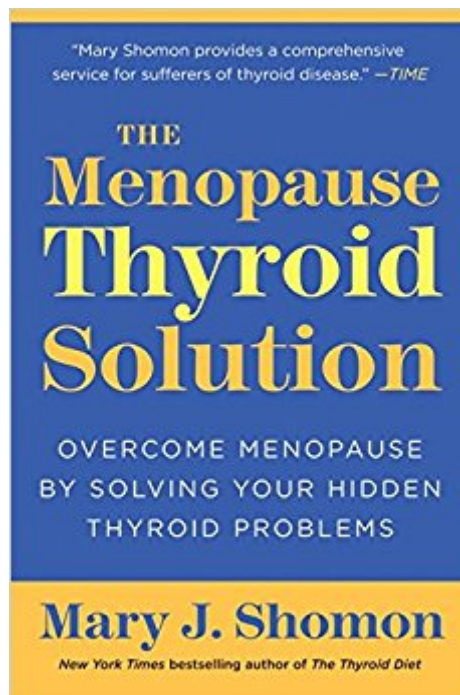




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# The Menopause Thyroid Solution: Overcome Menopause By Solving Your Hidden Thyroid Problems



## Synopsis

From New York Times bestselling author and nationally recognized patient advocate Mary J. Shomon comes a groundbreaking guide to safely managing menopause through a better understanding of and better care for your thyroid. If you're one of the forty million American women struggling through menopause, you probably know all about the symptoms of fatigue, weight gain, and depression. But what you may not know is that the drop in reproductive hormones frequently triggers a thyroid slowdown—a "thyropause"—that can be the main cause for those troublesome symptoms. In fact, you may not even need hormone therapy, wild yam and progesterone creams, or herbs like black cohosh for a symptom-free menopause. What you really need is to begin to pay attention to your thyroid. In *The Menopause Thyroid Solution*, Mary J. Shomon will help you:

- Recognize the symptoms of a thyroid problem versus those of menopause
- Learn how to get your problems diagnosed and treated
- Find out what and how to eat, what medications to consider, what supplements to take, and what lifestyle changes to make
- Improve your metabolism and increase your energy

## Book Information

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## Customer Reviews

"Vital for hypothyroid patients who want to get well, and for physicians who want to do so." (Dr. John Lowe, Director of Research of the Fibromyalgia Research Foundation)

"If I could recommend only one book on thyroid problems for my patients, this would be it." (Elizabeth Lee Vliet, M.D., Founder and Medical Director of HER Place

Centers)“A must read book.” (American Autoimmune Related Disease Association)“A first rate book” (Los Angeles Times)“At last, a book that helps people make sense of multiple mystifying symptoms, and offers a road map to proper diagnosis and the most effective treatments...a brilliant empowerment manual for finding the proper practitioners and moving forward in your life.” (Richard Shames, MD, and Karilee Shames, PhD, RN, HNC, authors of *Thyroid Power*)“Fibromyalgia and Chronic Fatigue Syndrome confuse many doctors, and in turn they have difficulty giving good explanations to patients. Mary Shomon has been able to convert this medicalese into simple talk that all patients can understand.” (Kenneth N. Woliner, MD, Holistic Family Medicine practitioner)“I can think of few conditions more challenging to patients and the medical profession than fibromyalgia and chronic fatigue syndrome. Once again Mary Shomon has shed an incredible light on what really matters - everything from how to get an accurate diagnosis to finding the best treatment.” (Marie Savard, author of *How to Save Your Own Life*, praise for *LIVING WELL WITH CFS*)“If you’re one of the millions afflicted with fibromyalgia or chronic fatigue, or think you may be, start changing your life for the better now by reading this crucial book. There are very real answers that will help you even more than you dare to hope, a (Dr. Joseph Mercola, author of *The No-Grain Diet*, praise for *LIVING WELL WITH CFS*)“If you’re one of the millions afflicted with fibromyalgia or chronic fatigue, or think you may be, start changing your life for the better now by reading this crucial book. There are very real answers that will help you even more than you dare to hope, and Mary Shomon has done an absolutely masterful job of providing them to you here.” (Dr. Joseph Mercola, author of *The No-Grain Diet*)“If you’re one of the millions afflicted with fibromyalgia or chronic fatigue, or think you may be, start changing your life for the better now by reading this crucial book. There are very real answers that will help you even more than you dare to hope, and Mary Shomon has done an absolutely masterful job of providing them to you here.” (Alternative Medicine Magazine)“Shomon excels at comprehensiveness, covering all the decisions that a patient has to make when dealing with thyroid conditions.” (Library Journal)“The truth, the whole truth, and nothing but the truth about autoimmune diseases from Mary Shomon, the woman who taught America about thyroid disease! Her book will enlighten you about how to diagnose, treat, and possibly even prevent, autoimmune disease (Carol Roberts, MD, Director, Wellness Works Holistic Health Center)“The truth, the whole truth, and nothing but the truth about autoimmune diseases from Mary Shomon, the woman who taught America about thyroid disease! Her book will enlighten you about how to diagnose, treat, and possibly even prevent, autoimmune

disease in yourself or someone you love. Mary has my highest respect for her careful research and the way she presents both the conventional and the alternative aspects in a way that anyone can understand. (Dr. John Lowe, Director of Research of the Fibromyalgia Research Foundation, Praise for: LIVING WELL WITH HYPOTHYROIDISM) “This informative self-help manual is badly needed. (Publishers Weekly) “...inspirational for those afflicted with mysterious conditions...offers solid, practical advice for getting your health back on track. (Alternative Medicine Magazine)

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, [www.thyroid-info.com](http://www.thyroid-info.com). She lives in Kensington, Maryland.

So far this book is very interesting. There is a lot of new information in this book that will help me in the future with both my Thyroid and menopause. This is the second book by Mary J. Shomon that I have purchased, both have been very informative (The first book was "The Thyroid Diet Revolution"). Thank you for writing these books Mary J. Shomon. I will be having a discussion with my physician very shortly, due to the fact that he is not handling my thyroid treatment correctly. For anyone looking for a very helpful book for dealing with both the thyroid and menopause, this is it!

It was good if it is your first time reading about the topic. For anyone who already knows a bit about hormones and thyroid this might not be for you.

The information made sense but it was a little wordy. I don't feel that someone needs to say the same thing over and over in different ways to make the book have more pages. It is nice sometimes to read a shortened version. However, with that being said, the information was helpful to me.

....and there is a solution. Bottom line, we are all genetically different therefore our needs are different. In my case, my hypothyroid is the major contributing factor to my diminished quality of life. Some of us respond well to Synthroid, others need more than Synthroid. You need to get educated, then get motivated to feel good again. This book helped with both.

Very enlightening about menopause and thoroughly covered all the topics regarding it and the

solutions for them. I appreciate all the healthy nutritional knowledge!!! Great book even if u don't have a thyroid disease.

This book answers so many questions. It is extremely detailed and easy to understand. All of a sudden it all makes sense! I found answers that no other book I have read even mentioned. Its"s great after spending many years trying to understand symptoms to actually find all the answers. If you really want to make sense of thyroid and menopause this is the only book you will need to read.

There is lots of info that most can find on their own. But it seems a lot was repeated also.

I had thyroid cancer in 1966 and have no thyroid gland since the surgery. Since they didn't have much knowledge then I have had little guidance to understand the symptoms of having no thyroid gland. I found so much help from this book about diet and all the things that can be expected as I age. thanks for the help.

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