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Thyroid Power Ten Steps to Total Health by Richard L Shames

Mar 09, 2014 rated it it was amazing. Thyroid Power by Richard Shames. Since I have thyroid problems I am always reading or searching ways to keep my thyroid under control. This book has very good advice to those with thyroid problems or anyone who may be searching for some health answers about the thyroid.

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About Us Thyroid Power

Dr. Shames has published a number of health-related books. In addition, he is a popular speaker and local media personality, and has created his own audio and video tape series. The author is well known for his prominence and pioneering work in the holistic field. His newest book is Thyroid Mind Power.

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