



Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know

Mary J. Shomon

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Is hypothyroidism your problem?

For millions of Americans, fatigue, weight gain, hair loss, depression, and other symptoms often go undiagnosed and untreated. Endured by weary patients and ignored by doctors, common warning signs of hypothyroidism are often attributed to depression, stress, age, or simply dismissed as "all in the patient's head." Even diagnosed, hypothyroidism is frequently treated improperly, preventing countless numbers of people from feeling and living well.

This book, exhaustively researched by a professional writer and hypothyroidism patient, is written for patients, their families, their doctors, and the countless number of people with undiagnosed or undertreated symptoms of the disease---frustrated, as the author was, by the lack of information on the subject.

Living Well With Hypothyroidism includes dozens of compelling, first-person accounts from people who have learned to triumph over the disease and thoroughly answers such questions as:

- What is hypothyroidism?
- What are the warning signs, symptoms and risk factors?
- Why is getting diagnosed often a challenge and how can you overcome that obstacle?
- What treatments are available (including those your doctor hasn't told you about)?
- Why is the most frequently prescribed treatment often insufficient?
- What are the options and benefits of alternative therapies?
- What effects does hypothyroidism have on infertility and pregnancy?
- How do you recognize hypothyroidism in infants and children?
- What is the outlook for future treatment of hypothyroidism?
- And *Much More!*

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Terry Burrows:

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't buy it, oh come on its named reading friends.

Loretta Pena:

Many people spending their period by playing outside with friends, fun activity using family or just watching TV all day every day. You can have new activity to enjoy your whole day by reading a book. Ugh, do you consider reading a book can actually hard because you have to bring the book everywhere? It all right you can have the e-book, taking everywhere you want in your Smart phone. Like Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know which is keeping the e-book version. So , try out this book? Let's see.

Corey Watts:

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when you're experience alone and confuse with the information must you're doing of this time.

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