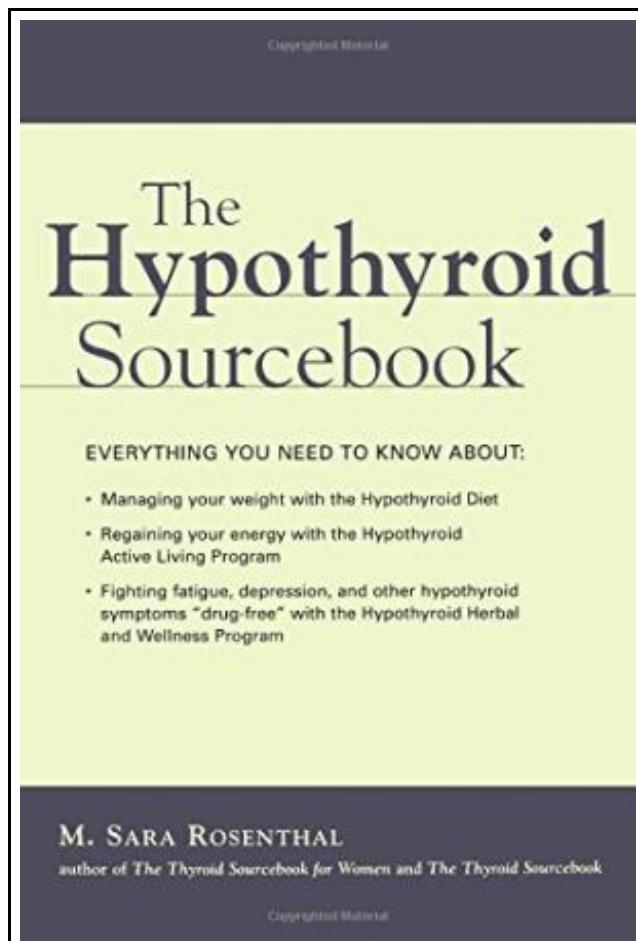


## The Hypothyroid Sourcebook



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Hypothyroid Sourcebook, M.Sara Rosenthal, This is everything you need to about: managing your weight with The Hypothyroid Diet; regaining your energy with The Hypothyroid Active Living Program; and, fighting fatigue, depression, and other hypothyroid symptoms 'drug-free' with The Hypothyroid Herbal and Wellness Program. You're cold, tired, and depressed. You haven't changed your eating habits, but you're gaining weight. No, you're not going mad, but you may be suffering from hypothyroidism - a condition that slows down all bodily functions dramatically as the result of an underactive thyroid gland or a thyroid gland that was surgically removed. In "The Hypothyroid Sourcebook", author M. Sara Rosenthal, a thyroid cancer survivor and author of the bestselling "The Thyroid Sourcebook", offers a completely new, proactive hypothyroid living program - one that can complement conventional therapy for hypothyroidism. Not only can hypothyroidism cause sensitivity to cold, weight gain, and extreme fatigue but depression, aches and pains, constipation, brittle hair and nails, and chest pains as well. Because these symptoms are wide-ranging and attributable to other causes, hypothyroidism often remains undiagnosed or misdiagnosed. Here Rosenthal tells you how to determine if this condition is the source of your health problems and, if so, how to work with your doctor when deciding among the various treatment options. This unique, proactive hypothyroid plan includes the author's own Hypothyroid Diet, Active Living Program, and Herbal and Wellness Program. As a companion on the road to recovery, "The Hypothyroid Sourcebook" will provide answers to essential questions, including: How can I tell if my symptoms are the result of hypothyroidism or some other condition? Will I have more energy once I get my hypothyroidism treated? Does thyroid hormone replacement therapy have any side effects? Will hypothyroidism affect my pregnancy or...

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