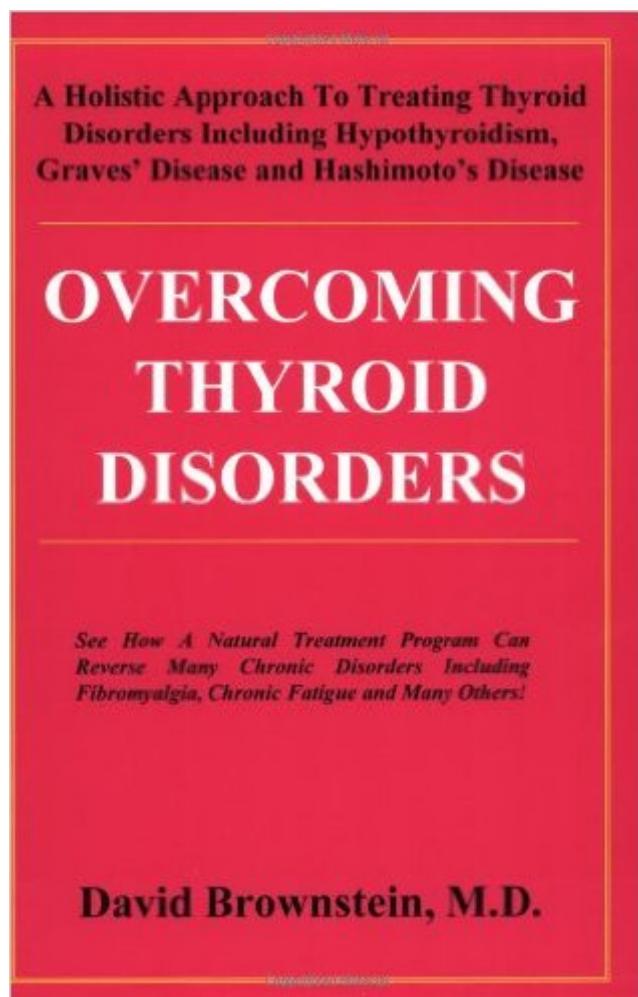


The book was found

Overcoming Thyroid Disorders



Synopsis

"Overcoming Thyroid Disorders" by Dr. David Brownstein is a ground-breaking book about how a holistic program can be used to treat Hypothyroidism, Hashimoto's Disease, Graves' Disease, Chronic Fatigue Syndrome, Fibromyalgia and many other conditions. This book will show you how a natural treatment program consisting of: natural thyroid hormone, other natural hormones, vitamins, minerals, diet modifications and detoxification can successfully treat many thyroid and other conditions. Dr. Brownstein illustrates the tremendous success he has had with his holistic treatment program by including over 30 actual case studies from his practice. This book provides hope to those who suffer from thyroid problems because it shows how a natural, holistic program can be used to overcome these chronic conditions.

Book Information

Paperback: 256 pages

Publisher: Medical Alternatives Press, Inc. (April 2002)

Language: English

ISBN-10: 0966088220

ISBN-13: 978-0966088229

Product Dimensions: 8.9 x 6 x 0.7 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 stars See all reviews (100 customer reviews)

Best Sellers Rank: #54,439 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #1388 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Author David Brownstein is a board certified Medical Doctor and the director of the Center for Holistic Medicine in West Bloomfield, MI. This eye opening book is a relatively easy read for the thyroid patient as it gives an overview to Dr. Brownstein's holistic approach in treating thyroid and other issues. Dr. Brownstein starts off by describing how his training in medical school was inadequate for dealing with thyroid issues. He was motivated and intrigued by Dr. Broda Barnes' book "Hypothyroidism, the Unsuspected Illness". Dr. Barnes devoted a lifetime to researching and treating thyroid issues. This was apparently motivating enough for Brownstein to depart from practicing conventional allopathic medicine and take up a holistic and Functional medicine approach. As a practitioner of functional medicine he uses western allopathic medicine as well as

alternative approaches and encourages natural remedies to help the thyroid before prescribing hormones.. He digs and tries to find the root cause of the symptoms. He acknowledges that labs don't tell the whole story. He will not rely 100% on lab results as he looks at the patient's overall symptoms, personal and family history. He will use naturally desiccated thyroid hormones such as Amour or Nature-throid, if he feels the need. He offers a theory on the root cause of Hashimoto's disease pointing to a deficiency of iodine and antioxidants. Currently mainstream medicine does not know the root cause for Hashimoto's. He points out, how can you adequately treat a condition when you don't know what is causing it.Dr. Brownstein is a very big advocate of taking iodine in the form of Lugol or Iodoral(a mixture of iodine and iodide) for thyroid and many other disorders.

[Download to continue reading...](#)

The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Overcoming Thyroid Disorders Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Your Thyroid and How to Keep it Healthy: Second edition of The Great Thyroid Scandal and How to Avoid It Thyroid Weight Gain No More: How I Finally Fixed My Thyroid Problem With a 5-Step Plan & Lost 50 lbs in 40 Days! Hormone Lies and Thyroid Misunderstandings: A Medical Intuitive Reveals the Truth Behind the World's Hormone and Thyroid Crisis Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders) Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1) Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) The Bible Cure for Thyroid Disorders: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Caffeine Cure: A

Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) Blood and Circulatory Disorders Sourcebook: Basic Consumer Health Information about Blood and Circulatory System Disorders, Such as Anemia, Leukemia, (Health Reference) Genetic Disorders Sourcebook: Basic Consumer Health Information About Hereditary Diseases And Disorders (Health Reference Series)

[Dmca](#)