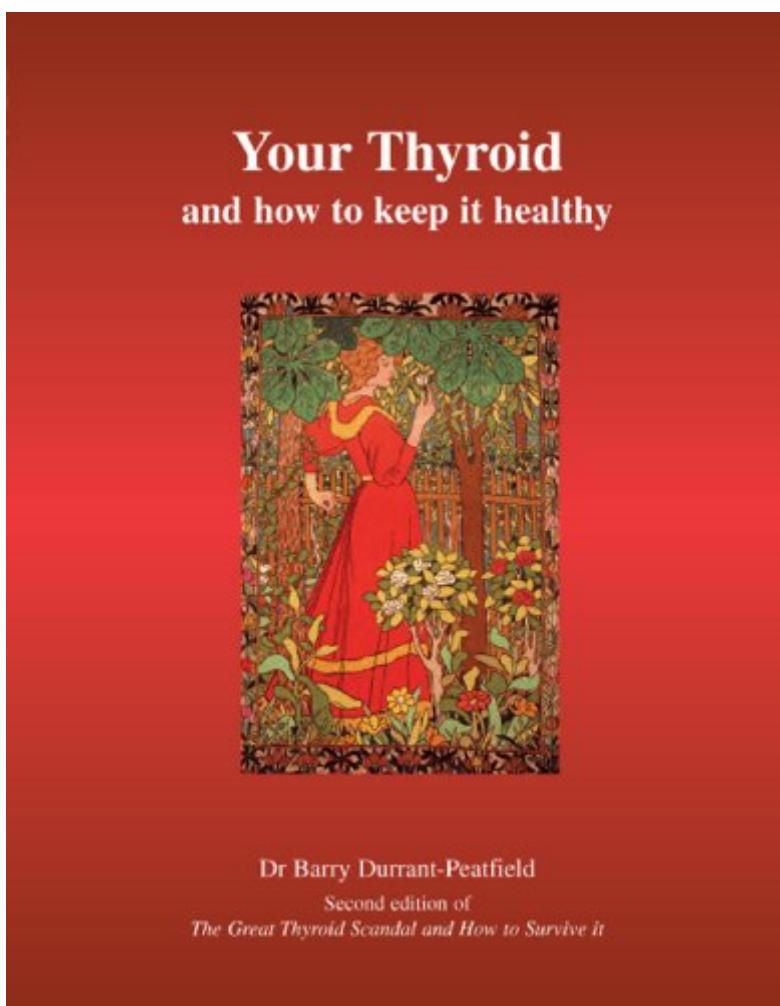


The book was found

Your Thyroid And How To Keep It Healthy: Second Edition Of The Great Thyroid Scandal And How To Avoid It



Synopsis

In this updated (2012) second edition of this acclaimed book, you will learn how to recognize thyroid dysfunction and its many associated problems. Do you have a constant battle with weight? Do you have inexplicably high cholesterol? Do you feel cold and tired all the time? Is your hair thinning? Do you feel very low, or even depressed? Do you have a fertility problem? Dr Durrant-Peatfield will help you to assess your symptoms systematically and then take an active part in your own treatment, which may include understanding digestive and nutritional issues, including food intolerance and systemic candida.

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Customer Reviews

I recommend to you the book by Barry Durrant Peatfield, "Your Thyroid and How to Keep It Healthy". Peatfield was a general practitioner in the British National Health service who came to America and trained at the Broda Barnes Institute. He returned to England and started a thyroid private practice. His book summarizes over 25 years of clinical diagnosing and treating thyroid illness. One section of the book is devoted to the question, "Why thyroid blood tests can be

unreliable". Here is what Dr. Peatfield says: "Anxiety in the medical establishment about rules and dogma has led to a slavish reliance on blood tests, which are often unreliable and can actually produce a false picture of the true situation""I have sadly come across very few doctors who can accept the fact that a normal, or low TSH, may still occur with a low thyroid." "as a result of this test (TSH), thousands are denied treatment" Peatfield lists several reasons why thyroid blood tests are flawed: 1) They measure hormone levels in the blood. What we really want to know is tissue levels, not blood levels. 2) The blood tests do not measure cellular receptor hormone resistance. 3) The blood tests do not measure conversion block. Some patients cannot convert their inactive T4 to active T3. 4) The thyroid tests do not account for adrenal insufficiency. 5) Paradoxical low TSH may occur with a low thyroid function. These sentiments are shared by the teachings of Broda Barnes MD, and the Broda Barnes Foundation. However, Peatfield's book elaborates beyond the classic teachings of Broda Barnes by including chapters on the adrenal as well as a chapter on iodine supplementation. I found this book excellent, and it belongs in every medical library dealing with thyroid disease. Jeffrey Dach MD

The best book I've read regarding thyroid and adrenals. I have previously read Brenda Barnes and both Stop the Thyroid Madness books but I find this to be the most insightful.

A very useful and educative book. At last the truth is in print. Every medical practitioner should be compelled to read this evidence presented. The guilt has been lifted from the fat and miserable thyroid sufferer.

This is a well-written and detailed book by a doctor who has extensive training, knowledge and experience with thyroid disease. There is also a section that addresses adrenal function and its influence on thyroid function. There is a chapter about the parathyroid glands, along with chapters about the thyroid and its relationship to chronic fatigue, diabetes, depression, cholesterol, plus additional relevant information. For me, well worth the investment!

Very intensive outline of the thyroid and how it works. Requires study to decide what the status of your own thyroid is. Be prepared to spend time to devour its contents and use it,

Had read other books about thyroid, adrenals & hormones and this book pulls it all together in making sense and easy to understand. This book is very thorough and helping you understand what

to do to get better. Highly recommend this book if you have health issues with your thyroid.

Wish I had heard about this book years ago. Hopefully other MDs will read it also and incorporate his work into their practice. At least now we can understand many of our health problems and know what to do to fix them. I also like Datis Kharrazian's book. "Stop the Thyroid Madness" is also highly recommended, however I have not yet read it.

As mentioned in another review, the info is a bit unclear regarding self treatment dosing, but if you are seeing dr Peatfield or checking the forums, this book gives you the general knowledge that will be needed to know your options or where you're going.

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