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# Dr. Janet's Guide To Thyroid Health



## Synopsis

Do you have increased susceptibility to colds and other viral infections? Does your hair fall out easily? Do you have dry, brittle skin or dry hair? Do you have low body temperature? Are you gaining weight no matter what you do to lose it? ã ã With over two hundred varying symptoms, thyroid disease is often an undetected, underdiagnosed, and undertreated disease leaving countless sufferers unhappy and unhealthy. Thyroid disease is linked to heart disease, dementia, diabetes, obesity, brain fog, cancer, joint pain, fibromyalgia and other health concerns. Some people may live for decades without being diagnosed or optimally treated, and unfortunately 80 percent of those are women. ã ã Get to diagnosis in days instead of decades. The demand for answers is urgent as thyroid disease has reached epidemic proportions. Dr. Janet is a survivor of Hashimoto's thyroiditis and thyroid cancer. In this book she passionately shares her experience and vast knowledge to help the millions of people who are suffering with undiagnosed ailments. This honest and engaging book will help the frustrated reader finally get to the root of their mysterious suffering to enjoy a healthy life again.

## Book Information

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## Customer Reviews

Janet C. Maccaro PhD, CNC is a respected lecturer, author, and radio/television personality. She has doctorates in nutrition and natural healing. She is internationally ã ã recognized for her knowledge in women's health and wellness. She is a member of the American Association of Nutritional Consultants, the American Association of Pharmaceutical Scientists, and the Advanced Writers and Speakers Association. Her books include; The 90 Day Immune System Makeover,

Breaking The Grip of Dangerous Emotions, and Natural Health Remedies A-Z. For more info visit [www.DrJanetPhd.com](http://www.DrJanetPhd.com)

As someone who survived thyroid cancer, and its been 7 years since my total thyroidectomy -- This book was exactly what I needed! My sister heard Dr. Janet speaking on a radio interview-- and recognized all my health struggles!! She told me about Dr. Janet, and I immediately ordered the book! 7 years of Synthroid, after my thyroidectomy, and I have been absolutely exhausted, even though my endocrinologist and my thyroid surgeon keep saying my numbers are perfect. Dr Janet gives the reader information about the adrenals so crucially linked to thyroid issues. While my endocrinologist and surgeon did not think to question my adrenal function, my very wise OBGYN did diagnose me with adrenal exhaustion. She agrees with Dr. Janet, that Synthroid all alone is not the best thyroid hormone replacement. Dr. Janet recommends natural porcine thyroid hormone... although I am having great difficulty finding a doctor who will prescribe it for me. Everyone keeps saying the synthetic hormones Synthroid T-4, and Cytomel T-3, are "consistent" - where the natural porcine is variable from batch to batch. Also, with sugar levels, and adrenal exhaustion... Dr. Janet recommends eating food once one wakes up. I always did this before my thyroidectomy. I'm always starving and lightheaded once I wake up and want to eat. Since the surgery, all teh doctors told me to take Synthroid first thing in the morning on an empty stomach..and you can not have any foods or vitamins that contain calcium and iron (as they block Synthroid). If I could ask a question to Dr. Janet, it would be "How do you personally take your porcine thyroid hormone, since you do say to eat as soon as you wake up, if you have the adrenal issues? Do you also recommend taking the thyroid hormone on an empty stomach? Do you take it at mid-day? Do you divide the doses? and take two times a day?" Thank you Dr. Janet! I am still reading and re-reading, and taking notes! I am on a wait list to see a more flexible endocrinologist...praying I may be given a chance at Natural Thyroid hormone. Thank you!

Good info

This is a very informative book.I have learned so much from it.I highly recommend this book to anyone with a thyroid problem.

Informative

Great book full of wonderful information. Would recommend it highly for anyone suffering with thyroid issues

wonderful, everybody should read it.

Its very informative.

Helping me to get to the bottom of my thyroid issues. Help to navigate testing with your doctor.

Good book

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