



Your Thyroid

Chester Ridgway, Lawrence C. F Wood M.D.

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Do you feel sluggish or depressed? Do you tire easily? Are you overly sensitive to the cold? Do you feel swollen or overweight?

An overactive or underactive thyroid could be the hidden cause behind many of these common symptoms. Left untreated, a malfunctioning thyroid may lead to serious complications. Once diagnosed, however, it can usually be treated safely, easily, and without anxiety.

Completely revised and updated for the nineties, *Your Thyroid: A Home Reference* explains what the latest scientific advances can mean to you. It is the essential guide to some of America's most common health problems, and an essential addition to every home medical library.

-- How to identify the various forms of a malfunctioning thyroid, and the specific treatments available to counteract them

-- How to gauge your susceptibility before symptoms appear--and when to seek a thyroid checkup

-- The effects of drugs, diet, stress and radiation on the thyroid, and how to maintain its normal operation

PLUS

-- How to monitor thyroid trouble during pregnancy, and in your children

-- Practical illustrations to help you help yourself and your family

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Kimberly Hopkins:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book Your Thyroid it is very good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In case you did not have enough space bringing this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not to fund but this book has high quality.

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