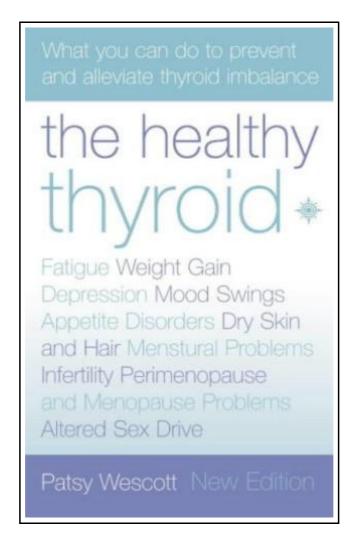
The Healthy Thyroid: What You Can Do to Prevent and Alleviate Thyroid Imbalance (Paperback)



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Reviews

It in one of my personal favorite publication. It is actually rally fascinating through reading through period of time. Its been printed in an extremely basic way in fact it is just after i finished reading through this ebook by which basically transformed me, change the way in my opinion.

(David Weber)

THE HEALTHY THYROID: WHAT YOU CAN DO TO PREVENT AND ALLEVIATE THYROID IMBALANCE (PAPERBACK)



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HarperCollins Publishers, United Kingdom, 2009. Paperback. Book Condition: New. New edition. 214 x 134 mm. Language: English . Brand New Book ****** Print on Demand ******. Thyroid health is an increasingly common concern. This updated edition (formerly titled Thyroid Problems) is a clear and practical guide to symptoms, treatment options and self-help measures for those who have, or think they may have a thyroid related problem. Sales Handles: * It s estimated that 1 in 10 women have a thyroid imbalance**, but as symptoms are diverse the problem is often unresolved. This book shows how to identify a thyroid problem, relieve symptoms, and obtain treatment. The symptoms of a thyroid imbalance include Chronic Fatigue, Weight Gain, Mood Swings, as well as dried out skin and hair, changes in libido and menstrual problems. This new edition has been fully re-structured and includes a large amount of new material to reflect the needs of today s readers. Contains detailed information about natural health and complementary treatments to help relieve symptoms. Gives the low-down on thyroid hormone tests and other orthodox medical procedures that may be offered. Is an informative yet simple book that provides a patients-eye view of thyroid imbalance so readers can better understand their doctors. Discusses the links between sub-clinical thyroid problems (the most common sort that cause longterm problems but are hard to pin down) and other conditions such as depression, obesity.

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