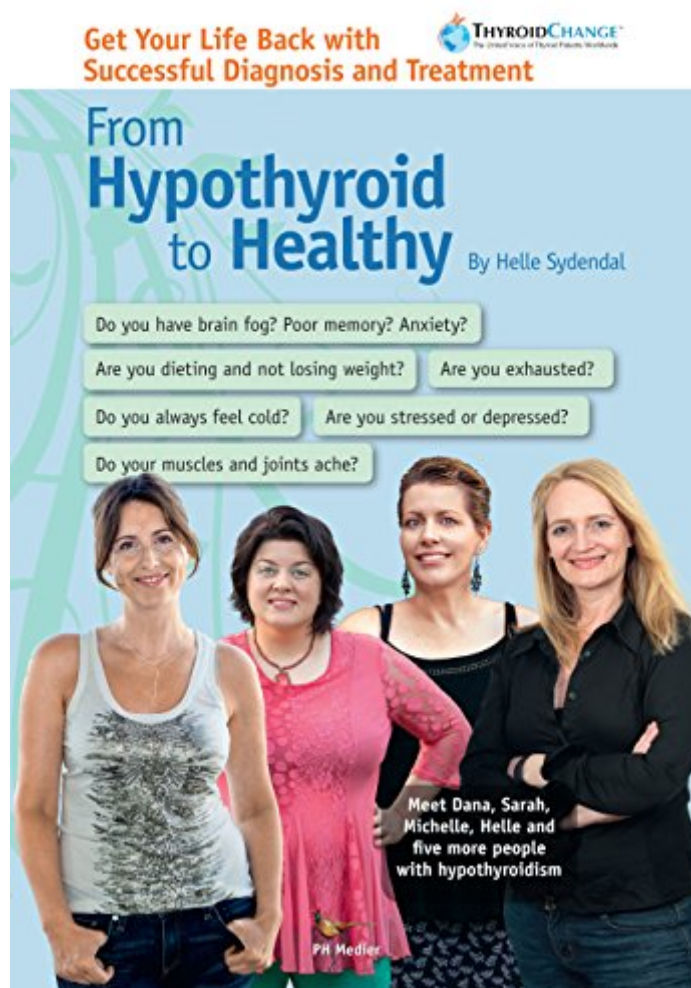


The book was found

From Hypothyroid To Healthy: Get Your Life Back With Successful Diagnosis And Treatment



Synopsis

“People around me believed me to be lazy and eating too much. What else could the reason be for my getting fatter and fatter and sleeping all the time?” This book may change your life. It will tell you all you need to know about the diagnosis and treatment of hypothyroidism or low thyroid function or myxoedema. This is the book about hypothyroidism that everybody is able to read even if your brain is not working as it used to. It is richly illustrated with color photos, graphic and easy-to-understand tables. Read about how Helle Sydendal got her life back and lost weight without following a diet after she got the right treatment. Are you still suffering from symptoms of hypothyroidism and have only been offered one kind of treatment that is not really helpful to you? This book will explain everything you need to know about expanded testing and treatment. Read the honest and heartbreaking stories of people living with hypothyroidism: Find your path to a restored health by reading *From Hypothyroid to Healthy*.

Book Information

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Customer Reviews

This book is a very good starting point for the hypothyroid. Most of the book is about patient experiences of hypothyroid and each patient's approach to optimum health. The book is written with the experiences of those afflicted with this very common medical condition, many of whom are now patient advocates. The startling similarities of these patients is the wide variety of treatments that are effective (no one treatment works for everyone) but the wide variety of doctor expertise ranging from experience and patient-centered treatment, to gross hubris and ineptitude bordering on malpractice. The basics of the condition are outlined here, including dramatic photos of the author. Not included, however, is the use of various supplements, nutritional advice and adrenal support that are vital to wellness with hypothyroidism. For this, I also recommend, "Stop the Thyroid Madness," by Janie Bowthorpe.

This book is WONDERFULLY written and perfect for those who suffer from hypothyroidism but aren't seeing results or getting the help they need. I'm still unsure whether or not my illness is severe Adrenal Fatigue from prolonged sleep deprivation or Hypothyroidism but this book certainly comforts me. It gives you hope and shows you how you can recover and how to be as pro-active as possible. Let's face it, we already know that as a patient, we have to be our own advocate for our health. We have to research, we have to seek out help and we have to demand doctors and tests to help us recover. This has been such a long and exhausting road for me but after finding the correct supplements on my own, things seem to be slightly improved. I just hope I'll fully get my life back, but for now I'll just have to take it one step at a time. Next step is incorporating meditation and going back to my holistic dr.

It was good. In short, she explains the frustration many people suffer with doctors that just want to follow the TSH test and not the symptoms, like she did. She felt better by simply taking a combination of T4 and T3. I'm going to ask my doctor if I can do it too because certainly taking only T4 hasn't improved my hypothyroid symptoms.

I was shocked at how short the book was for the price! \$9.99 on Kindle. I was hoping for more, dieters, etc.

It definitely had some things in the book that I hadn't read before.

This is flat out the best book I have read on hypothyroidism. It is well-organized, well-sourced,

concise and easy-to-follow. I bought one for myself and then sent a copy to my sister and another to a friend. This book will help you become your own advocate in your struggle against hypothyroidism.

Very informative. Great book.

Great information to help thyroid patients take charge of their healthcare and get their lives back. Read this. It's like having someone in your corner who is experienced enough and strong enough to defend you until you get the help you need to get well again.

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