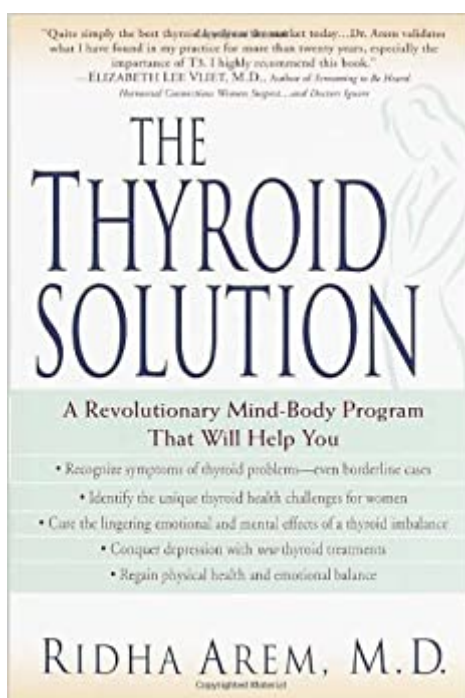


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# The Thyroid Solution: A Revolutionary Mind-Body Program That Will Help You



## Synopsis

It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people, most of them women--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source. Yet many primary-care doctors still don't recognize the importance of the thyroid in mind-body health--and its especially crucial role in women's well-being. *The Thyroid Solution* is a must-read for anyone who suffers from a thyroid condition. It's the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover-

- The thyroid basics--what it is, where it is, what it does
- How thyroid hormones affect the brain and alter mood, emotions, and behavior leading to brain fog, weight gain, loss of libido, infertility, anxiety, and depression
- What tests to ask your doctor to give you--and what they mean
- The vital connection between stress and thyroid imbalance
- The benefits of antioxidants and essential fatty-acid foods and supplements
- How to recognize and cure the deep and lingering effects of a thyroid imbalance

Filled with remarkable patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, *The Thyroid Solution* now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

## Book Information

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## Customer Reviews

One in ten Americans suffers from thyroid dysfunction, yet most don't realize the mental and emotional components of this condition. "This is the first book to explain the hidden suffering that many patients have difficulty expressing and the first book to provide new ways of helping address and heal this suffering," promises author Ridha Arem, M.D., associate professor of medicine at Baylor College of Medicine and chief of endocrinology and metabolism at Ben Taub General Hospital, both in Houston, Texas. This book explains the link between stress and thyroid imbalance; how thyroid imbalance affects your emotions, sex life, and relationships; and how to cope with the effects of this imbalance. Because thyroid problems primarily strike women, a whole section deals with women's health issues, such as infertility, miscarriage, postpartum depression, premenstrual syndrome, and menopause. Another section provides practical tools, such as evaluating lab tests and self-diagnosis techniques, dealing with treatment problems and side effects, and preventing memory lapses and depression. The book covers lifestyle choices that affect thyroid health, such as diet, supplementation, and exercise. Frequent case studies (usually told as first-person narratives), checklists, and questionnaires help to simplify the material and make it easier to check the medical information against your own situation. Each chapter ends with "valuable points to remember," making review easy. If you suffer from thyroid imbalance, or think you might, this book could be a valuable resource. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Arem, a clinical endocrinologist and researcher, says that 20 million Americans (one in ten) have a thyroid disorder. He argues that millions more suffer from undiagnosed thyroid dysfunction and the resulting mental and physical symptoms. Arem clearly and extensively examines the fundamentals of thyroid disease, including diagnosis and therapy, although his focus is on the significance of the thyroid in cognition and emotion. The mind/body connection. Arem's thesis, derived from mainstream medicine but illustrated throughout by anecdotal reports, is that abnormal thyroid hormone production and dispersal can lead to health problems that range from the psychiatric to ophthalmologic. However, he may be overstating the case when he suggests that thyroid disturbances can underlie depression, anxiety, decreased motivation, and sexual difficulties even in those with normal blood tests. Further, he asserts that thyroid hormone is a bona fide antidepressant. Although thyroid hormone regulation can be important, it isn't the answer to all problems. This book should be of interest to those with thyroid disease; for others, it provides appropriate encouragement to remind their physicians to consider thyroid issues. Recommended for libraries with large budgets. ALinda M.G. Katz, MCP Hahnemann Univ., Philadelphia Copyright 1999

