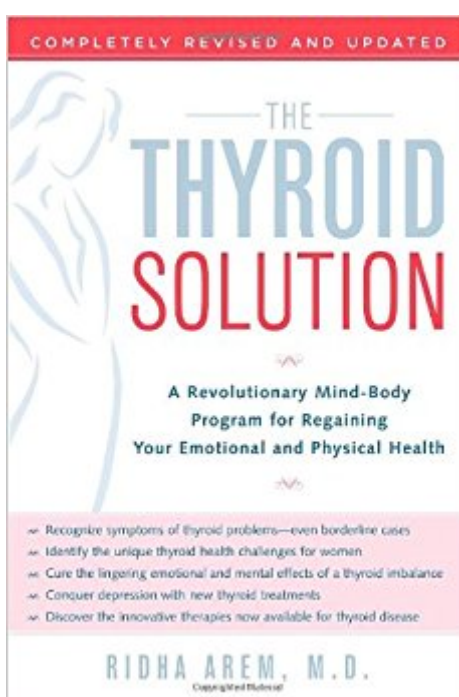


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# The Thyroid Solution: A Revolutionary Mind-Body Program For Regaining Your Emotional And Physical Health



## Synopsis

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.

## Book Information

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## Customer Reviews

"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 Medicine*

It'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.

Had 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.

As 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.

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.

I learned a lot, but calling it a solution might be misleading. I have new questions for my endocrinologist after reading this book. I would give it 3 1/2 stars.

I am an experienced RN and found this book a wealth of good information regarding diseases of the thyroid. This book is a great resource for people with puzzling symptoms who have doctors who just look at blood tests results and not at the actual symptoms a person presents with. My daughter has spent the past few months trying to find an answer to her physical symptoms combined with contradicting lab tests. Finally, I found this book that explained the different diseases of the thyroid in easy to understand English. This book also discusses unusual symptoms and lab tests and what this could mean in the way of thyroid disease. I presented a copy of this book to my daughter's doctor.

When you are a need to know everything about your thyroid, this is the book!

A great book to read to learn more about hypothyroidism.

Don't bother getting any other books on the subject! After reading this one you will know more about the realities of Thyroid Problems and solutions (and similar conditions that look like or go with Thyroid Problems) than any other book can tell you! (You will also realize that most of the other authors are just making stuff up!) I read through about a dozen other books, that were highly recommended, on Thyroid Problems. This was the only one that used science and reality as a foundation. Ridha Arem is an endocrinologist. He started out as a psychologist and realized that a lot of his patients were not having mental problems (despite what their doctors were telling them). He then went on to become an endocrinologist because he realized that very little real research was being done in the field of thyroid problems, and that there was a huge need. He had accidentally stumbled into some solutions to the thyroid problems that made him want to make a significant impact on the huge numbers of untreated thyroid patients; especially for hypothyroid patients, who suffered but were ignored until their symptoms were life threatening! This book is easy to read and FULL of great information!! I think that my favorite part of this book is all the quizzes that allow one to

determine if one really has a Thyroid Problem, or if it is a similar condition that shares a lot of the same symptoms. My next favorite part is where the book informs readers of conditions to watch for. Apparently, if you have certain conditions, they tend to run in parallel. If women have issues with uterine fibroids, endometriosis, or sleep apnea, these could instead be symptoms of hypothyroidism. If you have lupus, you could be more likely to become hypothyroid. There are lots of lists of this kind of helpful information that can help one to gain an accurate diagnosis of what is REALLY the problem! Ridha Arem also discusses why diagnosis' are so poor. Endocrinology is, apparently, still very poorly understood. The workings of the brain and the endocrine system have not had a lot of advances until the last decade or so; and most doctors have no training in either field, more or less the advances that have occurred since they left medical school. So, if your numbers are outside of .6 to 2.0, or if your numbers go up and down more than .1, then you should be reading Ridha Arem's (M.D.) "The Thyroid Solution"! This book saved my life!!! (The only other book that was of any use at all, was Kathryn R. Simpson's (MS) "The Women's guide to Thyroid Health". This book has some good information along with some clearly bogus information...)

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