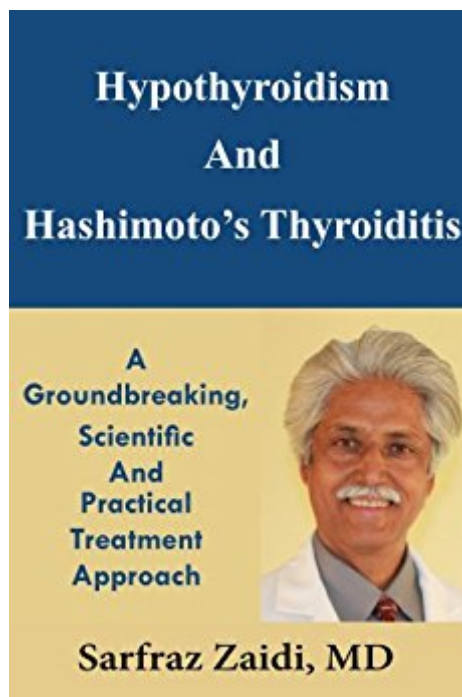




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# Hypothyroidism And Hashimoto's Thyroiditis: A Groundbreaking, Scientific And Practical Treatment Approach



## Synopsis

Most patients with Hypothyroidism and Hashimoto's thyroiditis continue to suffer. Typically, they are placed on "Synthroid (levothyroxine)" or a similar T4 drug which actually does not correct the thyroid hormone deficiency in the vast majority of the patients. Physicians typically test only TSH to monitor the adequacy of thyroid hormone replacement. This is a scientifically flawed approach, as you will learn in this breakthrough book, "Hypothyroidism and Hashimoto's thyroiditis." Sometimes, you may be placed on a tiny dose of T3 and then told that it did not make any difference. In "Hypothyroidism and Hashimoto's thyroiditis", Dr. Zaidi elaborates what is the correct ratio of T3 and T4 to treat hypothyroidism. Even worse, patients are told "there is no treatment for Hashimoto's Thyroiditis", the root cause of hypothyroidism in a large number of patients. Consequently, patients continue to suffer from this autoimmune disorder. They are also at high risk of developing other types of autoimmune disorders, but physicians typically don't know how to cure an autoimmune dysfunction, sad but true. They wait till the disease has progressed to causing symptoms. Then, they can prescribe a drug, usually loaded with side-effects. This approach to autoimmune disorders is very superficial and unscientific. Dr. Sarfraz Zaidi, MD, a former Assistant Clinical Professor of Medicine at UCLA, and a leading endocrinologist in U.S.A., has made a breakthrough discovery about the real cause of Hashimoto's Thyroiditis, and how to effectively cure it. He has also made new insights into the causes of Hypothyroidism. Based on these ground-breaking discoveries, he has developed a revolutionary approach to treat Hypothyroidism and cure Hashimoto's Thyroiditis. In "Hypothyroidism And Hashimoto's Thyroiditis, A Breakthrough Approach to Effective Treatment," you will find out: • Why you continue to suffer from symptoms of Hypothyroidism, despite taking thyroid pills? • What really is Hypothyroidism? • What are the symptoms of Hypothyroidism? • Why the diagnosis of Hypothyroidism is often missed? • Why the current treatment approach of hypothyroidism is unscientific? • Why the usual tests for thyroid function are inaccurate and misleading? • What actually causes Hypothyroidism? • What is the root cause of Hashimoto's Thyroiditis, besides genetics? • What other conditions are commonly associated with Hashimoto's Thyroiditis? • How to effectively treat Hypothyroidism? • How to cure Hashimoto's Thyroiditis? • And a detailed thyroid diet that works. Dr. Zaidi has included actual case studies from his clinical practice to show how he treats his patients effectively with a proper T3 and T4 combination, and how he has repeatedly cured Hashimoto's thyroiditis in his patients.

