



# Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know

*Mary J. Shomon*

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### Is hypothyroidism your problem?

For millions of Americans, fatigue, weight gain, hair loss, depression, and other symptoms often go undiagnosed and untreated. Endured by weary patients and ignored by doctors, common warning signs of hypothyroidism are often attributed to depression, stress, age, or simply dismissed as "all in the patient's head." Even diagnosed, hypothyroidism is frequently treated improperly, preventing countless numbers of people from feeling and living well.

This book, exhaustively researched by a professional writer and hypothyroidism patient, is written for patients, their families, their doctors, and the countless number of people with undiagnosed or undertreated symptoms of the disease---frustrated, as the author was, by the lack of information on the subject.

*Living Well With Hypothyroidism* includes dozens of compelling, first-person accounts from people who have learned to triumph over the disease and thoroughly answers such questions as:

- What is hypothyroidism?
- What are the warning signs, symptoms and risk factors?
- Why is getting diagnosed often a challenge and how can you overcome that obstacle?
- What treatments are available (including those your doctor hasn't told you about)?
- Why is the most frequently prescribed treatment often insufficient?
- What are the options and benefits of alternative therapies?
- What effects does hypothyroidism have on infertility and pregnancy?
- How do you recognize hypothyroidism in infants and children?
- What is the outlook for future treatment of hypothyroidism?
- And *Much More!*

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#### **Mark Hofmeister:**

This Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book will be information inside this reserve incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This specific Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know without we comprehend teach the one who looking at it become critical in pondering and analyzing. Don't become worry Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know can bring if you are and not make your tote space or bookshelves' turn out to be full because you can have it inside your lovely laptop even phone. This Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know having very good arrangement in word as well as layout, so you will not really feel uninterested in reading.

#### **Samuel Lester:**

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#### **Helen Butts:**

What is your hobby? Have you heard in which question when you got pupils? We believe that that problem was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And also you know that little person such as reading or as reading become their hobby. You must know that reading is

very important and also book as to be the point. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You discover good news or update with regards to something by book. Many kinds of books that can you take to be your object. One of them are these claims Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know.

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