



Overcoming Thyroid Disorders Third Edition

David Brownstein

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Dr. Brownstein's NEW Book, Overcoming Thyroid Disorders, 3rd Edition has been completely updated. This book shows how a holistic treatment program can effectively treat: Hypothyroidism Graves' Disease Hashimoto's Disease Fibromyalgia Chronic Fatigue Syndrome Arthritis And Much More! Overcoming Thyroid Disorders provides information on safe and effective natural therapies to help the body heal itself. Dr. Brownstein provides over 30 actual case studies of his success in treating thyroid disorders. Overcoming Thyroid Disorders contains information on: Natural Thyroid Hormone Bioidentical Natural Hormones Diet Vitamins and Minerals Important for Thyroid Function Detoxification And Much More! Table of Contents 1. Introduction 2. Hypothyroidism 3. Poor T4 Converters and Thyroid Hormone Resistance 4. Thyroid Replacement Options 5. Hyperthyroidism and Autoimmune Disorders 6. Fibromyalgia and Chronic Fatigue Syndrome 7. Adrenal and Gonadal Hormones and their Relationship to the Thyroid 8. Diet 9. Detoxification 10. Coagulation Disorders 11. Iodine and the Thyroid Gland 12. Final Thoughts Appendix A: Glycemic Index Appendix B: Other Resources

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