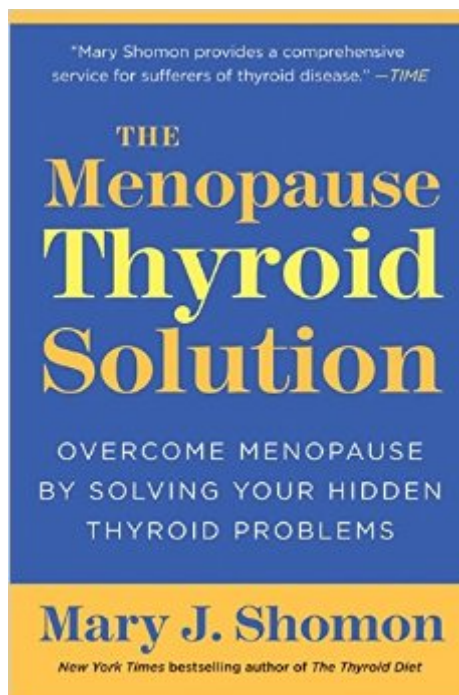


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The Menopause Thyroid Solution: Overcome Menopause By Solving Your Hidden Thyroid Problems



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

I got this book out of concern for my wife and found that the information is invaluable. Part of my wife's issues are related to thyroid and part to menopause, and the book helps with both. The book is both easy to understand and provides practical solutions. It also helped me understand what she was going through and how I could help. A very useful book.

Mary Shomon clearly lays out the issues concerning the latest information, belief systems and science concerning hormones in the aging body. I have been interested in this topic for nearly 15 years...when I first heard John R. Lee, MD speak on progesterone. As an early pioneer who treated women with severe osteoporosis with ProGest, he discovered that, indeed, these women could rebuild bone! Since then, I have continued to read what I could find on the Internet about bioidentical hormones. Never sure which physicians to trust, I went without hormones. As John Lee, MD first pointed out...the lack of studies on bioidentical hormone replacement versus synthetic hormones is due to the money that the pharmaceuticals make from their own patents. However, when physicians who are well educated read the studies that do exist, they, too begin to believe in the importance of testing and supplementing the body with needed hormones. What an impact on one's quality of life! Read this book...it is written in layman's terms. It's very helpful because it empowers you to have a meaningful conversation with your physician. If your physician can't respond, give him/her a copy!!! Ultimately, you must know your own body, how it functions and what symptoms you have. It's a big responsibility to take on but it's so worth it. Ignorance is NOT bliss!

Mary Shomon has once again given some truly helpful thyroid information, this time for women "of a certain age." And, boy, can thyroid woes combined with perimenopause/menopause give many of us a one-two punch! It is so unfortunate that many doctors do not put all endocrine information together - thyroid issues AND menopause (!) - yet Mary has connected many dots and gives a wide range of well-researched information and suggestions in a balanced, holistic approach that includes everything from understanding how ALL hormones connect, nutrition, possible supplements, types of hormonal testing, the gamut of hormonal treatments available, exercise suggestions, and many alternative approaches. After reading this wonderful book, perimenopausal/menopausal women will have enough information to discuss a variety of options with health care providers to address their symptoms as well as empowering women to look beyond just what their providers know.

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.

This book is excellent. Whether you have had thyroid problems for years or newly diagnosed, this book will help you understand both thyroid problems and menopause problems and how they are

sometimes intertwined. I have had thyroid problems for almost 3 decades and still learned many things about thyroid that I simply never knew. I highly recommed this book for all women - young or old.

This is a great book about the thyroid and menopausal link. As a female medical doctor I have battled against many colleagues to get this info to my patients and have it help them for over 15 years. Now, even my HMO patients are finally agreeing to try to manage their health with 'alternative and natural' approaches... with the help of reading books like this. The rewards are plenty from practicing medicine this way and have my patients giving me the "high five" on a daily basis. I love practicing medicine this way for all of my patients. This medicine is no longer only for 'the rich and famous' that I've treated for over 15 years! Kudos to all who continue to expand my patients minds and let them now come to me asking for these types of treatments instead of me having to convince them this stuff really works! DRMARAIO.COM

Bought this for my wife, well worth the money. She has had a magor change in her Thyroid and Menopause issue by reading and following this well written solution and guide book.

While the information is right on and very enlightening, the author could have said the same things much simpler. She does not give any real solutions for relieving the symptoms. I wish I had read her years ago when the doctors kept telling me that there was nothing wrong with me and implying that I was just a typical hysterical woman. I have deteriorated to the point that I can no longer asorb a lot of information. I need things simple and to the point. All of my health problems are in this book but I still have no idea of what to do about it. I have given up on finding a doctor, I cannot afford it anymore, but she has me confused as what to do. What to eat for example. I see there are several foods I need to eliminate but it does not leave me much as I am a vegetarian. For the most part She confirmed my suspicions but I need simpler instructions. Her book is more for a phycian to than for the layman.

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