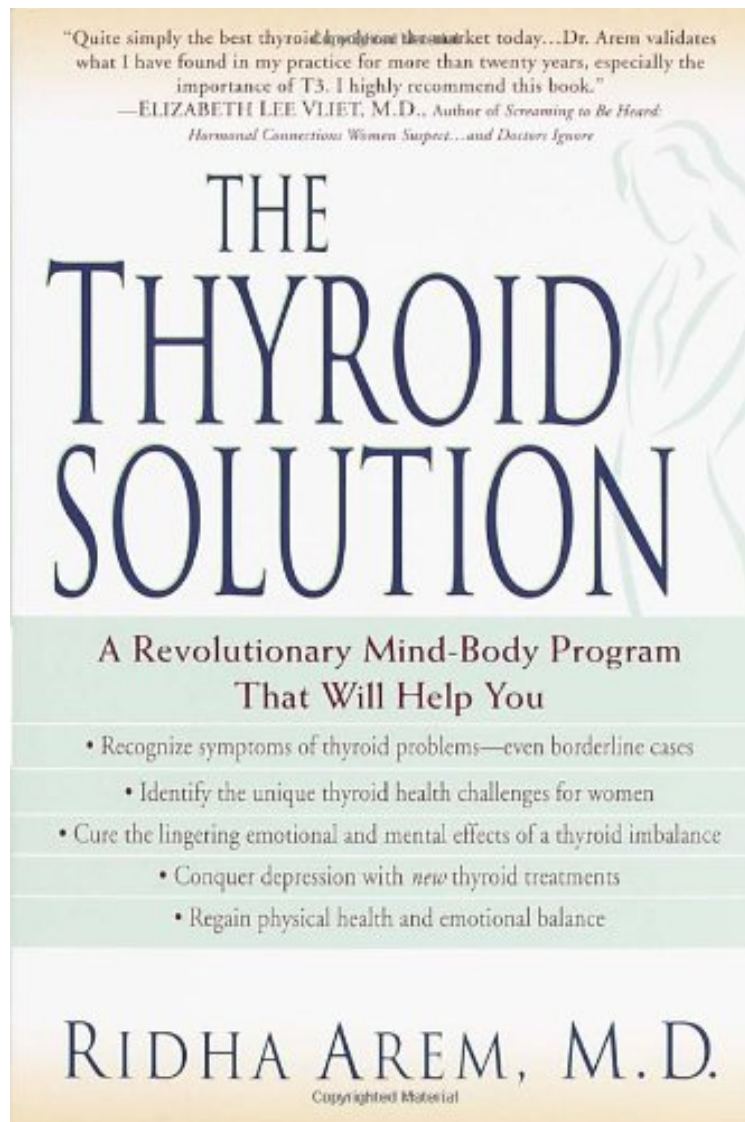


(Get free) The Thyroid Solution: A Revolutionary Mind-Body Program That Will Help You

The Thyroid Solution: A Revolutionary Mind-Body Program That Will Help You

Arem Ridha

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Arem Ridha : The Thyroid Solution: A Revolutionary Mind-Body Program That Will Help You 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 That Will Help You:

12 of 12 people found the following review helpful. Dr Ridha Arem's Thyroid solutionBy CustomerThis book tells all about every aspect of thyroid dysfunction. It is the clearest text on the subject I have found as a nurse. I give it to

