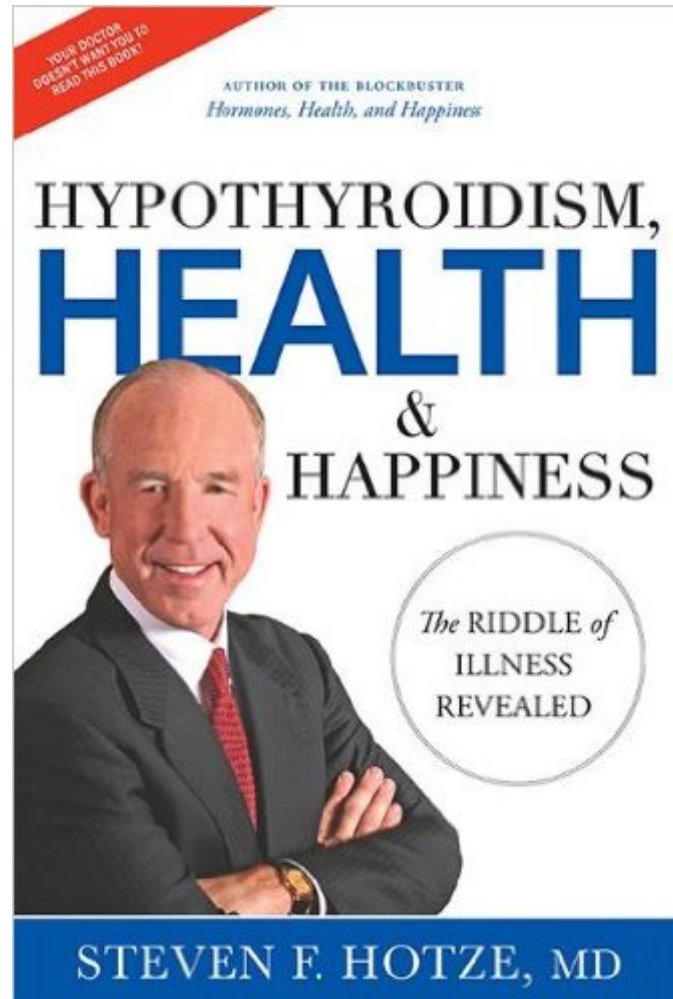


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# Hypothyroidism, Health & Happiness: The Riddle Of Illness Revealed



## Synopsis

Have you ever thought to yourself, "I think I might have a thyroid problem." "I'm tired all the time, no matter how much I exercise, I can't seem to lose weight, my hair's falling out, and overall I just feel blah." If so, it is essential that you explore the very real possibility that indeed, you do have hypothyroidism. In *Hypothyroidism, Health & Happiness*, Dr. Steven Hotze reveals how commonly hypothyroidism is overlooked, misdiagnosed, and mistreated in women and men, and gives you just the information you need to prepare yourself to obtain help. Too often, individuals with all the signs of low thyroid are prevented from accessing the simple, inexpensive and effective treatment for hypothyroidism. Instead, they are told their blood work is "normal." Find out why they owe it to themselves to believe what their bodies are telling them, rather than the results of their blood tests. Dr. Hotze has been on a mission to get this message into the hands of women and men, particularly those in midlife, for more than 20 years. The answers you will find in this book about the signs, symptoms and treatment of low thyroid conditions are no longer a part of the conventional medical approach to hypothyroidism. Inside, you will learn:

- The historical basis for identifying and treating hypothyroidism
- Underlying causes of hypothyroidism
- Clinical signs and symptoms that may mean you have hypothyroidism
- The little-used thyroid blood test that identifies thyroid disorders in spite of a "normal" TSH
- Other individuals just like you who are now healthy, well, and thriving
- Simple at-home test you can do as a starting point towards discovering if you have low thyroid
- And more

Dr. Hotze has a saying, "If you are sick and tired of being sick and tired, then you owe it to yourself to take charge of your health and get your life back." By arming yourself with the information in this book you can take the first step towards restoring your health, transforming your life and improving your world.

## Book Information

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## Customer Reviews

An amazing work. Dr. Hotze has hit the nail on the head. It is remarkable how recent the history of hypothyroidism is. Only 125 years ago, Dr. Ord described cretinism. Later Dr. George Redmayne Murray treated a woman with myxedema by injecting her with an extract of sheep thyroid. As we often see today, his colleagues ridiculed his approach despite the patient improving dramatically and living a long healthy life. Later, dried or desiccated thyroid was used effectively. Diagnosis and treatment were based on clinical observation: If patients showed signs of too much thyroid, the dose was reduced. Hypothyroidism was recognized as a common condition that had an effective treatment. Why so much hypothyroidism? 1. Modern medicine allows those with hypothyroidism to survive childhood infections Broda Barnes recognized that the success of antibiotics produced even more hypothyroidism. As a result of low thyroid, people are more prone to infections. Many hypothyroid children never survive childhood due to serious infections. As a result of antibiotics, more hypothyroid children survived to adulthood. Further, low thyroid adults are more likely to genetically pass low thyroid on to their children. 2. The Hypothyroidism - Yeast Connection Antibiotics kill the healthy bacteria in the intestinal tract along with bad bacteria. Further distress to the digestive system is caused by consumption of chlorine, fluoride, and nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen. When you combine these with a diet filled with sugar and other simple carbohydrates, it can cause an overgrowth of yeast in the intestines. Yeast releases neurotoxic chemicals into the bloodstream that may damage the hypothalamus and alter thyroid production.

Dr. Hotze's new book "Hypothyroidism, Health and Happiness" should be read by everyone, who feels "sick of being tired and tired of being sick", regardless if he/she is diagnosed with hypothyroidism or not yet. This is a "must read" book for anyone who has thyroid problems, unexplained medical symptoms or is suffering from an undiagnosed illness. I would also recommend Dr. Hotze's book to hyperthyroid patients who are facing RAI and thyroidectomy, because after any of these interventions they'll become hypothyroid for the rest of their lives. They need to know what the difference between Armour Thyroid and Synthroid is, and they have to insist from their doctors to prescribe them the desiccated thyroid hormone, not the synthetic. They need to

know why they still have symptoms and side effects, when taking the synthetic drugs. I especially liked the holistic approach Dr. Hotze follows with his book: the treatment of any illness is not only about taking the prescribed medication; it's also about the life style, diet, about balancing hormones and everything else. Thyroid gland is not a separate body organ; it is connected with the pituitary, hypothalamus and adrenal glands and they have to be treated altogether. I cannot agree more with the author that drugs are greatly overused in America, that commercial interest of the "Big Pharma" rules the lives and health of ordinary people. I, similar to Dr. Hotze, believe that people are sick not because "they are deficient in pharmaceuticals, or have low levels of drugs in their bodies", but because they are overmedicated with all kinds of drugs. Thyroid tests, as the author says, should not be the only indicator of a thyroid disease, they are often incorrect and "patients don't lie, lab tests do".

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