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The Thyroid Diet was written by Mary J. Shamon, and it was published and released to the public back in 2004. She was the author of book Living Well With Hypothyroidism and has a passion for people battling with any thyroid issues whether it be hypo or hyper.

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Hypothyroid Mom's Favorite Books Hypothyroid Mom

Your Healthy Pregnancy with Thyroid Disease by Dana Trentini (that's me!) and Mary Shomon. We interviewed leading experts on hypothyroidism, Hashimoto's, hyperthyroidism, Graves disease, thyroid nodules, goiter, thyroid cancer, gynecology, obstetrics, infertility, and more, to create the first book of its kind.

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If you're on a high-fiber diet, ask your doctor if you need a higher dose of thyroid medication. Your maintenance dose may need to be increased if you aren't absorbing enough medication.

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