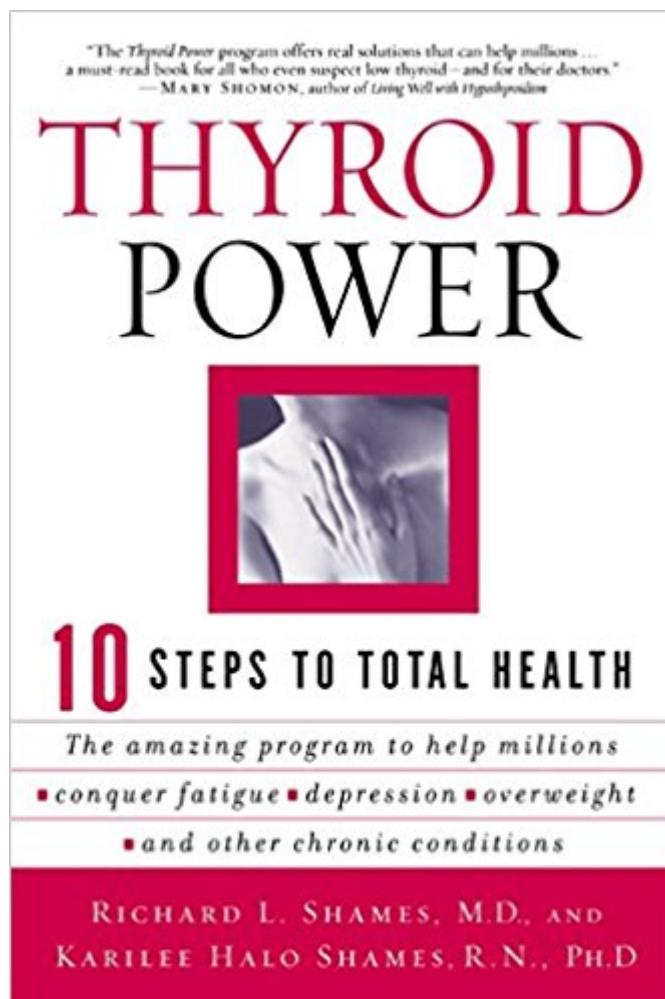


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# Thyroid Power: Ten Steps To Total Health



## **Synopsis**

Fatigue; weight gain; depression; arthritis; high cholesterol; low sex drive; skin, digestive, and female problems; abnormal blood pressure -- all may be symptoms of low thyroid, one of the most misdiagnosed disorders in America. *Thyroid Power* can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers; and offers tips from thyroid support groups. By following this clear 10-step program and working with your health practitioner, you can channel the incredible power of your thyroid into greater health and well-being.

## **Book Information**

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## **Customer Reviews**

Depressed, overworked, or just feelin' old are common enough complaints. But when disparate symptoms such as joint pain, weight gain, and foggy-headedness join the ranks, it's time to think thyroid. As the "throttle" for the body's energy hormones, the thyroid affects every organ and cell; when it's in trouble, any variety of ailments--physical and mental--can occur. Trouble is, physicians are more likely to treat each symptom independently, with pill upon pill, rather than search for a root cause. Bolstered by 25 years of treating patients with low thyroid condition, husband-and-wife team Richard L. Shames, M.D., and Karilee H. Shames, R.N., Ph.D., ably explain the physical and emotional profiles of those diagnosed with the disease, why the proverbial deck is stacked against them, and how each patient can forge an effective path of treatment. "Consider *Thyroid Power* a long, personal visit with a caring, prevention-oriented practitioner," state the authors. The journey

begins with thyroid basics: how this little hormone-producing tissue operates, signs that things are amiss, how other illnesses compound the problem, and how to determine one's risk for hypothyroidism. Next, the Shameses discuss the labyrinth of diagnostic and treatment issues a patient must endure. Helpful and harmful supplements and environmental factors, repairing the immune system (the origin of thyroid troubles), and a rich, sensitive exploration of holistic healing nicely round out this valuable resource. A brief section titled "Show This to Your Doctor," penned by Richard, perfectly crystallizes the book and provides an effective tool for initiating a patient/physician dialogue. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

