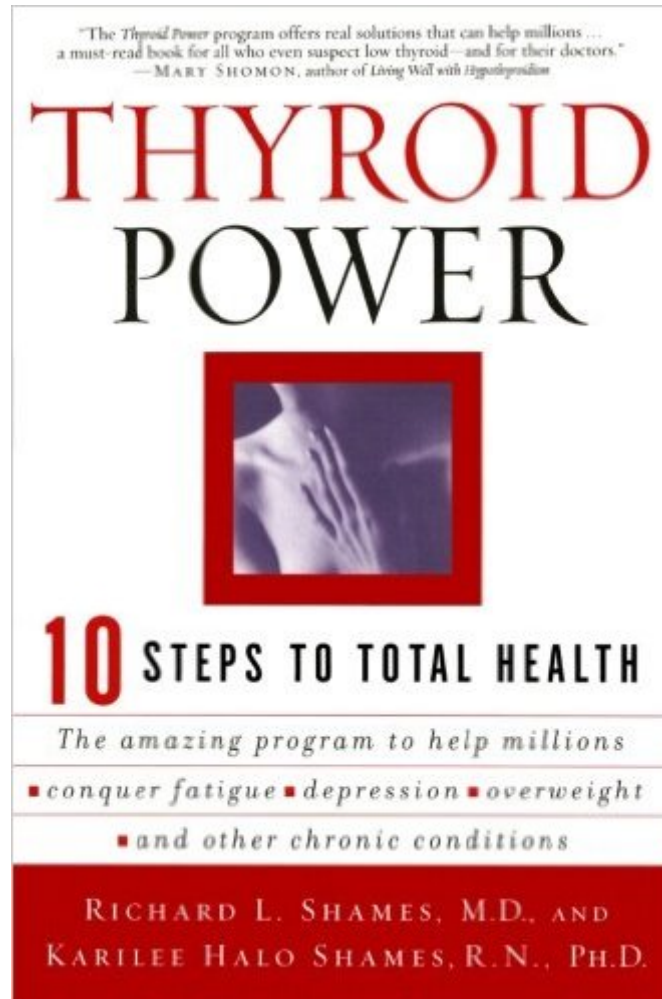


The book was found

Thyroid Power: Ten Steps To Total Health



Synopsis

Fatigue; weight gain; depression; arthritis; high cholesterol; low sex drive; skin, digestive, and female problems; abnormal blood pressure -- all may be symptoms of low thyroid, one of the most misdiagnosed disorders in America. *Thyroid Power* can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers; and offers tips from thyroid support groups. By following this clear 10-step program and working with your health practitioner, you can channel the incredible power of your thyroid into greater health and well-being.

Book Information

Paperback: 336 pages

Publisher: William Morrow Paperbacks; Reprint edition (May 28, 2002)

Language: English

ISBN-10: 0060082224

ISBN-13: 978-0060082222

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (89 customer reviews)

Best Sellers Rank: #55,279 in Books (See Top 100 in Books) [#27 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#) [#38 in Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) [#69 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

Customer Reviews

Dr. Richard Shames and his wife, Karilee, who is a skilled nurse, have written a book that has the potential to help millions of people feel better. As a practitioner of medicine working at the Preventive Medical Center in San Rafael, California, I have been using some of the philosophy and techniques that I learned directly from Dr. Shames to help many patients. These patients suffer from the most common symptoms such as: fatigue, depression, weight gain, insomnia, headaches, joint and muscle pain, memory loss, frequent colds and viruses, cold hands and feet etc. Previously I was at a loss to help these people and could only tell them that there was nothing "wrong" with them and that their problems were not "medical" at all. It turns out that I, along with most medical practitioners, were victims of our own dogma. In reality, when it comes to thyroid disorders, many people have so-called "normal" tests, and yet when given thyroid hormone, their quality of life

improves dramatically. I am not speaking of a short term placebo response, that we see frequently with any healing intervention. Many of my patients get better and stay that way, simply from taking thyroid hormone that no "well trained" medical practitioner would dare give them, because their tests were "normal". Fortunately, with this book, the Shames family has broken that taboo and the genie is out of the bottle at last. This book is directed and designed for the health consumer and it will help to empower them to demand the treatments they are entitled to receive. It is organized as a step by step program to help the health consumer understand the nature of the problem they may be facing and what the potential solutions are.

Richard and Karilee Shames are not only husband and wife, but doctor and nurse, AND thyroid practitioner and thyroid patient. For more than twenty-five years, the Shameses have been working with people who are "low thyroid" -- the term they use to describe hypothyroidism -- in their new book, *Thyroid Power: Ten Steps to Total Health*. Karilee herself is hypothyroid, as are several of the couple's children, and these experiences have informed both authors, who have struggled to help not only their own family, but many patients they have treated for thyroid problems as well. In a simply written, straightforward manner, the Shameses have organized some basics of hypothyroidism's causes, test, diagnosis and treatment into a ten-step program of information that can help patients get properly diagnosed and treated. One of the most interesting and innovative parts of the book is Step 9 -- "Improve the Underlying Autoimmune Condition." This section shares some of the results from Karilee's weekly thyroid recovery group meetings held with other thyroid patients. This chapter talks about issues patients have experienced with emotional sensitivity, self-esteem, perfectionism, maintaining momentum, being empowered, and more, and many of the "common characteristics" of people with autoimmune hypothyroidism struck a chord personally with me. For already diagnosed thyroid patients, Step Seven's overview of adrenal insufficiency is also a very useful adjunct, particularly for thyroid patients who do not feel well on what is considered sufficient treatment for hypothyroidism. A unique section is titled "How to Tap the Source of Boundless Energy," which talks about energy healing, the energy chakras, and self-actualization.

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