## Book Information

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## Customer Reviews

Thank you Dr. Zaidi! This book is both informational and easy to understand. I was recently diagnosed with Hypothyroiditis once I found a doctor who listened to my symptoms and ordered a thyroid antibody test. Thyroid blood tests were all within normal ranges so previous doctors went no further and I continued to suffer and gain unexplained weight. Dr. Zaidi's book has helped me understand what is happening to my body and why. And, more importantly, what I can do to reverse the disease process. If you are suffering or think you have thyroid issues this book can provide you a way to discuss it with your physician and get help. I've also purchased and read his book about the importance of Vitamin D. Another important topic for better health!

This book is packed with useful information. For the first time, I completely understand how to interpret thyroid blood tests, what the pit-falls are with normal lab ranges, what thyroid hormones really are and how they work in our body. Now I understand what really causes Hashimoto's disease. Dr. Zaidi's insight into how stress causes autoimmune dysfunction is compelling. For the first time, I learned the connection between vitamin D deficiency, stress, diet and Hashimoto's. I am excited to

discover that Hashimoto's can be cured. My other endocrinologists had told me that Hashimoto's cannot be cured. It is pretty clear that Dr. Zaidi is not a usual endocrinologist. He is a true scientist and does not blindly follow the status quo. The book is very practical. I learned why T4 alone does not work and also, in what ratio T3 and T4 should be used. I have started following the diet recommendations in the book, which are easy to follow. It makes so much sense. There is also a long list of recipes in the end. I am also following Dr. Zaidi's insight into the stress of daily living and how to be free of worries that we all suffer from. I find his discovery about how fear causes autoimmune disorder thought provoking. After reading this book, I got the in-depth knowledge and answers that I have been searching for. I highly recommend this book to those who are serious about understanding their illness.

I have several books on this subject. If you are researching this topic, this is a must read. It has given me information that I was looking for and it is written in a way a lay person can understand it.

In this book the author, an endocrinologist, talks about two different hormones (T4 and T3) generated by thyroid. Traditional treatment is to treat patients by prescribing T4 hormone and rely on the body converting it to T3. His argument is that sometimes that mechanism is also faulty and treatment with both hormones is more productive. The book contains a lot of technical information and case studies. My family has a history of hypothyroidism which is under-active thyroid this information is something I am going to bring up with my mother's physician as her doctor has been changing her medicine without much improvement. Ali Julia review

Really useful and interesting information from a different point of view. I've read a lot of books about Hashimoto, but this is the first one written by an endocrinologist with a lot of examples from his clinical experience. There are explanations in the book about the different test values, lab references, dosages, why some dosages don't work. I also found very interesting the psychological part- Hashimoto sufferers are eternal worriers (so true), and how to cope with the stress.

This book explained hypothyroidism in a way that my doctor has never done. He told me my autoimmune system will eventually completely destroy my thyroid, like it's a foregone conclusion. That may or may not be true, but I don't want to sit around doing nothing in the meantime. Dr. Zaidi's diet options are more liberal than in other books (he allows night shade vegetables), but it's a must have for a solid medical foundation.

Good book for those who suspect they might have Hashimoto's or have already been diagnosed with it. Tons of information to absorb and breakdown. I read the book in a couple of days and am still trying to understand parts of it. As it turns out, I do not have Hashimoto's now but my doctor thinks I might have had it in the past. I do have full blown hypothyroidism and I am now taking T3 only to eliminate excess T4 and reverse T3 issues from taking Synthroid for the past 10 months. I recommend this book for those looking for answers and information about hypothyroidism and Hashimoto's Thyroiditis.

This book really explains what happens at a cellular level in the body in hypothyroidism and Hashimoto's disease. The body is a whole system working together and is influenced by stress, diet, and hormone imbalances. Dr. Zaidi clearly outlines strategies patients can take to decrease the inflammatory process happening in their bodies. Of course careful hormone regulation is also important, and most doctor's are getting it wrong! We are only beginning to understand the role of vitamin D in our health and the importance of vitamin D supplementation. Dr Zaidi is a pioneer with his whole body connection and approach to total health. In a land of HMO's, cost cutting, and minimal patient contact Dr. Zaidi definitely stands out. He takes time to listen to patients, assess his patient's, and work with his patient's to make a successful treatment plan for health. He truly cares for his patients and their outcomes. If you are suffering with hypothyroidism or Hashimoto's disease you definitely need to read this book!

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