



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

By Mary J. Shomon

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The Most Comprehensive Resource Available on the Diagnosis and Treatment of Hypothyroidism

For millions of Americans, hypothyroidism often goes untreated ... or is treated improperly. This book, thoroughly researched by the nation's top thyroid patient advocate—a hypothyroidism patient herself—provides you with answers to all your questions, including:

- What is hypothyroidism?
- What are the warning signs, symptoms, and risk factors?
- Why is getting diagnosed often a challenge, and how can you overcome the obstacles?
- What treatments are available (including those your doctor hasn't told you about)?
- Which alternative and holistic therapies, nutritional changes, and supplements may help treat hypothyroidism?

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Editorial Review

About the Author

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, www.thyroid-info.com. She lives in Kensington, Maryland.

Users Review

From reader reviews:

Paul Tirrell:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know (Revised Edition) can be excellent book to read. May be it can be best activity to you.

Michael Taylor:

The reason why? Because this Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know (Revised Edition) is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking method. So , still want to delay having that book? If I have been you I will go to the e-book store hurriedly.

Larry Witcher:

The book untitled Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know (Revised Edition) contain a lot of information on this. The writer explains her idea with easy technique. The language is very clear and understandable all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can keep reading your smart phone, or program, so

you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice read.

Robert Russell:

In this period of time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to you is Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know (Revised Edition) this guide consist a lot of the information on the condition of this world now. That book was represented how do the world has grown up. The dialect styles that writer value to explain it is easy to understand. The particular writer made some study when he makes this book. Here is why this book suitable all of you.

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