



What You Must Know About Thyroid Disorders & What to Do About Them: Your Guide to Treating Autoimmune Dysfunction, Hypo- and Hyperthyroidism, Mood ... Loss, Weight Issues, Heart Problems & More

Pamela Wartian Smith MD

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It is estimated that one in twenty people have a thyroid problem, with the majority of sufferers being women. To make matters worse, many who are affected by thyroid dysfunction are unaware that they have a problem, and typically, they go undiagnosed for years. In the meantime, they experience a variety of symptoms, including fatigue and weight gain or loss, forgetfulness, sleepless nights, irritability, and more. But it doesn't have to be that way. Written by best-selling author Dr. Pamela Wartian Smith, *What You Must Know About Thyroid Disorders & What to Do About Them* enables readers to identify common thyroid problems and seek the treatment that they need. Written in easy-to-understand language, the book begins by explaining how important the thyroid is in regulating the body's metabolism, which, in turn, plays a vital role in controlling the functions of the heart, brain, liver, lungs, kidneys, and intestines. It then goes on to discuss the most common thyroid-related disorders and symptoms, including hypothyroidism, hyperthyroidism, autoimmune dysfunction, celiac disease, thyroid cancer, mood swings, and excess weight gain. Each discussion starts with a simple self-quiz that helps readers determine if they may be suffering from the problem. Dr. Smith then explains the disorder's cause and common symptoms; diagnostic tests; and both conventional and alternative treatment approaches. Included is a handy resource section that points the way to further information and support. So many health problems are related to thyroid dysfunction, and so many individuals suffer needlessly?even though help is available. *What You Must Know About Thyroid Disorders* allows readers to take the first important step on the road to diagnosis, effective treatment, and wellness.

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Brian Freeman:

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Daniel Scott:

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