



# **Your Thyroid: A Home Reference**

*Lawrence C. Wood Md, David S. Md Cooper, E. Chester Md Ridgway*

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Do you feel sluggish or depressed? Do you tire easily? Are you overly sensitive to the cold? Do you feel swollen or overweight?

An overactive or underactive thyroid could be the hidden cause behind many of these common symptoms. Left untreated, a malfunctioning thyroid may lead to serious complications. Once diagnosed, however, it can usually be treated safely, easily, and without anxiety.

Completely revised and updated for the nineties, *Your Thyroid: A Home Reference* explains what the latest scientific advances can mean to you. It is the essential guide to some of America's most common health problems, and an essential addition to every home medical library.

-- How to identify the various forms of a malfunctioning thyroid, and the

specific treatments available to counteract them

-- How to gauge your susceptibility before symptoms appear--and when to

seek a thyroid checkup

-- The effects of drugs, diet, stress and radiation on the thyroid, and how to

maintain its normal operation

PLUS

-- How to monitor thyroid trouble during pregnancy, and in your children

-- Practical illustrations to help you help yourself and your family

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Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their spare time to take a move, shopping, or went to often the Mall. How about open or maybe read a book called Your Thyroid: A Home Reference? Maybe it is being best activity for you. You recognize beside you can spend your time with your favorite's book, you can better than before. Do you agree with the opinion or you have various other opinion?

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