



## The Thyroid Solution

*Ridha Arem*

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## **The Thyroid Solution** Ridha Arem

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. This health crisis flourishes in the shadows of the medical community because many primary-care doctors still don't recognize the importance of the thyroid in mind-body health. In fact, when they do diagnose a thyroid disorder, they treat it as a simple physical problem rather than what it really is: a complex blow to the body and mind--and an increasingly common cause of clinical depression, weight gain, fibromyalgia, high cholesterol, memory loss, anxiety, and other disorders. It's time to treat the source and not the symptom!

The Thyroid Solution is the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover

- The thyroid basics--what it is, where it is, what it does
- How thyroid hormones affect the brain and alter mood, emotions, and behavior
- The difference between hypothyroidism and hyperthyroidism and why both conditions are often undiagnosed or misdiagnosed
- What tests to ask your doctor to give you--and what they mean
- The facts your physician may not know about your thyroid, depression, fibromyalgia, and chronic fatigue syndrome
- The vital connection between stress and thyroid imbalance
- The benefits of antioxidants and essential fatty-acid foods and supplements
- How to recognize and cure the deep and lingering effects of a thyroid imbalance
- 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 Details**

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Author : Ridha Arem

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# **From Reader Review The Thyroid Solution for online ebook**

## **Erin says**

I was just recently diagnosed with an underactive thyroid, so I was kind of interested in reading this book. There was some good information in it, but I felt like the book repeated a lot and most of it could have been said in about half the time. Also, I think the author/doctor blames EVERYTHING that could possibly be wrong with you on your thyroid, when that is not necessarily true. Then as I was reading it I was thinking, "Wait, do I have these symptoms? Maybe I do!" and I started imagining symptoms that weren't really there. Overall it's a pretty good book if you don't know much about thyroid hormones at all.

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## **Cori says**

Last year I was diagnosed with hypothyroidism, and am now on medication. I am still dealing with many symptoms of Thyroid Disease, and was hoping this book could help connect the dots. It did. So glad I read it. Now back to the doctor.

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## **Nicole Smith says**

I did think there was a great deal of information that was needed in this book. At times the amount of information was confusing. I think the author did well in trying to address the average person and keep things at a layman's level of understanding--which I needed. I just was distracted by the amount of information--it's a lot to wade through.

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## **Rachel Meyers says**

This book was helpful, but it is called the Thyroid "Solution" and there wasn't much in the book about how to solve thyroid problems. The last 30 pages or so deal with solutions but the rest of it is how to diagnose and symptoms etc. I actually didn't finish the book, but I want to eventually so I can get to the solution part :)

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## **Nathalie says**

If you read this book; everyone could have a thyroid issue and it is the reason for many of the modern world health problems. Nevertheless, the book provides a lot of useful information to understand the thyroid for those already diagnosed with such issue and with some indication on how to best support your health. I would however recommend further reading. Lastly the advice on nutrition are to my opinion too vague and not relevant to everyone.

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## **Anne-Marie says**

I know every big girl wanna talk about "It's my Thyroid!" but it really is my thyroid. According to this book, every problem that I've ever had is because I'm hypothyroid and, well, that's good enough for me. The Thyroid Solution is twelve years old though so there might have been some new medical advances since then but I don't care. I'm just going to take my levothyroxine and watch all my troubles melt away. You should get your thyroid checked too.

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## **Bridgett says**

This book really taught me a lot about thyroid problems and furthered my speculation that I have been "subclinically" hypothyroid for years. I didn't always agree with the diet stuff or a few other things, but it was useful.

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## **Books Ring Mah Bell says**

What did I learn from this book?

NEVER underestimate the power of the endocrine system. Seriously, a little chemical imbalance can wreak havoc on your system. (just ask Paula Abdul or Gary Busey)

I learned that many doctors will check only T4 levels. Testing should include specific checks of T3 ( a thyroid chemical found in the synapse of the nerve cell) and TSH. Together, these results give a clear picture as to what is going on in your system.

This book is well written and VERY thorough. The author does not dumb things down for the masses, but has created an easy to follow resource.

