



# The Complete Idiot's Guide to Thyroid Disease (Idiot's Guides)

*Dr. Alan Christianson, Hy Bender*

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*Controlling health when metabolism is out-of-control.*

The thyroid is the body's energy center, working to set the metabolism. It can be underactive or work too fast. It is susceptible to cancer and other health issues, more often in women than men. And its symptoms are varying and hard to identify. *The Complete Idiot's Guide to Thyroid Disease* sifts through the vast amount of conflicting advice to help readers learn how to seek appropriate treatment for their individual situation.

? Covers Hypothyroidism and Hyperthyroidism, as well as Goiter, Graves' Disease, Hashimoto's Disease, Thyroid Cancer, and adrenal gland diseases

? Thyroid's role in PMS, infertility, and postpartum depression

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