



The Thyroid Hormone Breakthrough

Mary J. Shomon

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If you're one of the millions of American women suffering from PMS, irregular periods, difficulty getting pregnant, low sex drive, postpartum depression, menopausal symptoms, or many other hormonal problems, what you may not realize is that thyroid disease could be the culprit. *The Thyroid Hormone Breakthrough* is a holistic guide to identifying and overcoming the connection between hormonal problems and the thyroid, which goes undiagnosed in more than 30 million women in the U.S. alone. It will help you identify and diagnose thyroid problems and offer strategies to cope with the effects that thyroid conditions can have on everything from puberty to menopause, including ways to avoid the pitfalls of decreased sex drive.

With information on diet and exercise, conventional and alternative therapies, and lifestyle changes that will benefit overall health, plus a risk and symptom checklist and a detailed resource section, *The Thyroid Hormone Breakthrough* is the most comprehensive thyroid hormone book on the market.

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