I'd encourage anyone having problems with fertility, weight gain (or loss), mood disorders, fibromyalgia, or chronic fatigue syndrome to ask your doctor if they have checked thyroid levels. (T3, T4 and TSH)

What I found very fascinating were the case studies of women who were on anti-depressants and anti-anxiety meds. They had little relief of the symptoms until they added in thyroid medication. Some women were able to lower the dose of anti-depressants or even come off those meds altogether.

You know when your body just does not feel right. If your doctor does not listen to your concerns, find another one. Or, meet specifically with an endocrinologist. You deserve relief of your symptoms and help is out there.

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## **Sarah says**

First of all, credentials, This guy has them. next, he is very thorough in addressing all things thyroid. I chose to read this book because I realized the other day that I have had thyroid disease for about 10 years and have just been blindly taking synthroid. yes, there is so much more to know about how it affects my body. I was

happy to learn so much at the same time being angry at my doctor that he didn't explain any of this to me. If you are a family member has thyroid issues, this is a must read.

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### **Cécile says**

I quickly jumped to the diagnosing and treating part, and I'm glad I did! Like others have pointed out, the first three parts on "how a tiny endocrine gland intimately affects your mood, emotions and behavior", "common emotional and physical interactions", and "your symptoms are not all in your head" (focused on women's thyroid problems) repeat each other quite a bit (at least, it feels that way!) So I'd recommend starting the book page 231, where the author explains you could be hypothyroid even with normal blood tests. Very useful to me! I also thought that the part on curing the lingering effects of a thyroid imbalance was very useful guidance to tell which symptoms are thyroid related and which are mental health related. If fatigue and depression doesn't go away, they're probably psychological and you could benefit from antidepressants. Don't get tired of reading before you get to the part on how to combine thyroid and mental health treatments, and also how to prevent issues through a healthy lifestyle!

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### **Shelley says**

Not as informative as I'd hoped. Pretty much a rehash of what I'd already learned from my own doctors and WebMD. Way too much emphasis on physiological mental and emotional symptoms, which (thankfully) I haven't experienced.

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### **Belinda says**

While the book has valid information it did one thing that really annoyed me, it focused on Graves and Hashi's and left goitre patients hanging in the wind. As a three post operative goitre patient, I am still looking for the reasons why my thyroxine isn't stable. This book doesn't really help and totally made no reference to calcium issues from impaired parathyroid function. Disappointed.

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### **Deb says**

After having my thyroid removed, I noticed different things going on that doc never warned me about. Things I had begun to attribute to 'getting older'. After reading this book - I bawled for hours! It wasn't my fault after all! They were just things doc never warned me might happen. I felt SO much better after realizing some of the changes I was experiencing were not 'in my mind' and were directly related to the absence of a Thyroid.

I've recommended or loaned this book to many friends who are being tested for thyroid issues, are starting medication, or are talking with their doctor about surgery or radiation.

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## **Margaret says**

Explains a lot of the finer details I wanted to know about thyroid issues. Having been hyperthyroid for 3.5 years, in remission for 1.5 and now hypothyroid for over a year this book confirms a lot of what I was experiencing, but the doctors were not acknowledging. So it validated a lot. I took it with me to more than one medical appointment! However, it's not an easy book to get through and I found it more like a textbook.

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## **Sharon says**

When a recent series of lab tests revealed that I was hypothyroid, I contacted a nurse practitioner friend and asked her what books she might recommend. She told me that Dr. Arem's book was not only the one she recommended to her patients, but the one she kept in her office. I now understand why.

Before I was even given my medications, I was able to better understand my disease ... and to see how many times I had been diagnosed with another ailment because the symptoms of hypothyroid are so similar to clinical depression and perimenopause. I found myself both a little angry and a little relieved as I read this book, wondering how many health issues might have been resolved many years ago if my doctors had tried a simple blood test (as a new physician did) instead of dismissing my symptoms as "merely part of growing older."

I will admit that I skipped sections on hyperthyroidism, thyroid cancer and thyroid disease relating to fertility ... but the good news is that they are there should I need to reference them at any point.

This book is an outstanding read for a layman, whether it is themselves or a family member for whom they are gathering information. Dr. Arem provides information on which vitamin supplements to consider along with medical treatment, how to start taking exercise if one has previously been unable to do so due to thyroid-related joint pain and so on.

I'm one who likes to study what's going on with my body, and this book was (and will continue to be) an outstanding resource. Highly recommended!

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