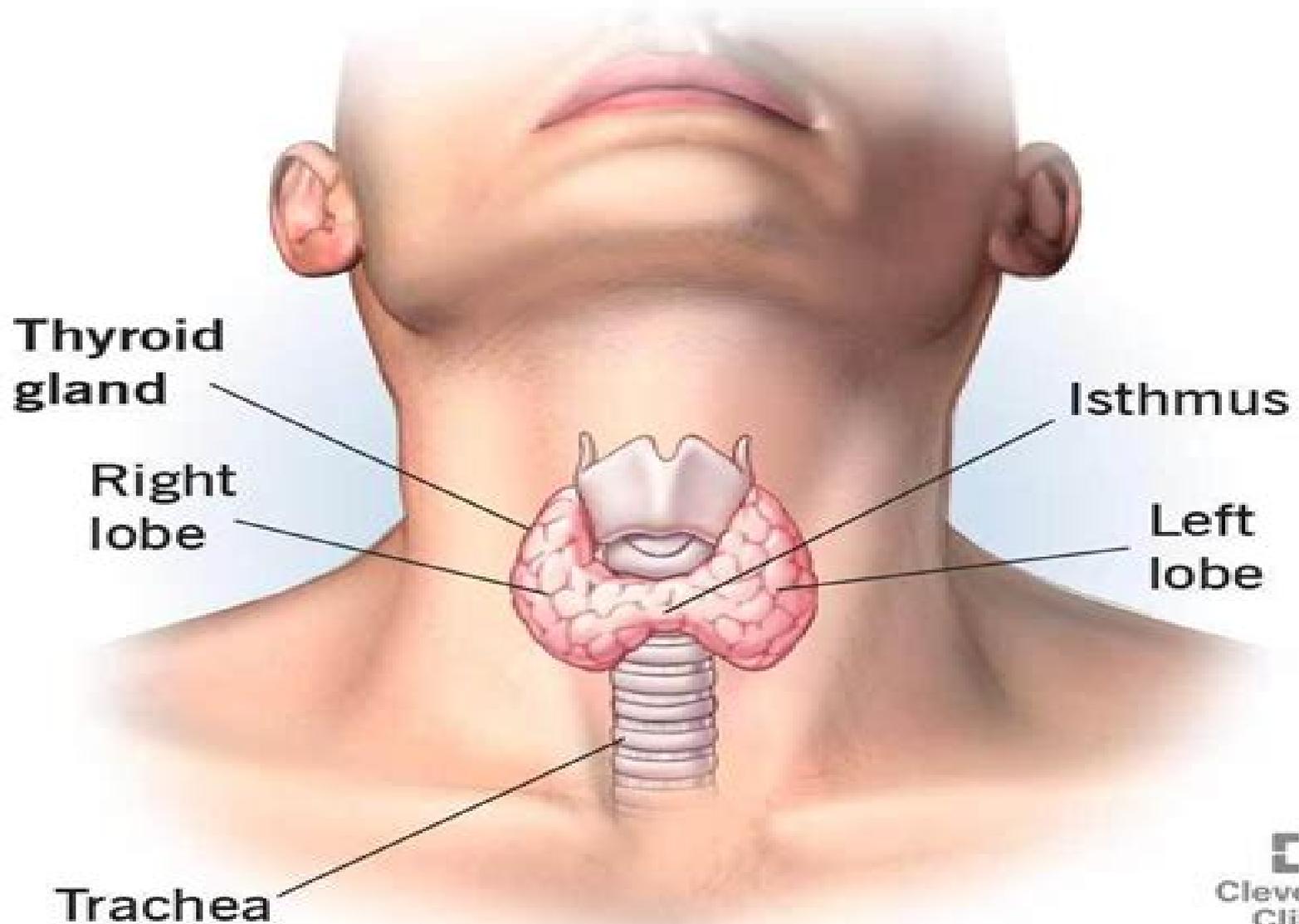


Thyroid



Your Thyroid

**Gerald Don Wootan, Matthew Brittain
Phillips**



Your Thyroid:

