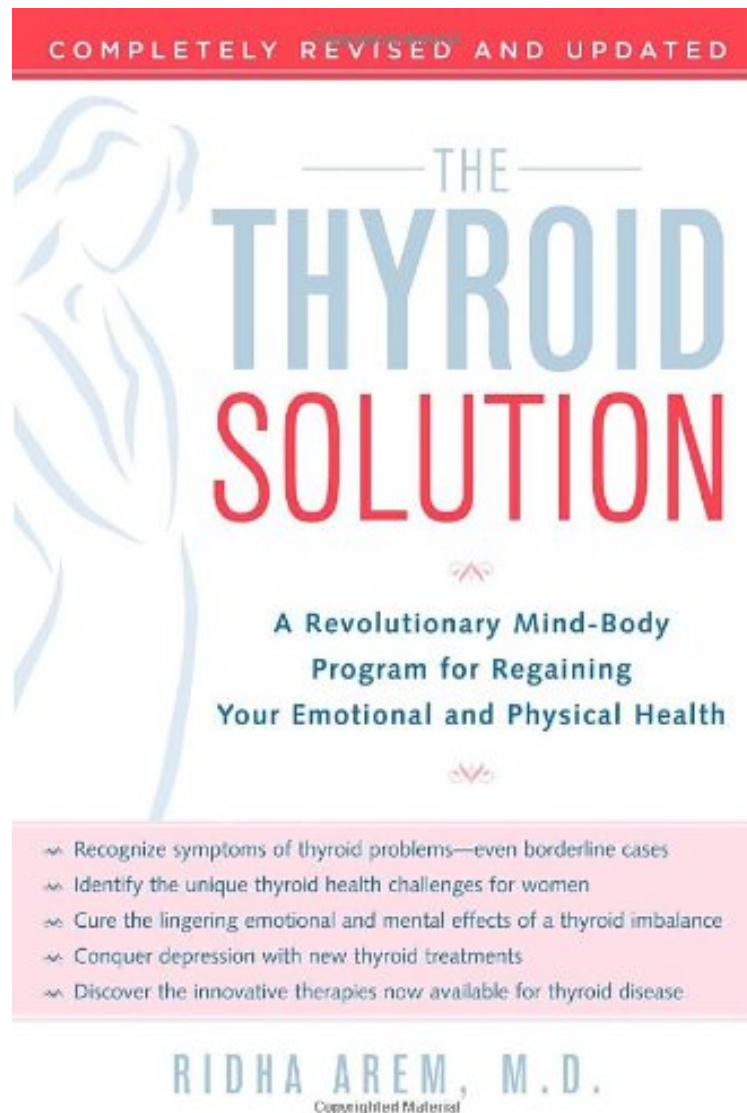


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The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health

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Ridha Arem : The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health before purchasing it in order to gage whether or not it would be worth my time, and all praised The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health:

3 of 3 people found the following review helpful. This is an excellent book. The author breaks the info down to ...By

Veronica LakeHad I know that this doctor was so *uninformed* about the danger of soy. I would NEVER bought this book. I strongly recommend u don't buy it if u want to fix your thyroid issue. Wow, shocked. I have been studying thyroid issues (mine is Hyper) since 1990, when it was confirmed I have this issue. trough the years I have read tons and tons of info on how poison soy is.Sad a doctor like this is so uniformed.10 of 11 people found the following review helpful. A helpful but terrifying readBy C. L. FerleAs a patient who has been diagnosed with borderline hyperthyroidism, I have been gathering as much information as I can about thyroid disorders. In terms of well-researched information, this book is definitely one of the most thorough and informative. And for that I give it three big stars. The reason I didn't give it an additional two stars is because this resource left me feeling more depressed, hopeless -- and even terrified -- after I read all the standard options for hyperthyroid treatment.The "solutions" outlined by the author seem nothing short of barbaric and inhumane and outdated -- often worse, in many ways, than enduring the actual disease itself. The author's brutal honesty about the severity, side effects, and risks of the various hyperthyroid "solutions" or treatments is commendable -- yet not at all reassuring to the patient faced with frightening decisions. Would you like to have your thyroid gland nuked with radioactive iodine and then be forced to take thyroid meds for the rest of your life? Or would you prefer an unpredictable course of antithyroid meds that could possibly damage other organs while temporarily "treating" your thyroid symptoms...??The fact that there are no real cures for thyroid disease is not the fault of the author, of course. But after reading this carefully researched book, I was more inclined to go untreated than to try any of his "Solutions." Sadly, alternative or naturopathic therapies are not included, which was another disappointment. One can only hope that there have been at least a few medical advances -- or new research -- in thyroid endocrinology since this book was "revised" in 2007. I purchased the book in late 2013, and kept reminding myself that the information in the book was updated nearly 7 years ago. I am hoping there's something more hopeful in the way of treatment and reference sources for thyroid patients in the future.1 of 1 people found the following review helpful. The best book ever written about thyroid issuesBy Alexandria D.The best book ever written about thyroid issues, I wish the author (doctor) who wrote the book lived near me so I could go to him! Most of the doctors I've been to down play my symptoms and this book has been an eyeopener to the doctor who treats me.

