



# **The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms**

*Kathryn Simpson MS*

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## **The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms**

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You're already an expert on your thyroid symptoms. Why not become an expert on solutions? Although your doctor is an invaluable resource, taking charge of your health care is the best way to discover treatments that work, make the most of your medical appointments, and restore your thyroid balance.

Because hypothyroidism, hyperthyroidism, and other thyroid problems affect every woman differently, **The Women's Guide to Thyroid Health** takes a personal approach. Together with your doctor, you'll evaluate your symptoms and use that information to create a personal treatment plan. Use this book to help interpret test results, understand your options for hormone therapy medication, manage side effects, and discover simple nutrition and lifestyle strategies that can keep you looking and feeling well. By informing yourself and partnering with your doctor, you'll get the results you are looking for.

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