

The Complete Idiot's Guide to Thyroid Disease (Idiot's Guides)

By Dr. Alan Christianson, Hy Bender

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Controlling health when metabolism is out-of-control.

The thyroid is the body's energy center, working to set the metabolism. It can be underactive or work too fast. It is susceptible to cancer and other health issues, more often in women than men. And its symptoms are varying and hard to identify. *The Complete Idiot's Guide to Thyroid Disease* sifts through the vast amount of conflicting advice to help readers learn how to seek appropriate treatment for their individual situation.

• Covers Hypothyroidism and Hyperthyroidism, as well as Goiter, Graves' Disease, Hashimoto's Disease, Thyroid Cancer, and adrenal gland diseases

• Thyroid's role in PMS, infertility, and postpartum depression

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Editorial Review

About the Author
Dr. Alan Christianson is the "go-to" expert to whom other physicians refer patients with thyroid disease. He has been featured on TV news stations across the country for his views on medicine, and has been spotlighted by national publications ranging from *Woman's World* to the Townsend Letter for Doctors & Patients.

Hy Bender is the bestselling author of 15 books and has also written for such national publications as *The New York Times, American Film, Advertising Age, Spy*, and *Mad Magazine*. Hy's lived through both thyroid cancer and hypothyroidism, allowing him to write about thyroid topics in a nuanced way that fully takes into account a patient's feelings and needs.

Users Review

From reader reviews:

Brian Bottoms:

As people who live in the actual modest era should be up-date about what going on or data even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe will update themselves by reading books. It is a good choice in your case but the problems coming to you is you don't know which you should start with. This The Complete Idiot's Guide to Thyroid Disease (Idiot's Guides) is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and wish in this era.

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Charlsie Sprouse:

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