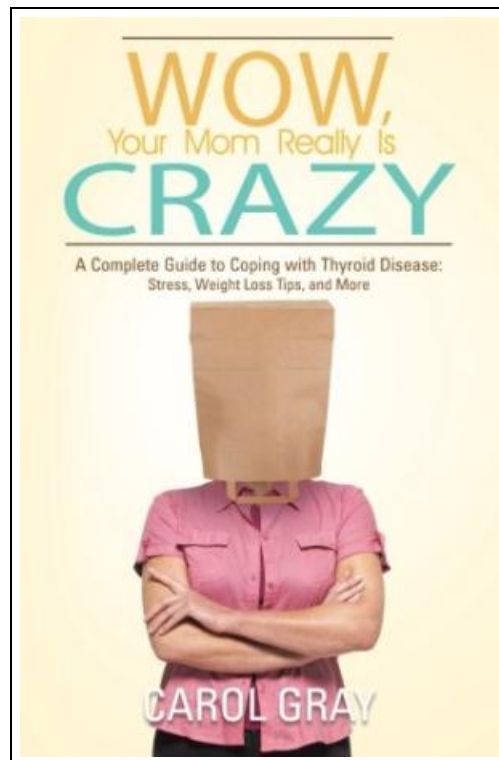


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iUniverse, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When Carol Gray moved to an upper-middle class neighborhood, she found that it wasn't just her living space that was bigger; her physical and mental problems were also growing. Most people who suffer from autoimmune diseases are usually sick an average of ten years with various ailments before getting the correct diagnosis. Carol was no exception, and she struggled to maintain the facade of normality among the neighborhood's stay-at-home moms, green lawns, and white-collar dads. In this guidebook about coping with autoimmune and thyroid disease, she recalls her struggles and shares stress-coping tips, nutritional advice, alternative therapies, and insights on dealing with friends and family who want to see evidence of an invisible disease. She also explores how to deal with mood swings and other symptoms not yet fully explored by the scientific community. Millions of people suffer from autoimmune and thyroid diseases, but they remain misunderstood. Find the answers you're looking for, and discover how to keep your sense of humor in *Wow, Your Mom Really Is Crazy*.

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