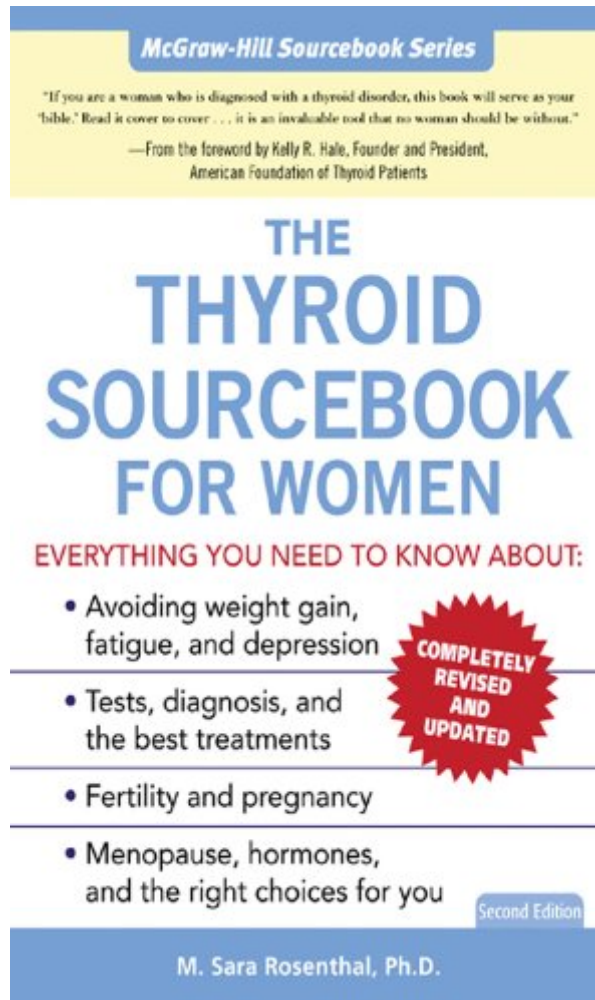




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# The Thyroid Sourcebook For Women (Sourcebooks)



## Synopsis

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.

## Book Information

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## Customer Reviews

Wow so much information! THANK YOU SO MUCH!` Very appreciated.

This is a really go book for anyone who doesn't know anything about thyroid conditions/diseases. I

have had some experience with thyroid problems in the past so a lot of the information contained in the book was not new to me. The best part about the book is that you get detailed information without all the medical jargon. The author is very clear and descriptive about the different types of thyroid conditions, symptoms, common medical treatments, etc. I purchased it because I was hoping for more information on weight management and diet for thyroid patients. Although the book touches on this topic it was not as detailed as I would have liked. Otherwise, I would recommend this book as a guide to walk you through the maze of medical terms and to sort out some of the fact from fiction.

any woman just diagnosed with thyroid issues cancer included. needs to read this book. it is very informative, explains in easy to understand layman terms. for any age.

I bought this book after a tough year of thyroid ups and downs. It has empowered me to understand and ask the right questions for a change. So informative but on a level that anyone can understand. After reading my copy, I bought one for my sister, who also has thyroid problems. Her mother-in-law saw it and bought two more copies for friends. Its great for family members of hyper-hypo- thyroid too. It will increase thier understanding. I bought a few books and this was the best, by far!

The item came in with a little more damage then advised, but all in all still a very good purchase.

Don't bother with this book....The info is not up-to-date. I bought it used and cheap, and it still wasn't worth it.

This is an excellent book which describes classic thyroid problems and a variety of solutions. Goitrogens are contained in cabbage, cauliflower, turnips, almonds and fiber. People living in North America get natural iodine in their diets. The thyroid makes T3 and T4 cells. The parathyroid controls calcium regulation. Hyperthyroidism produces anxiety, diarrhea, easy bruising, increased gland size, eye problems, exhaustion, heat intolerance and palpitations, infertility, menstrual changes, muscle weakness, paralysis and tremors. Hypothyroidism causes cardio changes, cold intolerance, digestive changes, fatigue, muscle cramps, numbness and autoimmune deficiencies. The Endocrine Society is listed at 4350 East West Hwy. -Suite 500 Bethesda MD 20814-4410 at Tel 301-941-0200 Overall, this work is excellent for anyone desiring quality information on the functioning of the thyroid gland. It should be in every personal health library.

The Thyroid Sourcebook answered many of the questions I had when I was first told that I have an underactive thyroid; it was very helpful in guiding me towards a better understanding of what was happening with my body. With the information presented in the book I was better able to ask the right questions of my doctors, who in turn gave me more informed answers. I had a better idea of what to expect as I followed the various treatments I was subjected to when it was later determined that I had thyroid cancer. I only wish that the author covered thyroid cancer a bit more, since it's kind of light on that. However, this book is not the definitive source on thyroid disorders, and I don't think it was meant to be, rather it is a good guide for the patient and the patient's family. If you want something that is more definitive, then perhaps a textbook on endocrinology is what you need.

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