Richard Shames, a physician, and his wife, Karilee, a Ph.D.-prepared registered nurse, have written "a step-by-step approach to healing low thyroid," a condition they feel affects far more people than is generally recognized. In ten steps, the authors outline the different kinds of thyroid disease, its manifestations, how it can be diagnosed, and the variety of ways it can be treated. The style is very readable and includes Karilee's personal account of dealing with low thyroid. A number of appendixes (though they are not so named) collect information on topics discussed throughout the book a glossary of terms, resources, the kinds of tests, etc. The authors refer to numerous studies and other books that are included in both the notes for each chapter and in a "Further Reading" section. This book will complement other consumer health titles such as Ridha Arem's *The Thyroid Solution* (LJ 6/1/99) and Beth Ann Ditkoff and Paul Lo Gerfo's briefer *The Thyroid Guide* (HarperResource, 2000). Recommended for consumer health collections. Mary J. Jarvis, West Texas A & M Univ., Canyon Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Bravo!! I was privileged to read an advance copy of this most important book. As a mid-life woman (and health care provider) who has experienced thyroid disease first hand, I am thrilled that FINALLY that book is finally here, validating my experience and that of countless others. Far too many classically trained physicians choose to ignore the subtle symptoms and (often louder) complaints of thyroid-challenged patients, adding to the frustration that we already feel. Karilee and Rich have de-mystified the complex workings of the thyroid gland and offered a variety of strategies to identify, diagnose, and treat this often-elusive malady. They offer a clear path to enhanced quality of life and improved energy levels. They offer a variety of treatment options, embracing the best of integrative health care. The reader is constantly encouraged to seek answers on a variety of levels, from standard medical care to stress reduction to energy balancing and improved nutrition. The book

is balanced, objective, and encouraging. The health care information is nicely integrated with case stories that offer hope and guidance. Many of them bring back memories of my own journey, which included the advice of one misguided (and male) physician who told me I had panic attacks (in spite of three years of abnormal thyroid blood work!) ... and offered Prozac as his only remedy. It is unfortunate that women's complaints have long been depreciated in the eyes of the medical establishment, and it is only in recent years that we have begun to fight for equal and high quality care. This book will give us ammunition as we confront that system. The authors have included a section for health care professionals that supports their theories and advice with medical research. Thyroid Power offers a true holistic perspective, assessing the biological, psychological, social, and spiritual components of chronic thyroid disease and offering ways to deal with the whole person, not just blood work or sometimes vague symptoms. For many it will be a light at the end of a long, dark, and frustrating tunnel, and a path to better health.

This book was extremely helpful to me - it helped me to prepare for a visit to my doctor to discuss changing my thyroid medication, and also to discuss additional tests for my hypothyroidism. I plan to refer to the book as I continue to work with my doctor toward finding the best treatment. I was diagnosed with hypothyroidism about 7 years ago, based on the TSH test, and my treatment has been a low dose of synthetic T4. The book discusses possible alternatives to synthetic T4, such as adding T3, or natural dessicated thyroid. I feel I have issues which might be symptoms of hypothyroidism, which might improve with better treatment. This book helped me to feel hopeful that I can find the best treatment and that I can feel better. The book is clearly written and has a very positive tone. It has lots of useful, helpful information.

This book truly changed my life. After reading it, I not only advocated for the proper dosage of meds for my condition, but joined Weight Watchers, tailored the diet to suggestions in Thyroid Power and have lost many pounds - for the first time in years! If you, too, want to feel empowered and have some control over your condition, I'd say this book is a must. In addition to a very detailed description of traditional thyroid tests and treatments, Shames has the courage to discuss what could be **WRONG** with some of these tests, including questionnaires to help individuals gain information about their condition. For years, I had many of the symptoms described in this book: vague aches and pains, overwhelming tiredness, bouts of anxiety and depression, weight gain, sleep problems and more. And yet I believed I was on the right dosage of medication because my doctor said so and the tests said so. But as Thyroid Power notes, there is more to thyroid conditions

than lab tests alone can reveal. Shames also takes a look at foods which affect the thyroid and various vitamins, minerals and herbs that could be beneficial. If you like to take the best of conventional medicine AND holistic treatments, don't pass them one up.

I am just buying the hardcover version today, as I have read, written in, highlighted, and just used the paperback version to death! The pages are falling out, and it's just not a complete book anymore! I love this book so much, because not only is it written by doctors I respect, but one of them, Karilee, is ALSO a thyroid PATIENT! She not only has a great education and knows a lot from that point of view, but she knows about this because she LIVES IT! This book is very thorough, yet easy as can be to understand. DO NOT WORRY ABOUT IT BEING TO HARD TO FOLLOW. NO PROBLEMS THERE! You will come away from it feeling like there is something you can do, and there are people you can contact if necessary. They even give you different foods that are good and bad, so all aspects are covered! I like several thyroid books out in the stores right now, but I would absolutely start here! You won't be sorry!

I have read many, many books on hypothyroidism including most of the ones rated as five stars by .com. This book was the most comprehensive and informative of all of the books I've read. If you're going to read one book, read this one. Not only does it discuss the thyroid and its complications and affect on all body systems, but it goes into detail about blood test levels, tests you should have, mind/body healing, a diet to follow, the level of vitamins and minerals we need on a daily basis, etc. I am the kind of person who needs and likes to have all of the information I can access to help myself. Although I have finally found a doctor that knows as much as me, - for years, I did not. Now my doctor and I share information. If you have a thyroid problem, this book is well worth your time.

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