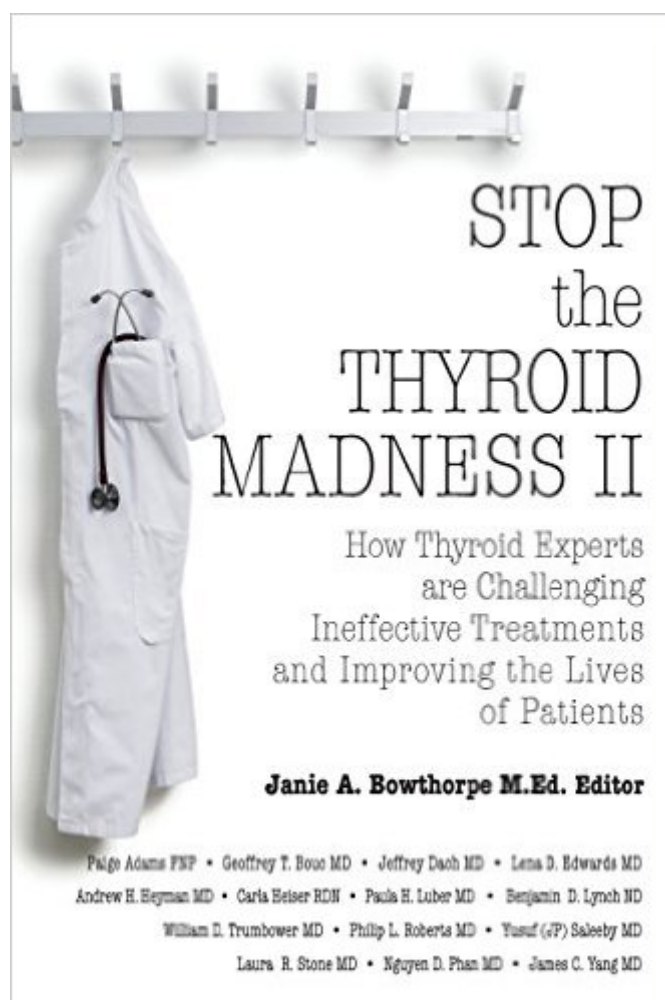


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# Stop The Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments And Improving The Lives Of Patients



## Synopsis

The dawn of the 21st century brought with it one of the most profound and wide-reaching patient activist movements in history: Stop the Thyroid Madness (STTM). Created by the dynamic Janie A. Bowthorpe M.Ed, the patient-to-patient STTM revolution birthed life-changing hypothyroid treatment knowledge and protocols to counter decades of treatment mismanagement due to the use of inferior medications, the wrong lab work, and a poor understanding of symptoms. Now, as Editor, Ms. Bowthorpe brings the reader this acclaimed and brilliant second book, Stop the Thyroid Madness II, authored by over a dozen insightful medical professionals. Each practitioner brings years of excellence and insight into their chapters, not only complimenting what informed thyroid patients have learned, but offering deeper wisdom and knowledge. You'll read about the functional and holistic approach to thyroid disease, how stress affects the thyroid patient, the superior treatment of natural desiccated thyroid, why the TSH lab test is inadequate, what "normal" really doesn't mean when it comes to lab work, the importance of nutrition in regaining health and well-being, all about the autoimmune Hashimoto's version of hypothyroidism, why doctors are the way they are and how to relate to them, gluten and nutritional issues, thyroid toxicity and how to counter those toxins, the Reverse T3 problem, how MTHFR and methylation blockages can affect thyroid patients, and an understanding of why so many thyroid patients end up with low cortisol, aka hypocortisolism.

