

"Mary Shomon provides a comprehensive service for sufferers of thyroid disease." —*TIME*

# THE Menopause Thyroid Solution

OVERCOME MENOPAUSE  
BY SOLVING YOUR HIDDEN  
THYROID PROBLEMS

## Mary J. Shomon

*New York Times* bestselling author of *The Thyroid Diet*

# The Menopause Thyroid Solution Overcome Menopause

## By Solving Your Hidden Thyroid Problems

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

**The Menopause Thyroid Solution** Mary J. Shomon,2009-08-04 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

**Living Well with Hypothyroidism, Revised Edition** Mary J. Shomon,2009-10-13 The Most Comprehensive Resource Available on the Diagnosis and Treatment of Hypothyroidism For millions of Americans hypothyroidism often goes untreated or is treated improperly This book thoroughly researched by the nation s top thyroid patient advocate a hypothyroidism patient herself provides you with answers to all your questions including What is hypothyroidism What are the warning signs symptoms and risk factors Why is getting diagnosed often a challenge and how can you overcome the obstacles What treatments are available including those your doctor hasn t told you about Which alternative and holistic therapies nutritional changes and supplements may help treat hypothyroidism    2013 R. Lataine Townsend,2012-01-04 2013 Beginning an Era of Hope and Harmony brings together important information and perspectives about the end of the Mayan Long count calendar and how it relates to the astronomy scientific discoveries and present day signs of the coming transition from the end of the Mayan Fourth Sun into the new world era of their Fifth sun Writers and teachers from many fields are brought together to show how we can help in this process involving the evolution of consciousness and how our thoughts and attitudes will greatly affect how this worlds age ends and how the new era begins 2013 predicts with credible proof that this new world age the Mayan Fifth Sun will begin a Golden era of peace and harmony To read more about 2013 Beginning an Era of Hope and Harmony see the website [www.2013bylataine.com](http://www.2013bylataine.com)    *Library Journal* ,2009    *Braille Book Review* ,2010

**Talking Book Topics** ,2011    **Digital Talking Books Plus** ,2011    **Braille Books Library of Congress**. National Library Service for the Blind and Physically Handicapped,    **Women's Health & Wellness 2004** ,2003    **Consumer Health & Nutrition Index** ,1985    **The Thyroid Solution** Ridha Arem,2000-08-08 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

**Forthcoming Books** Rose Arny,1999 *The Thyroid Solution* Ridha Arem,2007 A medical pioneer offers hope and shows how the right dose of thyroid hormone can result in almost miraculous mood boosting effects *Thyroid and Menopause Madness* Joni Labbe,CC Joni Labbe DC,2016-12 Your thyroid is screaming your adrenals are wrecked you can t remember where you put your keys and the only thing in your closet that fits is your shoes But your doctor says you re FINE Menopause sucks But it doesn t have to You Are Not Lazy Crazy Or Finished The transition into menopause can take ten or more years and be a wildly unpleasant ride at times Challenging Yes But girlfriends don t let mid life mooch your mojo Instead embrace this time as a wake up call to win back your health and passion for life Dr Labbe s 9 step program offers powerful science based nutritional therapy and holistic lifestyle solutions to ease the mid life transition reclaim your mojo and restore yourself to vibrant health Amazon com

*Thyroid and Menopause Madness* Joni Labbe,2015-12-28 Your thyroid is screaming your adrenals are wrecked you can t remember where you put your keys and the only thing in your closet that fits is your shoes But your doctor says you re FINE Menopause sucks But it doesn t have to You Are Not Lazy Crazy Or Finished Are you experiencing Fatigue Energy crashes Brain fog Memory loss Insomnia Irregular cycles Hot flashes Night sweats Weight gain The transition into menopause can take ten or more years and be a wildly unpleasant ride at times Challenging Yes But girlfriends don t let mid life mooch your mojo Instead embrace this time as a wake up call to win back your health and passion for life Dr Labbe s 9 step program offers powerful science based nutritional therapy and holistic lifestyle solutions to ease the mid life transition reclaim your mojo and restore yourself to vibrant health This revolutionary book explains where your mojo went and empowers you with the knowledge and tools to get it back It includes a detailed discussion of all the factors that may be causing your chronic fatigue and menopause like symptoms including a thyroid condition called Hashimoto s adrenal fatigue food allergies and

even a leaky gut Dr Joni Labbe DC CCN DCCN FCCN has successfully guided women through the many seemingly mysterious unchecked root causes of the issues of mid life through her powerful ThyroSisters tm program She is a Board Certified Clinical Nutritionist Dr of Chiropractor former radio personality host of Healthier Way with Dr Labbe professional speaker and nutritional writer for numerous health and fitness magazines She continues to live with Hashimoto s and Celiac disease *The Women's Guide to Thyroid Health* Kathryn Simpson,2009-03-03 In The Women s Guide to Complete Thyroid Health readers explore their family health history assess their symptoms and along with their healthcare providers create a personalized testing and treatment plan designed to restore healthy balanced thyroid output

**The Thyroid Hormone Breakthrough** Mary J. Shomon,2009-10-13 If you re one of the millions of American women suffering from PMS irregular periods difficulty getting pregnant low sex drive postpartum depression menopausal symptoms or many other hormonal problems what you may not realize is that thyroid disease could be the culprit The Thyroid Hormone Breakthrough is a holistic guide to identifying and overcoming the connection between hormonal problems and the thyroid which goes undiagnosed in more than 30 million women in the U S alone It will help you identify and diagnose thyroid problems and offer strategies to cope with the effects that thyroid conditions can have on everything from puberty to menopause including ways to avoid the pitfalls of decreased sex drive With information on diet and exercise conventional and alternative therapies and lifestyle changes that will benefit overall health plus a risk and symptom checklist and a detailed resource section The Thyroid Hormone Breakthrough is the most comprehensive thyroid hormone book on the market

**The Thyroid Solution** Ridha Arem,2008 A medical pioneer offers hope and shows how the right dose of thyroid hormonecan result in almost miraculous mood boosting effects

**The Complete Thyroid Book** Kenneth Ain,M. Sara Rosenthal,2005-04-21 The ultimate resource for the growing number of thyroid disease sufferers Bestselling thyroid health author M Sara Rosenthal has teamed up with world renowned thyroid expert Kenneth B Ain M D to bring you the most up to date guide to understanding and managing virtually every type of thyroid problem including Hashimoto s disease Graves disease and thyroid cancer An exhaustive source of information in accessible language with expert guidance The Complete Thyroid Book Is the only guide covering all state of the art therapies and treatments for every clinically recognized thyroid condition Describes all diagnostic tests scans various forms of thyroid hormone and all other medications used in thyroid disease treatment Offers expert advice for pregnancy menopause infants and children obesity and elderly people

**Thyroid & Heart** LEO. HEUSAFF,2025-07-24 Thyroid Heart The Hidden Link to Lifelong Health by Leo Heusaff Unlock the science and secrets of your body s two most powerful organs Did you know your thyroid and heart work together to determine your energy mood and lifespan In Thyroid Heart The Hidden Link to Lifelong Health Leo Heusaff reveals the groundbreaking medically accurate connection between thyroid function and cardiovascular well being Whether you re newly diagnosed struggling with symptoms or a professional wanting to deepen your expertise this book gives you Plain English explanations

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