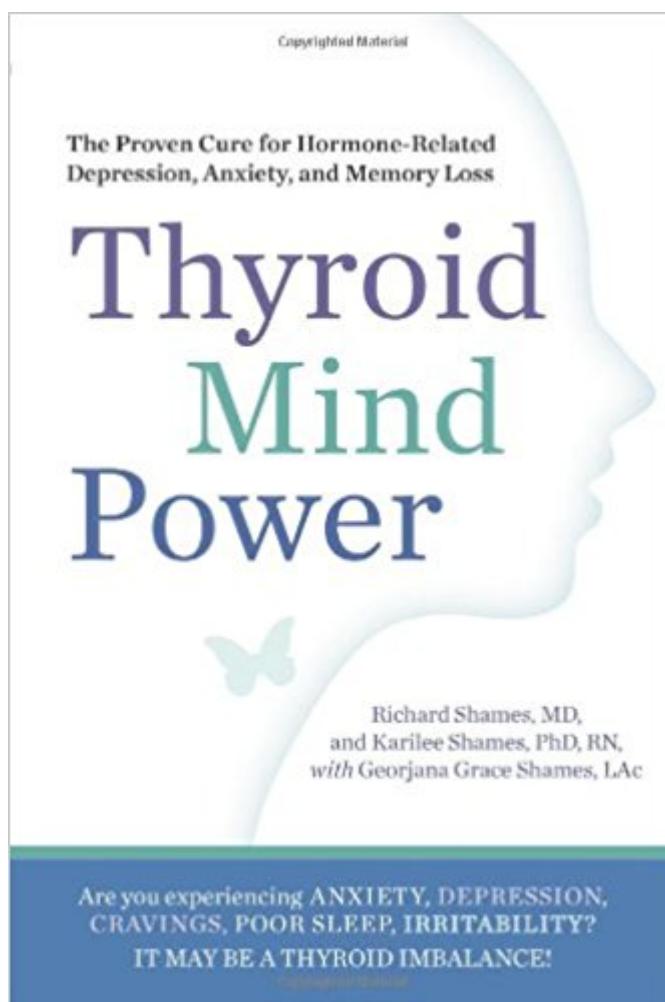


The book was found

Thyroid Mind Power: The Proven Cure For Hormone-Related Depression, Anxiety, And Memory Loss



Synopsis

One in ten Americans has some degree of thyroid imbalance, and even mild imbalances can cause mental and emotional symptoms. *Thyroid Mind Power* pinpoints the connection between thyroid imbalance and conditions such as depression, anxiety, irritability, and more, offering hope for millions who are suffering from improper diagnosis and medication. The authors of the best-selling *Thyroid Power*, Richard Shames, MD, and his wife, Karilee, a holistic nurse, have been treating patients with this program for over 25 years. Their program shows readers how to:-Uncover a hidden cause for mental symptoms-Discover the best treatments for each Mind type, such as moody, edgy, foggy, or sleepy-Obtain the most effective cure, with recommendations for common prescription drugs (not antidepressants), natural remedies, vitamins, and supplementsArmed with the Shameses' advice and recommendations, readers will be able to participate more actively in their health care and find relief for these common and widespread conditions.

Book Information

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Customer Reviews

RICHARD SHAMES MD is a founding member of the American Holistic Medical Association and has specialized in hormone treatment for over 30 years. KARILEE SHAMES, PhD, RN specializes in psychiatric and holistic nursing. They have written or contributed to over a dozen health books including two thyroid-related titles *Thyroid Power* and *Feeling Fat, Fuzzy or Frazzled*.

This book is a wonderful resource for anyone who's had difficulties with underactive thyroid- I have

underlined and marked sections on nearly every page. It is so good to have this kind of support and knowledge to help me advocate for myself and request more thorough testing...resulting in better diagnosis...more appropriate treatment and a healthier body and mind.

I Love, Love, Love this book! I read this book and ordered my at home Lab Tests through canaryclub.com, as recommended by Dr. Shames. I was able to get a very good understanding of how the thyroid functions as well as the other issues that have an effect on the thyroid such as sex hormones and cortisol levels. This book explains it all to you. It is a powerful tool when it comes to getting your health on track. Knowing why you are not operating optimally as well as how you can fix it, empowers you instead of a continuing to be a victim of circumstance. Of course, they offer over-the-phone sessions to help clarify what protocol you should follow... however, I found that the purchase (and reading) of this book to be as good as talking to a real thyroid professional. It tells you natural ways to start to fix your problems as well as suggest more traditional medicines your regular physician can prescribe. I believe everyone who is proactive in their own health as well as their loved one's health should read this book. It would be ideal if all healthcare providers and mental health counselors owned this book as well.

I found this book to be full of good information. Thyroid problems can have a serious effect on quality of life and most endo's do not seem to have ability to do anything but standard in the box treatment which many times does not help. The trick now is to find a doctor that has this information and will use it for treatment.

This is a book worth reading if you or anyone you know have thyroid issues. So often when dealing with thyroid issues, it begins to feel like you are losing your mind because you feel like no one understands. This book helps in showing that you are not alone in problems with thyroid, even if you are being treated and told by your doctor that your blood work is "normal". A must have book for all with thyroid problems

I have hypothyroidism and this was an eye opening book. Some of the symptoms I had for years, I did not realize were due to this illness. Some of my tests didn't show I had low thyroid. I also did not realize there were other supplements you could take that would help. I had a practitioner give me a considerable amount of supplements of iodine and found out thru this book that is not the answer and in fact can be dangerous. I have had acupuncture in the past and felt great when I was getting

it, not realizing what good it was actually doing. I am now looking for an acupuncturist in my area. I have not checked out all of the websites mentioned in the appendix, but will do so. This is such an informative book. I will keep at hand for future reference. I would definitely recommend this book.

Most doctors will not raise this option of adding thyroid unless you are clearly already low. It certainly isn't the first thing to try for depression. But if you have tried several approaches and are considering what to do next; and if you have enough "bipolarity" to make antidepressants a concern, then it might be worth considering this approach, for this reason: as long as you and your doctor are careful, and don't bump you right up into hyperthyroidism, there is no risk in trying this approach -- just a series of blood tests, which a lot of people hate. And there is some risk if you end up hyperthyroid.

Good review of how the thyroid works, and how we can help support this little but mighty gland.

An easy to read, yet comprehensive explanation of the many thyroid issues sufferers can encounter. Demystifies the challenges that arise, a wonderful guide for those wishing to regain their health with great nutritional advice to aid in correcting your thyroid problems.

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