## Book Information

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## Customer Reviews

I was hopeful that this book would answer some questions for me, and in the end - I am pretty much as confused as ever regarding specific aspects of my hypo-thyroid condition. Case in point, all

information about the varying reference ranges for TSH still leaves me asking: What is the best reference range for me based on my age and situation? That question is not answered. Much of the controversy in the book is about how TSH should not be the sole measure for thyroid function. I know that - but TSH is still a measure that my doctor will insist on so providing a lot of evidence about why not to use the TSH test and showing me that labs have a wide difference in their reference ranges just creates more confusion. There are no real answers here. This book in a nutshell is really about pointing out all the conflicting data and theory on correcting thyroid insufficiency. It's a bit of good chaos - the book I mean. Who this book is for: anyone who wants to understand the complexities of getting thyroid regulated. Who is this book NOT for: anyone who is looking for clear guidance and answers that will set you on a direct path to improving your thyroid condition. As background, I am an educated woman who has been on natural thyroid replacement for 15 years (synthetic forms for 15 years prior to the natural form) I am pretty much just wanting to ensure my T3 / T4 levels are appropriate for myself. Recent TSH test results have got my current endocrinologist wanting to put me on a synthetic form of thyroid (that will not happen).

Stop the Thyroid Madness II Article Written by Carol Petersen, RPh, CNP â “ Womenâ™s International Pharmacy Janie Bowthorpe has become a force to be reckoned with. Her first book, âœStop the Thyroid Madness,â• chronicles her return to health after decades of dealing with misdiagnoses and misguided treatments. She describes herself as suddenly becoming more alive after finding out about desiccated whole thyroid and changing from l-thyroxine (T4) treatment only. Her book can be an inspiration to anyone who struggles with reduced energy levels or never feels quite well. Bowthorpe is also the author of a blog, [www.stopthethyroidmadness.com](http://www.stopthethyroidmadness.com), in which she shares the huge amount of thyroid information she has discovered herself and gathered from others who she engaged through social media. Her first book is still the top selling book about thyroid issues on . Bowthorpe has taken another direction with her second book (published by Laughing Grape Publishing, Dolores CO, 2014). In this volume, she serves as the editor of a collection of chapters written by practitioners who have recognized the complexity of thyroid issues. These practitioners have made large changes in their approach to recognizing thyroid dysfunction and assisting their patients to truly turn their health around. The current standard for treating thyroid issues blessed by the society of endocrinologists is to only use one thyroid test, TSH or thyroid stimulating hormone, and then only to use one thyroid hormone, T4, to treat. After treatment, only the results of dropping serum TSH levels are used as a measure of success. Healthcare practitioners are taught that this standard prevails, while the fact that resolution of symptoms has

not happened is dismissed.

edit 10 August 2015 to address the following questions:

<http://www.siamfest.com/index.php?route=product/search&search=thyroid> And I'm still doing better on this than the new worthless armour! This is such a GREAT book! I knew I wasn't imagining what my body was doing & going through. If only the thyroid 'doctors' would enlighten themselves to the FACTS! But sadly they are taught lies. I know that seems like a strange statement but once you've done the research you'll know it's true. Why do they insist on pushing synthetics on us when there are NATURAL medicines that have been proven to work better for over 100 years!? And at 1/4 the price! Why do thyroid doctors say they will not prescribe natural thyroid? Or those few who do act like your wanting heroin? I have tried close to 30 thyroid doctors since mine was removed, only 1, who was from Japan, knew what he was talking about. Sadly, he relocated and I only got to see him twice. I am glad I got the book after Forest Lab reformulated their Armour. What once saved my life now it's useless to me. I have it compounded at a cost of \$377. a year. But this book helped me find a place to get 1000 60mg pills for \$77.+ free shipping. Thank you! Anyone who is a Downwinder should have this book! Or if you know a dear one, this would make a great present. I am a Downwinder, caused by the Nevada Test Sites nuclear testing back in the 50's. The worst of the worst green clouds landed on Millard County, Utah where I spent the first 3 years of my life. I lived with hyperthyroidism until I was 44, than it wiggled out, the same age my father's did. So now I've been living without a thyroid for 13 years.

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