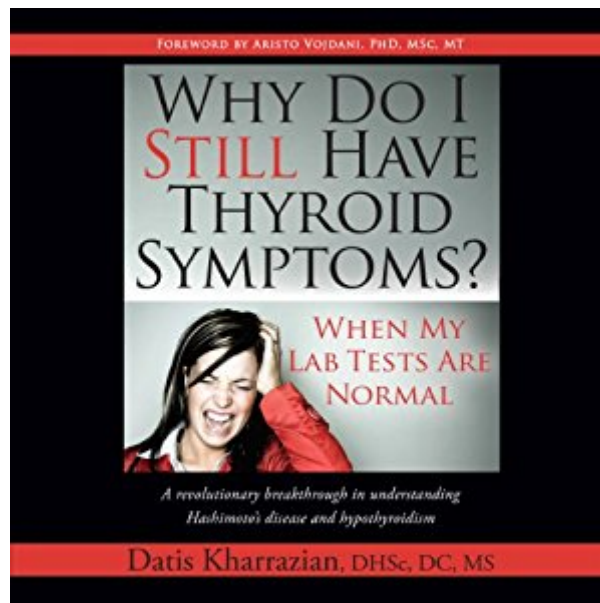




The book was found

Why Do I Still Have Thyroid Symptoms?: When My Lab Tests Are Normal



Synopsis

Why Do I Still Have Thyroid Symptoms? was written to address the true causes of hypothyroidism in this country and how to manage them. The vast majority of hypothyroid cases are caused by Hashimoto's disease, an autoimmune reaction, and are being treated inappropriately or misdiagnosed by the standard health care model. Through exhaustive research and clinical experience, Dr. Kharrazian has discovered the many causes of hypothyroidism, including autoimmunity, and how to manage it.

Book Information

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Customer Reviews

Very thorough and helpful information. This book helped me to get the correct blood tests and in turn found out I had Hashimotos.

This is an in depth book describing the symptoms of Hashimoto's disease from not only a scientific perspective but also in terms that the average person could understand. If you have thyroid issues than this is definitely the book to have in your library. Many other functional medicine doctors have studied under or been mentored by Dr. Datis Kharrazian.

I read this book about three years ago. I was diagnosed with Hashimoto's 20 years ago. For most of those years I just didn't feel well. I plodded through life and just never recovered the stamina or energy that I had before I received radioactive iodine for Graves Disease (which killed my thyroid completely) and began to take Synthroid. After having children in my mid-30's, along with some stressful life events, I totally bottomed out with debilitating adrenal fatigue. I did a lot of research

online, including the Stop the Thyroid Madness website and finally found a doctor that would switch me to desiccated thyroid. I started to slowly come out of the fog. About a year later, I read this book and put into practice many of the author's suggestions, including getting tested for Celiac Disease (which I have), and using the supplements that he recommended, I am a new person. For starters I am almost 20 lbs lighter, I have more stamina, and fewer headaches than I used to. I still have to be protective of myself and not overdo things like working-out and stress, but I feel better than I have in many years. I owe a lot of it to the information that I learned in this book. Thank you Dr. Kharrazian! (And I didn't get the feeling at all that I was only supposed to buy his products and attend his seminars like another reviewer stated. I'm not sure if I missed something, but it wasn't like an "infomercial" in my opinion). After being gluten-free for a year and taking some of the supplements he suggests in the book, I had my first ever normal thyroid antibodies test. I had "high" antibodies for 17 years and no doctor ever told me that it could be reduced. They always said, "that just means you have Hashimoto's." As Dr. Kharrazian points out in the book, it is not normal to have high antibodies and they can be brought to normal levels. I purchased the Now Foods brand of supplements for most things like Glutathione, and their Thyroid Energy supplement has Guggul and Ashwagandha. I take a B-Complex from Thorne Research called Stress B-Complex that is good for people with adrenal issues (it has extra Pantothenic Acid). I did a short stint on Cortef and later took IsoCort for a bit to help my adrenals. I don't take a lot of supplements now, but I know what to take if I feel the symptoms, like frequent headaches and fatigue, returning.

Definitely worth your time and money if you are living the title! Supposedly originally written for physicians, doctors are now encouraging their patients to read this book. Though written very technically, the scientific terms are couched in explanations using everyday examples. This makes difficult concepts quite easy to grasp. Through the book and my chiropractor, I was lead to a doctor who practices Dr. Kharrazian's methods. After one year of changes and a new lifestyle, at 58 I feel better than I have in 30 years!

Anything by Datis Kharrazian is now a must own. This is the second book of his I have read (the first being "Why isn't my brain working") and very much like the detail he provides. This isn't your average health book.

In my opinion, this book is a must read for all women struggling with any form of hypothyroidism. Dr. Kharrazian has done the research and testing in order to deliver the broadest holistic approach to

balancing the body's systems to support thyroid health that I've ever come across in the 20 years since I've been diagnosed as hypothyroid. So if your hair is still falling out, your eyebrows are still disappearing and you wake up every morning feeling exhausted (even though you're taking thyroid medication) I'd highly recommend taking a look at this book. It might be a little scientific for the average reader, but it's written for the lay person to understand the body systems involved in balancing this important gland.

The author is simply "Brilliant". Very well written, very explanatory. This book is exceptional to say the least, it is a must to have if you have any thyroid problems, though I would recommend even to those who do not have thyroid problems. It contains some extremely important information on how to recognize auto-immunity, since it can be very subtle and can linger in the body for many years before showing its own nasty colors. I think the author did an amazing job, by writing this book he empowers many people like me to take charge of your own health. I actually think he's holding back quite a bit from suggesting supplements, although the ones he suggests do work wonderfully, just got to either be very sharp about it or, if you do not feel confident enough, you should see a good functional medicine doctor.

May be one of the best book about thyroid conditions out there - informative, clear, and an easy read. A definite must have and a staple for the library of anyone who has (or has a family member) with a thyroid condition.

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