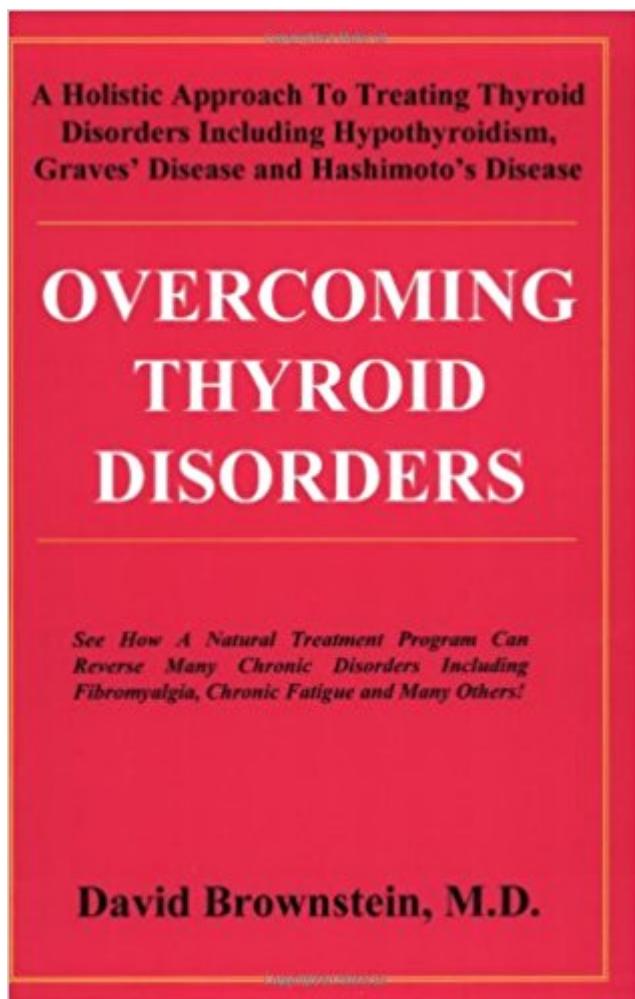


The book was found

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

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Customer Reviews

Dr. David Brownstein is a Board-Certified Family Physician who utilizes the best of conventional and alternative therapies. He is the Medical Director for the Center for Holistic Medicine in West Bloomfield, Michigan. Dr. Brownstein is a member of the American College for the Advancement in Medicine and the American Academy of Family Physicians. Dr. Brownstein is the author of two other books in addition to this book: "The Miracle of Natural Hormones" and "Overcoming Arthritis."

Since I was diagnosed with hypothyroidism, I felt that I had to learn more about the "disease". This book explains it so clearly; I changed my diet so that I now eat more healthy foods. I understand the "side effects" of the prescriptions that I take. When I was in to see the nurse practitioner, I was trying

to suggest that I be taken off Synthroid and put on Amour as suggested in the book---it seemed as though she became deaf when I spoke. I am a disbeliever that prescriptions are good for all that ails us and I am trying to use a better diet to improve my health problems. I wish that the doctor and his assistant would listen to me and would ask me if I have any comments or questions. I feel that that would be an excellent way for me to be able to live those sixteen more years that I am hoping for.

I favor holistic medical advice and this author utilizes both the conventional and holistic approach. It is written in layman's terms and easy to understand. This is a very good book and as it is the first of 7 books I've purchased that I have read, I cannot compare it to any other books, but to only what I have learned here and there off the internet health sites. I picked this book first because of the information on alternative therapies. I have taken generic levothyroxine for about 5 years with symptoms of being constantly tired, weight gain, thinning hair, brittle nails and a patch of eczema or psoriasis (been diagnosed both from different doctors). I have learned that the recipe for levothyroxine differs somewhat from factory to factory (fillers can be different), and one may not be getting the same manufacturer each time, so I had my doctor change my prescription to Synthroid (one recipe). The author points out that many hypothyroid symptoms are caused by vitamin deficiencies and I can say that after being on a vitamin regimen, my multivitamin containing iodine and the change to Synthroid, some of these symptoms are lessened and I am not as tired. I don't know if it is the vitamins or the Synthroid, but who cares I am doing better. Although, it is very difficult to lose weight, even with a healthy diet and exercise. The author discusses a product called Armour that more closely resembles human hormone and many patients have greatly improved once switching to Armour. There are other similar brands, too. The author emphasizes that each patient is different and that what works on one person, does not necessarily work on another, that each patient needs thoroughly analyzed because the TSH test is not always reliable and doctors should not rely wholly on those lab results. I do recommend this book.

It's okay but it is lacking in providing strong evidence so that people can really understand how vitally important a role the thyroid plays in every health concern you have. Not really thrilled with the information and the way it is presented in the book.

I see that there are already a lot of favorable reviews for Dr. Brownstein, but I just had to add my comments because I think he did such an outstanding job with this book. It is well written and contains everything you could ever want to know about how to help yourself with your thyroid

problems. I agree wholeheartedly with his comments about "paper doctors" who treat tests instead of patients. This is something I felt for a long time but never could put into words. My doctor goes back and forth constantly because of what is on my thyroid tests. No matter how I feel she wants to change my dosage to fit the tests. I knew some things about the subjects he covered, except coagulation disorders, but he explained everything thoroughly and clarified things I wasn't sure about. He writes in a simple, direct manner that is easy to understand. The part about coagulation disorders was particularly helpful for me as this is something that I have not seen brought out before concerning chronic fatigue syndrome. I definitely want to have myself checked for this. What he says about energy and nutrients not getting to muscles makes perfect sense, and the symptoms he describes fit me perfectly. I believe that anyone who has thyroid problems and chronic fatigue syndrome would do well to read this book, as it is necessary to educate yourself on these subjects if you want any real relief. I don't think you will get any from conventional doctors. I wish there was some way to convince more doctors to become wholistic like Dr. Brownstein, but I believe it will be decades before that happens, if ever.

As a longtime Hashimoto's thyroiditis patient, I've learned a lot about TSH, T3 T4, etc. There was lots of good information here about the how and why of the thyroid hormones and why traditional tests and treatments aren't that terrific. I've known for a long time that a simple blood test was not an accurate read on my thyroid levels. I can tell when it's too high or too low, even when the standard test says "normal". There's a couple of chapters I'm going to copy and give to my doctor to read.

It was pretty generic information that can easily be found on the internet. Wasn't too informative or helpful for me.

Take charge of your "OWN" health and heed sound advice. Dr. Atkins, Dr. Brown, Dr. Byron (RIP), Dr. Kurz, Dr. Axe ... - help us fill the quotient. I thank them all.

If you suspect you have a Thyroid problem or are being treated for a Thyroid problem, but you're still not feeling well, read this book. It will give you everything you need to confront/present a case to your Doctor. The book explains each Thyroid disorder, suggests causes, gives symptoms, and explains the treatments. This could be the first step to feeling better! Read with a highlighter and post-it tabs!

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