She searched for her optimal dose and questioned much of what doctors and fellow thyroid patients told her. Her research findings did not agree with what she'd been led to believe, and she presents these findings, along with charts and graphs, to explain thyroid physiology and the many misconceptions that exist about thyroid treatment protocols. There are numerous medical journal references, so patients can verify the information that's presented for themselves. Medical concepts are presented in plain English, with graphs and analogies that even the layperson can understand. Read the case studies of a hypopituitary man, a woman with Hashimoto's thyroid disease, a fatigued young man with an iron loading condition, and a woman who successfully battled Graves' disease using alternative treatments. Learn why current medical treatment protocols are illogical, and why patients don't feel well when a TSH lab test determines their dose (the TSH Rule). Learn what tests to ask for instead, what a normal thyroid gland secretes, and the pros and cons of popular internet protocols. Are patients aware that there are three different types of thyroid medications, each with pros and cons, and that patients can still be hypothyroid even with "normal" labs? Is the iodine protocol, T3-only protocol to clear reverse T3, or natural desiccated thyroid a good idea for everyone? This book reveals the facts so patients can make an educated decision.

## Book Information

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## Customer Reviews

I can't recommend this book enough, it's something I can't put a price tag on since to me its help was life changing. It literally made my life different. After 3 years of trying to adjust my thyroid meds by trying NDT only, NDT and T3, and T3 only (due to a high reverse T3), the solution was in reproducing nature itself, mimicking the daily production of a normal thyroid. Today I am using Synthroid and NDT, and I have finally been able to reach very close to my ideal dosage which I assess by pulse, bp, temp, blood tests and symptoms (I have multiple trigger points in my muscles which create chronic muscle pain everywhere from plantar fasciitis to TMJ, and on my current dosage my pain is 90% gone). The depth of the research the author has been through is amazing, and the knowledge she shares in her book is enough for you to be able to do what I did - adjust your thyroid meds to your ideal need. Name the book about thyroid, I've read it. None is even close to the solid information provided here. No other author has researched the subject in the depth she did. If only I had read her book sooner, I'd have saved myself money (I still have many bottles of cynomel and cortef left), time and endless palpitations, nervousness and sweating episodes like I had when I used T3 or NDT only. I kept believing the problem was my adrenals were shot. They were, no doubt about it (hypothyroidism decreases adrenal output due to the lack of T3 in them to produce hormones) but what was shooting them down even further was the excessive dose of T3 I'd been using, which would spend all my cortisol and aldosterone available and bring on a myriad of symptoms like nervousness (adrenalin rushes to compensate for the low cortisol), palpitations, fast pulse, dizziness and so many others.

I have been helping people on the web with hormones for years I was a Moderator at 2 forums for Thyroid and still active on a Hypogonadism Forum for Men's Health. I am not a Dr. just a guy that is Hypopituitary and need all my hormones treated. I have been down this road over 33 yrs going from

one Dr. to the other until I found a good one. I feel the need to say this if your sick don't try to treat yourself this is like going down a road to nowhere. I must say this book is by far the best Thyroid book I ever read and what she says about RT3 as to T3. I have been saying for yrs. but could not put it into the right words. Most books that I read I can't read them long do to my eyes I start seeing double. Well I can't put this book down and when I am seeing double I stop reading it. Only to pick it up again when my eyes stop seeing double. OMG I can't remember the last time I read a good book like this. It's not over my head I understand every page I read and don't need to look up words to find out what they mean. I am now reading about Peter a guy like myself that is Hypopituitary it's like reading my story. On to Jane's story my God my heart goes out to her because I have been down this road. And after reading her story I now have a better understanding why I felt the way I did. Just finished part 1 and could not stop reading about Adrenal Dysfunction I have this problem I have Secondary Adrenal Insufficiency. From a Head Injury and lucky to be alive. I can't tell you how many times I was on the edge of Adrenal Crisis and no one knew what was wrong with me. This book is spot on about this subject.

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