It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people, most of them women--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source. Yet many primary-care doctors still don't recognize the importance of the thyroid in mind-body health--and its especially crucial role in women's well-being.The Thyroid Solution is a must-read for anyone who suffers from a thyroid condition. It's the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover- The thyroid basics--what it is, where it is, what it does- How thyroid hormones affect the brain and alter mood, emotions, and behaviorleading to brain fog, weight gain, loss of libido, infertility, anxiety, and depression- What tests to ask your doctor to give you--and what they mean- The vital connection between stress and thyroid imbalance- The benefits of antioxidants and essential fatty-acid foods and supplements- How to recognize and cure the deep and lingering effects of a thyroid imbalanceFilled with remarkable patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, The Thyroid Solution now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

"This book has had a profound impact on the way I think, on how I see patients, and on my perception of the connection between the brain and hormones."--Mona Lisa Schulz, M.D., Ph.D. Author of Awakening Intuition"At last, a nationally known endocrinologist with impeccable credentials discusses vital issues of thyroid disease and treatment never previously addressed in print. Dr. Arem provides solid explanations for symptoms of hypothyroidism in patients with normal blood levels of thyroid hormones and particularly addresses the needs of women who have thyroid and hormonal disorders."--Gillian Ford Author of Listening to Your Hormones and The Link Between Thyroid and Depression"This book will be of tremendous help to the many people with thyroid disease and residual depressive symptoms. Dr. Arem elegantly addresses the important interplay of thyroidology and psychiatry."--Lauren Marangell, M.D.Baylor College of MedicineFrom the Inside FlapIt's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source. This health crisis flourishes in the shadows of the medical community because many primary-care doctors still don't recognize the importance of the thyroid in mind-body health. In fact, when they do diagnose a thyroid disorder, they treat it as a simple physical problem rather than what it really is: a complex blow to the body and mind--and an increasingly common cause of clinical depression, weight gain, fibromyalgia, high cholesterol, memory loss, anxiety, and other disorders. It's time to treat the source and not the symptom! The Thyroid Solution is the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field

of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover - The thyroid basics--what it is, where it is, what it does- How thyroid hormones affect the brain and alter mood, emotions, and behavior- The difference between hypothyroidism and hyperthyroidism and why both conditions are often undiagnosed or misdiagnosed- What tests to ask your doctor to give you--and what they mean- The facts your physician may not know about your thyroid, depression, fibromyalgia, and chronic fatigue syndrome- The vital connection between stress and thyroid imbalance- The benefits of antioxidants and essential fatty-acid foods and supplements- How to recognize and cure the deep and lingering effects of a thyroid imbalance- How thyroid hormone can work as an antidepressant when your thyroid gland is normal and conventional antidepressants have failed Filled with remarkable and dramatic patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, *The Thyroid Solution* now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

About the Author Dr. Ridha Arem is Associate Professor of Medicine in the Division of Endocrinology and Metabolism at Baylor College of Medicine in Houston, Texas. He is also Chief of Endocrinology and Metabolism at Ben Taub General Hospital in Houston. In addition to teaching medical students and physicians-in-training, he regularly speaks to primary-care physicians and specialists at various educational programs. Dr. Arem is a nationally recognized thyroid specialist. For the past ten years he has been the author and editor of *Clinical Thyroidology*, a well respected widely read periodical publication for physicians on thyroid disorders. He also contributes to *Thyroid USA*, the official newsletter of the American Foundation of Thyroid Patients, and participates in patient education programs.

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