Take Charge of Your Thyroid Disorder Dr. Alan Christianson, Hy Bender, 2020-12-29 Restore your thyroid balance with this no nonsense information Unusual fatigue unexplained weight loss or gain a racing heart confusion tremors anxiety and depression hair loss an ailing thyroid can cause any combination of these symptoms or dozens of others making it difficult for even experienced doctors to recognize when you have a thyroid disorder Learn the ins and outs of Hashimoto s Thyroiditis Grave s Disease goiters and thyroid nodules among other thyroid ailments Millions of people live with thyroid disorders detected and undetected The next best thing to a personal thyroid specialist this invaluable guide helps you navigate the maze of conflicting information and determine your best course of action This guide will help you find the answers you re looking for Within these pages you ll find in depth looks at thyroids how they work and how they can go bad advice on finding the perfect doctor and reaching a diagnosis guidance on dealing with other thyroid related issues such as thyroid cancer and adrenal gland disease and even tips for living a healthy lifestyle regardless of the setbacks Discover the path toward a healthy thyroid and start your journey today Your Thyroid Lawrence C. Wood, E. Chester Ridgway, 1995 Do you feel sluggish or depressed Do you tire easily Are you overly sensitive to the cold Do you feel swollen or overweight An overactive or underactive thyroid could be the hidden cause behind many of these common symptoms Left untreated a malfunctioning thyroid may lead to serious complications Once diagnosed however it can usually be treated safely easily and without anxiety Completely revised and updated for the nineties Your Thyroid A Home Reference explains what the latest scientific advances can mean to you It is the essential guide to some of America s most common health problems and an essential addition to every home medical library How to identify the various forms of a malfunctioning thyroid and the specific treatments available to counteract them How to gauge your susceptibility before symptoms appear and when to seek a thyroid checkup The effects of drugs diet stress and radiation on the thyroid and how to maintain its normal operation PLUS How to monitor thyroid trouble during pregnancy and in your children Practical illustrations to help you help yourself and your family

The Thyroid Sourcebook (5th Edition) M. Sara Rosenthal, 2008-12-07 The classic reference guide for living with thyroid disorder now completely revised and updated The New York Times called this book an excellent source of information The Thyroid Sourcebook features patient narratives information on the complications of hypo and hyperthyroidism such as depression weight gain thyroid eye disease and sleep disorders the latest on complimentary medicine and much more

Your Thyroid Lawrence C. Wood, David S. Cooper, E. Chester Ridgway, 1995-05-31 Now completely revised and updated this comprehensive sourcebook for identifying and treating overactive and underactive thyroids features vital information on various conditions ways to monitor thyroid trouble and the effects of drugs diet stress and radiation on the thyroid **Detox Diets For Dummies** Gerald Don Wootan, Matthew Brittain Phillips, 2010-03-08 Detox Diets For Dummies is your guide to making informed choices about cleansing your body and mind safely and conveniently Researchers have found that we ingest

dangerous chemicals every day in our food water and the air we breathe Detox Diets For Dummies helps you understand the effects of these chemicals on your body and find safe gentle methods to expel them from your system This comprehensive guide provides clear reliable information on the leading detox plans so you can accurately assess your own needs and select the best plan for your desired detox goal A screening quiz helps you identify the program and plan that best suits your lifestyle and personal detox objectives Detox Diets For Dummies provides plenty of healthy recipes and exercises help clear your body of toxins without harmful or unpleasant side effects Helps you flush away harmful chemicals safely and easily Reveals why some popular detox programs may cause more harm than good Supplies a screening quiz to help you identify your personal detox needs and choose the right program Recommends programs for quitting smoking or drinking fighting allergies and losing weight calming stress and anxiety increasing your energy and revitalizing your spirit Includes more than 35 recipes for safe cleansing of toxins and other harmful agents Whether you are motivated by weight loss disease prevention metal purification or physical revival Read Detox Diets For Dummies for a variety of detox programs that are all natural and fit every lifestyle

The Hormone Connection Gale Maleskey, Mary S. Kittel, 2001-01-01 Explains how a hormonal imbalance can contribute to dozens of physical and emotional ailments including fatigue diabetes osteoporosis and depression and furnishes a number of self help strategies for relieving more than forty different conditions

The Thyroid Sourcebook for Women M. Sara Rosenthal, 2005-01-21 The Thyroid Sourcebook for Women is an indispensable resource for the one in eight American women who suffers from chronic thyroid disorders This new edition features the latest research on thyroid disorders including hypothyroidism hyperthyroidism and thyroid cancer and their effect on women s health and lives It explores the advantages and disadvantages of the latest medications and treatments while addressing critical concerns for women such as fertility pregnancy postpartum thyroid disorder menopause depression and weight gain It also offers candid appraisals of major alternative therapies

Natural Choices for Women's Health Dr. Laurie Steelsmith, 2005-05-24 Are you unhappy relying on antibiotics for every illness painkillers for menstrual cramps and caffeine just to feel normal Are you fed up with an endless cycle of colds flus headaches digestive problems and fatigue Do you want to experience freedom from menopausal hormone fluctuations and hot flashes Natural Choices for Women s Health explores these issues and many more offering a groundbreaking resource for women who want to approach health naturally In this completely accessible guide Dr Laurie Steelsmith shows for the first time how women can create a lifetime of optimal well being by blending the extraordinary benefits of natural medicine from both the Western tradition and ancient Chinese teachings Outlining a Naturally Healthy Lifestyle that enhances the body s own health sustaining abilities Steelsmith identifies ten crucial components of a woman s health the immune system kidneys liver digestive system heart hormones bones breasts pelvis and mental health and provides dozens of tips to help maintain peak condition In this resource you will discover How to balance your hormones with natural medicine A list of Best Breast Foods and other tips to enhance your breast health Ancient

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