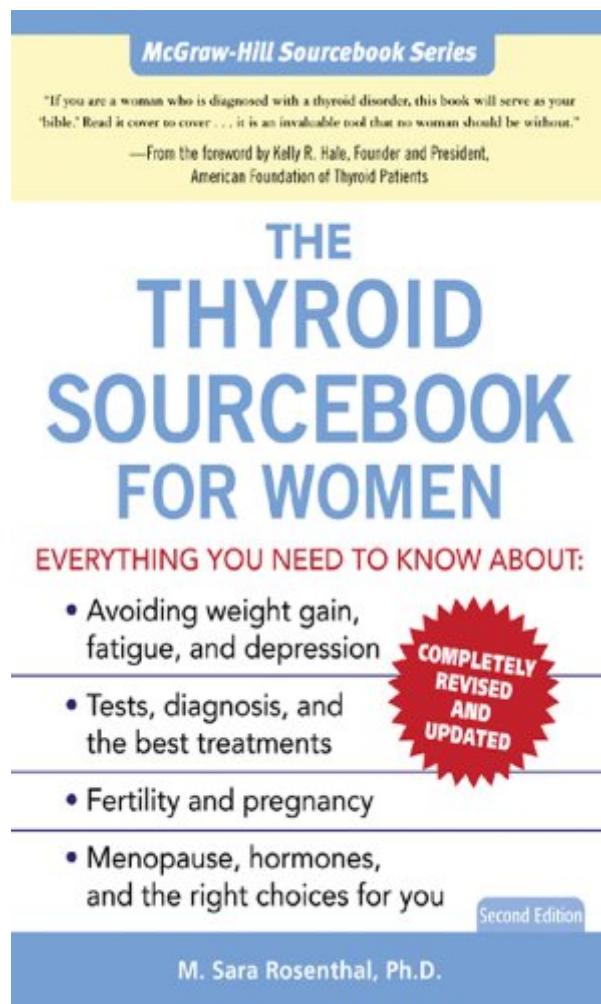


The book was found

# 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**

File Size: 2043 KB

Print Length: 304 pages

Simultaneous Device Usage: Up to 4 simultaneous devices, per publisher limits

Publisher: McGraw-Hill Education; 2 edition (January 21, 2005)

Publication Date: January 21, 2005

Sold by: Digital Services LLC

Language: English

ASIN: B0053ALPTW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #416,086 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #149 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #386 in Kindle Store > Kindle eBooks > Business & Money > Management & Leadership > Training #929 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

## **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 understaning. 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 thyroidproblems and a variety of solutions. Goitrogens are containedin cabbage, cauliflower, turnips, almonds and fiber. People living in North America get natural iodinein their diets. The thyroid makes T3 and T4 cells. Theparathyroid controls calcium regulation. Hyperthyroidismproduces anxiety, diarrhea, easy bruising, increased glandsize, eye problems, exhaustion, heat intolerance andpalpitations, 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 Societyis listed at 4350 East West Hwy. -Suite 500 Bethesda MD 20814-4410 at Tel 301-941-0200Overall, this work is excellent for anyone desiring qualityinformation on the functioning of the thyroid gland. It shouldbe 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.

[Download to continue reading...](#)

Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) The Thyroid Sourcebook for Women (Sourcebooks) Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed! The Asthma Sourcebook 3rd Edition (Sourcebooks) The Asthma Sourcebook (Sourcebooks) The Brain Disorders Sourcebook (Sourcebooks) The Endometriosis Sourcebook (Sourcebooks) The Liver Disorders and Hepatitis Sourcebook (Sourcebooks) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) The Dissociative Identity Disorder Sourcebook (Sourcebooks) The Dissociative Identity Disorder Sourcebook (Sourcebooks) by Deborah Bray Haddock (2001-09-01) Art Therapy Sourcebook (Sourcebooks) The Roman Games: A Sourcebook (Blackwell Sourcebooks in Ancient History) Pompeii and Herculaneum: A Sourcebook (Routledge Sourcebooks for the Ancient World) Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia,

## Hypothyroidism, Thyroid Nodules & Epstein-Barr

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)