everyone who has any hint of thyroid problems. If you show any of the symptoms I have had for years - from depression to mood changes, weight gain, hair loss, foggy thinking, exhaustion for no reason - and you have gone from doctor to doctor including psychiatrists, internists, gyn (for no female cycles), even to endocrinologists: DON'T GIVE UP. You are RIGHT! You are NOT crazy and you are NOT alone. Ridha Arem, MD, writes compassionately and dispassionately about the medical training most family doctors and internists get that EXCLUDES training in endocrinology and, therefore, the ability to diagnose thyroid disease. Have respect for yourself and keep going! Find a doctor who does know about thyroid disease and GET WELL!!! But use this book to compare the care you get with what you ought to be getting: compassion, appropriate testing and counselling and GOOD HEALTH! Just reading his book will give you a sense of HOPE that most doctors destroy by ignoring what you tell them about what you are experiencing. Ridha Arem acknowledges every sign and symptom that I had before getting my diagnosis. I am a registered nurse and I couldn't figure out what was wrong with me. It took a physician's assistant who was my good friend to finally have me undergo thyroid testing - and I was very sick by the time I was 43 and had a TSH of 41 with a goiter, weight gain and hair loss. This book is a comfort for all of us who SEE patients we work with describing how affected their quality of life is by symptoms that no one helps them with. We can offer them this book to read and get some real answers. Dr. Ridha Arem has written a very wonderful book. 0 of 0 people found the following review helpful. It adds information to help those with this problem get along better. I recommend it. By Myrna Trauntvein This is a highly informative book. It adds information to help those with this problem get along better. I recommend it. 10 of 11 people found the following review helpful. Finally, a dr stating that LAB values do NOT make you well! By Kathryn HLI have been treated for hypothyroid for over 30 years. For the last SEVERAL years I have been to the doctor over and over, as well as to different doctors, telling them that I feel like I did when I was first diagnosed. They would point at my labs and say I was fine. I had one doctor lower my medicine levels and brag that he had people leave his practice because he would not raise their medication levels!! At last, Dr. Arem validates my belief that there IS more that can be done. This book is particularly valuable if you have been diagnosed with Fibromyalgia! The best and healthiest patients are the ones that are armed with knowledge about their condition!! Thank you Dr. Arem.

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 behavior leading 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 imbalance Filled 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.

.com One in ten Americans suffers from thyroid dysfunction, yet most don't realize the mental and emotional components of this condition. "This is the first book to explain the hidden suffering that many patients have difficulty expressing and the first book to provide new ways of helping address and heal this suffering," promises author Ridha Arem, M.D., associate professor of medicine at Baylor College of Medicine and chief of endocrinology and metabolism at Ben Taub General Hospital, both in Houston, Texas. This book explains the link between stress and thyroid imbalance; how thyroid imbalance affects your emotions, sex life, and relationships; and how to cope with the effects of this imbalance. Because thyroid problems primarily strike women, a whole section deals with women's health issues, such as infertility, miscarriage, postpartum depression, premenstrual syndrome, and menopause. Another section provides practical tools, such as evaluating lab tests and self-diagnosis techniques, dealing with treatment problems and side effects, and preventing memory lapses and depression. The book covers lifestyle choices that affect thyroid health, such as diet, supplementation, and exercise. Frequent case studies (usually told as first-person narratives), checklists, and questionnaires help to simplify the material and make it easier to check the medical information against your own situation. Each chapter ends with "valuable points to remember," making review easy. If you suffer from thyroid imbalance, or think you might, this book could be a valuable resource. --Joan Price From Library Journal Arem, a clinical endocrinologist and researcher, says that 20 million Americans (one in ten) have a thyroid disorder. He argues that millions more suffer from undiagnosed thyroid dysfunction and the resulting mental and physical symptoms. Arem clearly and extensively examines the fundamentals of thyroid disease, including

diagnosis and therapy, although his focus is on the significance of the thyroid in cognition and emotion. The mind/body connection. Arem's thesis, derived from mainstream medicine but illustrated throughout by anecdotal reports, is that abnormal thyroid hormone production and dispersal can lead to health problems that range from the psychiatric to ophthalmologic. However, he may be overstating the case when he suggests that thyroid disturbances can underlie depression, anxiety, decreased motivation, and sexual difficulties even in those with normal blood tests. Further, he asserts that thyroid hormone is a bona fide antidepressant. Although thyroid hormone regulation can be important, it isn't the answer to all problems. This book should be of interest to those with thyroid disease; for others, it provides appropriate encouragement to remind their physicians to consider thyroid issues. Recommended for libraries with large budgets.

Linda M.G. Katz, MCP Hahnemann Univ., Philadelphia Copyright 1999 Reed Business Information, Inc. From Booklist

The thyroid can affect both body and mind. Arem writes clearly about how the gland can disturb a person and personal relationships. He relays much useful information about thyroid problems and mysteries, including moderately lengthy descriptions of hypothyroid and hyperthyroid conditions. Much still remains to be discovered, causes and effects need to be untangled, and the results of thyroid imbalances need to be identified and taken into account when determining treatment programs. What roles does stress play in thyroid problems? How does a thyroid problem affect fertility and pregnancy? How, indeed, can physician and patient be sure that a thyroid imbalance can be identified and treated? Most treatment programs require regular checking of drug effects to ensure that dosages are effectively maintained. Arem points out the pros and cons of many drugs and gives practical advice for their selection. Despite its primary function as advertising for Arem's T4/T3 thyroid solution, the book is helpful, right down to the appended reading list. William Beatty