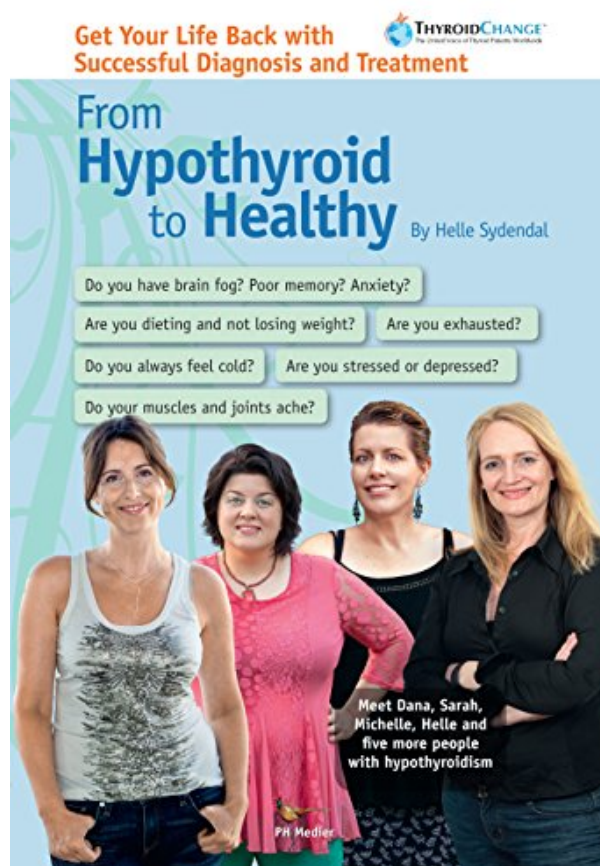


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From Hypothyroid to Healthy

By Helle Sydenal

Do you have brain fog? Poor memory? Anxiety?

Are you dieting and not losing weight?

Are you exhausted?

Do you always feel cold?

Are you stressed or depressed?

Do your muscles and joints ache?



Meet Dana, Sarah,
Michelle, Helle and
five more people
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FROM HYPOTHYROID TO HEALTHY: GET YOUR LIFE BACK WITH SUCCESSFUL DIAGNOSIS AND TREATMENT

BY HELLE SYDENDAL PDF

"People around me believed me to be lazy and eating too much. What else could the reason be for my getting fatter and fatter and sleeping all the time?" This book may change your life. It will tell you all you need to know about the diagnosis and treatment of hypothyroidism – low thyroid function or myxoedema. This is the book about hypothyroidism that everybody is able to read – even if your brain is not working as it used to. It is richly illustrated with color photos, graphic and easy-to-understand tables. Read about how Helle Sydendal got her life back and lost weight without following a diet after she got the right treatment. Are you still suffering from symptoms of hypothyroidism – and have only been offered one kind of treatment that is not really helpful to you? This book will explain everything you need to know about expanded testing and treatment. Read the honest and heartbreaking stories of people living with hypothyroidism: Find your path to a restored health by reading From Hypothyroid to Healthy.

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- Released on: 2015-06-11
- Format: Kindle eBook

Most helpful customer reviews

1 of 1 people found the following review helpful.

A good starting point for those who are hypothyroid, or who think they are.

By Avid reader

This book is a very good starting point for the hypothyroid. Most of the book is about patient experiences of hypothyroid and each patient's approach to optimum health.

The book is written with the experiences of those afflicted with this very common medical condition, many of whom are now patient advocates. The startling similarities of these patients is the wide variety of treatments that are effective (no one treatment works for everyone) but the wide variety of doctor expertise ranging from experience and patient-centered treatment, to gross hubris and ineptitude bordering on malpractice.

The basics of the condition are outlined here, including dramatic photos of the author.

Not included, however, is the use of various supplements, nutritional advice and adrenal support that are vital to wellness with hypothyroidism. For this, I also recommend, "Stop the Thyroid Madness," by Janie Bowthorpe.

1 of 1 people found the following review helpful.

A Helpful Book

By K.W

This book is WONDERFULLY written and perfect for those who suffer from hypothyroidism but aren't seeing results or getting the help they need.

I'm still unsure whether or not my illness is severe Adrenal Fatigue from prolonged sleep deprivation or Hypothyroidism but this book certainly comforts me. It gives you hope and shows you how you can recover and how to be as pro-active as possible. Let's face it, we already know that as a patient, we have to be our own advocate for our health. We have to research, we have to seek out help and we have to demand doctors and tests to help us recover. This has been such a long and exhausting road for me but after finding the correct supplements on my own, things seem to be slightly improved. I just hope i'll fully get my life back, but for now I'll just have to take it one step at a time. Next step is incorporating meditation and going back to my holistic dr.

0 of 0 people found the following review helpful.

It was good. In short

By A. Lind

It was good. In short, she explains the frustration many people suffer with doctors that just want to follow the TSH test and not the symptoms, like she did. She felt better by simply taking a combination of T4 and T3. I'm going to ask my doctor if I can do it too because certainly taking only T4 hasn't improved my hypothyroid symptoms.

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