



The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health

By Ridha Arem

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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.

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Editorial Review

Review

"This book has had a profound impact on the way I think, on how I see patients, and on my perception of the connection between the brain and hormones."

--Mona Lisa Schulz, M.D., Ph.D.

Author of *Awakening Intuition*

"At last, a nationally known endocrinologist with impeccable credentials discusses vital issues of thyroid disease and treatment never previously addressed in print. Dr. Arem provides solid explanations for symptoms of hypothyroidism in patients with normal blood levels of thyroid hormones and particularly addresses the needs of women who have thyroid and hormonal disorders."

--Gillian Ford

Author of *Listening to Your Hormones*
and *The Link Between Thyroid and Depression*

"This book will be of tremendous help to the many people with thyroid disease and residual depressive symptoms. Dr. Arem elegantly addresses the important interplay of thyroidology and psychiatry."

--Lauren Marangell, M.D.

Baylor College of Medicine

From the Inside Flap

It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people--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. This health crisis flourishes in the shadows of the medical community because many primary-care doctors still don't recognize the importance of the thyroid in mind-body health. In fact, when they do diagnose a thyroid disorder, they treat it as a simple physical problem rather than what it really is: a complex blow to the body and mind--and an increasingly common cause of clinical depression, weight gain, fibromyalgia, high cholesterol, memory loss, anxiety, and other disorders. It's time to treat the source and not the symptom!

The *Thyroid Solution* is 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
- The difference between hypothyroidism and hyperthyroidism and why both conditions are often undiagnosed or misdiagnosed
- What tests to ask your doctor to give you--and what they mean
- The facts your physician may not know about your thyroid, depression, fibromyalgia, and chronic fatigue syndrome
- 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
- How thyroid hormone can work as an antidepressant when your thyroid gland is normal and conventional

antidepressants have failed

Filled with remarkable and dramatic 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.

About the Author

Dr. Ridha Arem is Associate Professor of Medicine in the Division of Endocrinology and Metabolism at Baylor College of Medicine in Houston, Texas. He is also Chief of Endocrinology and Metabolism at Ben Taub General Hospital in Houston. In addition to teaching medical students and physicians-in-training, he regularly speaks to primary-care physicians and specialists at various educational programs. Dr. Arem is a nationally recognized thyroid specialist. For the past ten years he has been the author and editor of *Clinical Thyroidology*, a well respected widely read periodical publication for physicians on thyroid disorders. He also contributes to *Thyroid USA*, the official newsletter of the American Foundation of Thyroid Patients, and participates in patient education programs.

From the Hardcover edition.

Users Review

From reader reviews:

George Carter:

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Rocio Linville:

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