



Your Thyroid: A Home Reference

Lawrence C. Wood M.D., David S. Cooper M.D., E. Chester Ridgway M.D.

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Do you feel sluggish or depressed? Do you tire easily? Are you overly sensitive to the cold? Do you feel swollen or overweight?

An overactive or underactive thyroid could be the hidden cause behind many of these common symptoms. Left untreated, a malfunctioning thyroid may lead to serious complications. Once diagnosed, however, it can usually be treated safely, easily, and without anxiety.

Completely revised and updated for the nineties, *Your Thyroid: A Home Reference* explains what the latest scientific advances can mean to you. It is the essential guide to some of America's most common health problems, and an essential addition to every home medical library.

-- How to identify the various forms of a malfunctioning thyroid, and the

specific treatments available to counteract them

-- How to gauge your susceptibility before symptoms appear--and when to

seek a thyroid checkup

-- The effects of drugs, diet, stress and radiation on the thyroid, and how to

maintain its normal operation

PLUS

-- How to monitor thyroid trouble during pregnancy, and in your children

-- Practical illustrations to help you help yourself and your family

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Melvin Smith:

In this 21st centuries, people become competitive in each and every way. By being competitive today, people have do something to make them survives, being in the middle of the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated that for a while is reading. Sure, by reading a e-book your ability to survive improve then having chance to stand than other is high. For you personally who want to start reading a new book, we give you this Your Thyroid: A Home Reference book as starter and daily reading e-book. Why, because this book is greater than just a book.

Robert Rascoe:

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Tom Salgado:

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