



The Hypothyroid Sourcebook (Sourcebooks)

M. Sara Rosenthal

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Hypothyroidism is one of the most common forms of thyroid disease. Myriad symptoms are attributed to this disease, including extreme fatigue, depression, headaches, chest pain, constipation, muscle spasms, weight gain, and more. Written by an acclaimed health author afflicted with hypothyroidism, *The Hypothyroid Sourcebook* offers in-depth explanations of the thyroid and the disease. The book discusses the pros and cons of possible treatments and provides an extensive list of additional resources.

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