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# What You Must Know About Thyroid Disorders & What To Do About Them: Your Guide To Treating Autoimmune Dysfunction, Hypo- And Hyperthyroidism, Mood Swings, ... Loss, Weight Issues, Celiac Disease & More

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.

## CHOOSING A SAFE COURSE OF ACTION THAT WORKS FOR YOU WHAT YOU MUST KNOW ABOUT **THYROID DISORDERS** & WHAT TO DO ABOUT THEM

YOUR GUIDE TO TREATING AUTOIMMUNE DYSFUNCTION, HYPO- & HYPERTHYROIDISM, MOOD SWINGS, CANCER, MEMORY LOSS, WEIGHT ISSUES, CELIAC DISEASE & MORE

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Best-selling Author of *What You Must Know About Vitamins, Minerals, Herbs & More*



## Synopsis

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 thyroidrelated 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.

## Book Information

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## **Customer Reviews**

My wife has thyroid issues, and this book was a great help in understanding what was happening. I recommend it highly.

Good book to have as reference book in my library.

Great Product & shipping speed!

Informative.

this book covers all on thyroid excellent. She knows what she is talking about.

If you have any type of Thyroid condition you should read this book. Very understandable. Author is an expert in hormone management who is nationally recognized.

Excellent book. Gives all the information you need know about your thyroid.

An excellent medical book. Easy to read and understand the medical terminology.

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