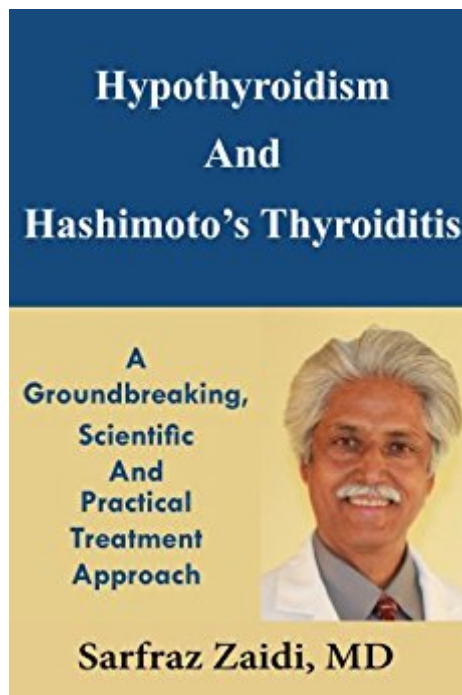


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# Hypothyroidism And Hashimoto's Thyroiditis: A Groundbreaking, Scientific And Practical Treatment Approach



## Synopsis

The current treatment of Hypothyroidism is superficial and unsatisfactory. Patients continue to suffer from the symptoms of Hypothyroidism, despite taking thyroid pills. Even worse, there is no treatment for Hashimoto's Thyroiditis, the root cause of hypothyroidism in a large number of patients. Dr. Sarfraz Zaidi, MD, a former Assistant Clinical Professor of Medicine at UCLA, and a leading endocrinologist in U.S.A., has made a breakthrough discovery about the real cause of Hashimoto's Thyroiditis, and how to effectively treat it. He has also made new insights into the causes of Hypothyroidism. Based on these ground-breaking discoveries, he has developed a revolutionary approach to treat Hypothyroidism and cure Hashimoto's Thyroiditis. In "Hypothyroidism And Hashimoto's Thyroiditis, A Breakthrough Approach to Effective Treatment," you will find out. • Why you continue to suffer from symptoms of Hypothyroidism, despite taking thyroid pills? • What really is Hypothyroidism? • What are the symptoms of Hypothyroidism? • Why the diagnosis of Hypothyroidism is often missed? • Why the current treatment approach of hypothyroidism is unscientific? • Why the usual tests for thyroid function are inaccurate and misleading? • What actually causes Hypothyroidism? • What is the root cause of Hashimoto's Thyroiditis, besides genetics? • What other conditions are commonly associated with Hashimoto's Thyroiditis? • How to effectively treat Hypothyroidism? • How to cure Hashimoto's Thyroiditis? • And a detailed thyroid diet that works.

## Book Information

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## Customer Reviews

Dr. Zaidi's book is full of information regarding hypothyroidism and Hashimoto's Thyroiditis from scientific medical evidence to recipes that support his treatment approach. Dr. Zaidi begins with the scientific analysis of hypothyroidism including an overview of the blood tests that effectively reveal why some patients suffer from symptoms which seem resistant to treatment. Unfortunately, it is not the way that most doctors treat; therefore, this is an excellent tool to begin a conversation regarding lab testing/treatment of hypothyroidism. Dr. Zaidi also investigates how issues such as vitamin deficiencies and stress can impact your successful treatment of Hashimoto's. He has a chapter dedicated to your thought process, and helping your thoughts support your health. Dr. Zaidi demonstrates the importance of diet in the management of Hashimoto's/Hypothyroidism. The final section of his book is dedicated to recipes that support your thyroid condition and can optimize your health. This practical approach to treating thyroid disease does not just suggest methods, but takes the reader through employing the system. Answering such questions as: how much to supplement? Is there a better supplement i.e. D2 vs D3? This book is based in both scientific evidence and Dr. Zaidi's success with his patients, and provides the reader with the information necessary to have a educated conversation with their physician regarding the treatment of hypothyroidism/Hashimoto's Thyroiditis. The book is credible enough to purchase and send to your physician for review.

This book is packed with useful information. For the first time, I completely understand how to interpret thyroid blood tests, what the pit-falls are with normal lab ranges, what thyroid hormones really are and how they work in our body. Now I understand what really causes Hashimoto's disease. Dr. Zaidi's insight into how stress causes autoimmune dysfunction is compelling. For the first time, I learned the connection between vitamin D deficiency, stress, diet and Hashimoto's. I am excited to discover that Hashimoto's can be cured. My other endocrinologists had told me that Hashimoto's cannot be cured. It is pretty clear that Dr. Zaidi is not a usual endocrinologist. He is a true scientist and does not blindly follow the status quo. The book is very practical. I learned why T4 alone does not work and also, in what ratio T3 and T4 should be used. I have started following the diet recommendations in the book, which are easy to follow. It makes so much sense. There is also a

long list of recipes in the end. I am also following Dr. Zaidi's insight into the stress of daily living and how to be free of worries that we all suffer from. I find his discovery about how fear causes autoimmune disorder thought-provoking. After reading this book, I got the in-depth knowledge and answers that I have been searching for. I highly recommend this book to those who are serious about understanding their illness.

I have several books on this subject. If you are researching this topic, this is a must read. It has given me information that I was looking for and it is written in a way a lay person can understand it.

This book really explains what happens at a cellular level in the body in hypothyroidism and Hashimoto's disease. The body is a whole system working together and is influenced by stress, diet, and hormone imbalances. Dr. Zaidi clearly outlines strategies patients can take to decrease the inflammatory process happening in their bodies. Of course careful hormone regulation is also important, and most doctors are getting it wrong! We are only beginning to understand the role of vitamin D in our health and the importance of vitamin D supplementation. Dr. Zaidi is a pioneer with his whole body connection and approach to total health. In a land of HMO's, cost cutting, and minimal patient contact Dr. Zaidi definitely stands out. He takes time to listen to patients, assess his patients, and work with his patients to make a successful treatment plan for health. He truly cares for his patients and their outcomes. If you are suffering with hypothyroidism or Hashimoto's disease you definitely need to read this book!

Really useful and interesting information from a different point of view. I've read a lot of books about Hashimoto, but this is the first one written by an endocrinologist with a lot of examples from his clinical experience. There are explanations in the book about the different test values, lab references, dosages, why some dosages don't work. I also found very interesting the psychological part- Hashimoto sufferers are eternal worriers (so true), and how to cope with the stress.

Thank you Dr. Zaidi! This book is both informational and easy to understand. I was recently diagnosed with Hypothyroiditis once I found a doctor who listened to my symptoms and ordered a thyroid antibody test. Thyroid blood tests were all within normal ranges so previous doctors went no further and I continued to suffer and gain unexplained weight. Dr. Zaidi's book has helped me understand what is happening to my body and why. And, more importantly, what I can do to reverse the disease process. If you are suffering or think you have thyroid issues this book can provide you a

way to discuss it with your physician and get help. I've also purchased and read his book about the importance of Vitamin D. Another important topic for better health!

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