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People with thyroid disease face several critical challenges: 1. Recognizing their own various and seemingly unrelated symptoms as a potential thyroid problem, and getting their doctor to recognize the symptoms as well 2. Having the thyroid tests interpreted liberally enough to catch many low-level cases of thyroid problems. 3. Getting the right dosage of the right medicine. 4. Convincing the doctor to even recognize the symptoms, and test for a thyroid problem. 5. Once diagnosed, treated, at optimal thyroid hormone blood levels, and on the right mix of thyroid drugs...figuring out what to do you do if you STILL don't feel well? Ridha Arem's book does an excellent, fairly groundbreaking job on points 1 and 2. Unlike the other currently available patient-directed books on thyroid disease, Dr. Arem's book talks honestly and openly about symptoms such as brain fog, depression, loss of libido, weight gain, anxiety, and many others. These are symptoms that all too frequently, doctors either deny, ignore, don't recognize, or attribute to causes other than the thyroid. Arem has also researched and analyzed the relationship of thyroid disease to brain chemistry, and resulting depression, anxiety disorders, mood disorders and other mental and emotional effects -- in great depth. This is a subject simply not covered in any of the current thyroid-related books available to patients. It is to Dr. Arem's credit that he has greatly added to the scientific understanding of the mind-thyroid relationship. Dr. Arem also provides a good scientific grounding in why patients with low-level thyroid problems should be treated, with enough information that patients can show the relevant pages and references to their doctor and perhaps convince the doctor to treat them. Where the book seems to be less pioneering is in its approach to the many millions of thyroid patients who get diagnosed, treated, are at optimal thyroid hormone blood levels, and on the right mix of thyroid drugs...who STILL don't feel well. I hear from 500 thyroid patients a week at my thyroid disease website, and of the 10,000 patients who receive my thyroid-disease newsletter, many write to me regularly, so I hear from people in the trenches with thyroid disease every day. I know that despite the best advice of the rare doctors like Arem who understand thyroid problems, most doctors simply don't have much of an understanding of the issue. For the majority of patients, even finding a doctor who will agree to thyroid testing, much less treatment, can be Job One. It is my fervent wish that these doctors will read Arem's book, and at least open their minds to Dr. Arem's interpretations of what is a "normal" thyroid test result, or what constitutes low-level hypothyroidism and warrants treatment. Where the book leaves patients -- including me, as I have Hashimoto's thyroid disease with resulting hypothyroidism -- hanging is that there are many people who have found that much more is needed than even just the things Dr. Arem recommends as the crux of his program -- T4/T3

drugs, therapy, mind-body exercise and complex carbohydrate diet. Dr. Arem's book acknowledges that hypothyroidism can cause infertility or miscarriage, but doesn't address how thyroid patients themselves can help to increase the likelihood of a successful and healthy pregnancy. He also skims fairly quickly over the issues of relationships between thyroid disease and women's hormonal medicine. Given its somewhat scientific style, Dr. Arem's book should be required reading for all doctors, who could benefit from the breadth of understanding Dr. Arem has about the symptoms of thyroid disease. Given the respectable, conventional endocrinology credentials of the author -- the book could be valuable ammunition for patients who need to fight for proper diagnosis and treatment with less enlightened doctors. Being able to point to the fact that a conventional endocrinologist has written positively about these previously shunned forms of diagnosis, treatment, and hormone replacement takes them out of the realm of "alternative" or "quackery," a development that is only good for all thyroid patients in our search for the best possible lives and health. Mary Shomon Editor, "Sticking Out Our Necks," The Thyroid Disease News Report

This book tells all about every aspect of thyroid dysfunction. It is the clearest text on the subject I have found as a nurse. I give it to everyone who has any hint of thyroid problems. If you show any of the symptoms I have had for years - from depression to mood changes, weight gain, hair loss, foggy thinking, exhaustion for no reason - and you have gone from doctor to doctor including psychiatrists, internists, gyn (for no female cycles), even to endocrinologists: DON'T GIVE UP. You are RIGHT! You are NOT crazy and you are NOT alone. Ridha Arem, MD, writes compassionately and dispassionately about the medical training most family doctors and internists get that EXCLUDES training in endocrinology and, therefore, the ability to diagnose thyroid disease. Have respect for yourself and keep going! Find a doctor who does know about thyroid disease and GET WELL!!! But use this book to compare the care you get with what you ought to be getting: compassion, appropriate testing and counselling and GOOD HEALTH! Just reading his book will give you a sense of HOPE that most doctors destroy by ignoring what you tell them about what you are experiencing. Ridha Arem acknowledges every sign and symptom that I had before getting my diagnosis. I am a registered nurse and I couldn't figure out what was wrong with me. It took a physician's assistant who was my good friend to finally have me undergo thyroid testing - and I was very sick by the time I was 43 and had a TSH of 41 with a goiter, weight gain and hair loss. This book is a comfort for all of us who SEE patients we work with describing how affected their quality of life is by symptoms that no one helps them with. We can offer them this book to read and get some real answers. Dr. Ridha Arem has written a very wonderful book.

This is a highly informative book. It adds information to help those with this problem get along better. I recommend it.

I have been treated for hypothyroid for over 30 years. For the last SEVERAL years I have been to the doctor over and over, as well as to different doctors, telling them that I feel like I did when I was first diagnosed. They would point at my labs and say I was fine. I had one doctor lower my medicine levels and brag that he had people leave his practice because he would not raise their medication levels!! At last, Dr. Arem validates my belief that there IS more that can be done. This book is particularly valuable if you have been diagnosed with Fibromyalgia! The best and healthiest patients are the ones that are armed with knowledge about their condition!! Thank you Dr. Arem.

I found Dr. Arem through a friend of mine here in Houston, Texas. I began seeing Dr. Arem approx 11/08. He is a gentle man with an amazing sense of quiet compassion and high intellect. I have struggled with Hashimoto Thyroiditis and Epstein-Barr for some time now (years), but never knew that so many parts of the body could be affected in so many ways. Over the course of my 51 yr life, I have wondered why I felt certain things. After reading his book THE THYROID SOLUTION, I was so relieved to learn why I might have been feeling the depression, mood swings, pms issues, anxiety and I always tried to examine why I experienced these things for seemingly no reason. I learned and am still learning just how intricate not only the thyroid is, but the body as a whole and how the thyroid works so closely with the brain's chemistries, which in turn, affect the entire body. I have always also been attuned to body/mind health and nutrition, but never realized the thyroid could have so much to do with everything I was feeling from fatigue to hormonal issues. Dr. Arem is an amazing author, doctor and advocate for all of us suffering with a myriad of disorders and I thank him with all of my heart for supporting women, especially, everywhere. I encourage you all to read his book and if you can, visit Dr. Arem as a patient.

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