



# Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know (Revised Edition)

By Mary J. Shomon

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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?

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### **Editorial Review**

#### About the Author

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, [www.thyroid-info.com](http://www.thyroid-info.com). She lives in Kensington, Maryland.

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