

## ***The Thyroid Solution***

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### **The Thyroid Solution**

- How thyroid hormone can work as an antidepressant when your thyroid gland is normal and conventional antidepressants have failed Filled with remarkable and dramatic patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, The Thyroid Solution now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

### **The Thyroid Solution: A Revolutionary Mind-Body Program ...**

The Thyroid Solution. The Thyroid Solution also demonstrates how to address other hidden causes of lingering symptoms including pituitary fatigue caused by growth hormone deficiency, adrenal fatigue, fibromyalgia, chronic fatigue syndrome, and sleep apnea, just to name a few. Thyroid hormone is crucial for proper mind-body communication.

### **The Thyroid Solution - Arem Wellness**

The Thyroid Solution. It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source.

### **The Thyroid Solution by Ridha Arem - Goodreads**

The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health by Ridha Arem. It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people, most of them women--has a thyroid disorder.

### **The Thyroid Solution: A Revolutionary Mind-Body Program ...**

Having the thyroid tests interpreted liberally enough to catch many low-level cases of thyroid problems. Getting the right dosage of the right medicine. Convincing the doctor to even recognize the symptoms, and test for a thyroid problem.

### **The Thyroid Solution, by Ridha Arem, M.D. -- Thyroid ...**

The Adrenal-Thyroid Solution. Your thyroid is your body's thermostat, regulating how well you burn energy - and it decides whether you even have enough energy to burn! Your adrenals and thyroid together determine how and where you store extra weight and how quickly your body repairs itself.

## **The Thyroid Solution**

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