

By the Author of the New York Times Bestseller
The Autoimmune Solution

The THYROID CONNECTION

**WHY YOU FEEL TIRED, BRAIN-FOGGED,
AND OVERWEIGHT – AND HOW TO
GET YOUR LIFE BACK**

- **Fact:** If your labs are normal, you could still have a thyroid problem.
- **Fact:** You could be on the wrong medication.
- **Fact:** You can transform your health through diet and lifestyle.
- **Follow a 28-day program to achieve renewed health and vitality!**

AMY
MYERS, MD



Amy Myers MD

The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back



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From the author of the brand new York Times bestseller *The Autoimmune Solution*, a thorough, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health. Are you exhausted all the time, plagued by brain fog, and struggling to lose weight? Thankfully, she also knows how achievable recovery and well-being are, and just how to get you there. In *The Thyroid Connection*, you'll discover: How to work with your doctor to find the correct diagnosis What bloodstream tests to ask for, in addition to what they mean How to find the right type and dose of supplemental thyroid hormone for you The part of gut health, diet, toxins, infections, and tension in thyroid dysfunction A comprehensive 28-day intend to jumpstart your health and reverse your thyroid symptoms Complete with advice on diet and nutrition, supplements, exercise, stress alleviation, and rest, *The Thyroid Connection* may be the ultimate roadmap back again to your happiest, healthiest self. As whoever has been there understands, nothing is more frustrating, demanding, and emotionally draining than sense unwell and being told you're fine by the person who is meant to heal you. Amy Myers teaches you how to consider your health into your own hands. Thyroid dysfunctions like Hashimoto's disease, hypothyroidism, and hyperthyroidism influence at least 20 million Americans and yet conventional medicine frequently misses the diagnosis. The scariest part? Many doctors won't even purchase thyroid tests unless you particularly ask. Dr. The truth is, your symptoms could possibly be triggered by a thyroid disorder--the hidden cause behind a wide array of health problems that may threaten to ruin your life. Today, in *The Thyroid Connection*, Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Do you have a problem with insomnia, panic attacks, and tremors? But will your physician insist that your labs are regular, and which you need to eat much less and exercise more?



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Have Thyroid Issues? I have been going to Drs. A must browse for anyone with thyroid issues. for a long time with no answers to my thyroid problems. The book is actually fairly good, with good information regarding the thyroid and autoimmune conditions. I've not had all the testing done however. My final impression is to consider the recommendations and programs here with a grain of (sea) salt. I did so the 28 days and took the products and vitamins required. Not sold You can't get through one page without having to be pushed into purchasing Dr Myers's expensive supplements. Yes it could feel terrible but this is a part of ageing and we can not do a great deal about it. Also I've an open remaining leg wound of ~10 years and a strange skin infections on the additional leg (feet to thigh) with blisters, and an another open up wound that started 12 months ago. It should be on EVERY DOCTOR'S DESK! didn't know what to do and send me home. I understood I wasn't the only person having problems with my treatment. Therefore, fundamentally she's saying to keep to take them indefinitely, and with many of these supplements, that could be quite detrimental to your health. So finally addressing the highly anticipated Myers plan, you find yourself with what essentially boils down to a brilliant restrictive and repetitive Paleo diet plan. Myers diet and health supplements – my right leg epidermis infection with wound (possible yeast infection) cleared completely up. I personally discontinued gluten, so far for three months, and I've seen zero change, but I believe only people who have gluten sensitivity or an established celiac disease should cut this food group out of their diet plan if it is well established that it is a cause of specific symptoms. The still left leg wound began to heal with 50% improvement. The Drs. at the wound clinic couldn't believe their eye. Appears to be for the wealthy. "We all are. Myers products, I choose the same alternatives at much less cost. Of course she'll promote her products nevertheless, you don't possess to buy them. Other brands work as well. I think these "diagnostic pop quizzes" are irresponsible from a medical standpoint. and them recommended an endocrinologist I purchased this book and there is indeed much info that Dr. Don't buy supplements from her website! I have been struggling with thyroid issues for years and likely to doctors that really acquired no idea how exactly to treat my issues properly. This book certainly could have benefitted with more help from the editing department, since a whole lot of redundancy extolling the countless virtues of the Myers Plan in advance begins to feel like a droning sales pitch. After reading this book, I understand there is hope for all of us. Indeed there is a lot here that can help you improve your health, but certainly enough that may cause you harm aswell. He never mentioned my diet plan or anything about examining my blood for supplement and mineral deficiencies. I took the set of thyroid check the Dr. Amy Myers recommends to him and asked that he do all the tests. This knowledge is not that new and I just want it wasn't about her producing more money. I have brain fog and depression so bad I could hardly function, therefore i am looking towards following the very detailed outline that Dr. They will not look at extremely sub-optimal quantities in the so-called "regular range" and state everything is perfectly fine!" That's obviously their way of making sure people buy ONLY her supplements. Well, if you check off a degree of "yes" answers to a number of questions in a given questionnaire, that, regarding to Myers, instantly indicates you are diagnosed with that disease. It is very detailed about all of your symptoms and what products you need to take so when to consider them. In addition, it talks about how exactly to reduce stress, which is a big factor in thyroid problems. Once I have completed the 28 day time meal plan with supplements, I will update my review. As a person who suffers with gastritis and chronic bladder inflammation, you won't discover me in the same neighborhood with one glass of lemon juice. Delivered promptly. Dr. Amy Myer offers first hand understanding of thyroid issues herself and understands what the medical job can do to someone that is suffering terribly with thyroid disease. I read testimonials

about another local doctor and I believed I would give him a try. Dr. But if you are familiar with its fundamental tenants, and either utilize a functional medical practitioner or researched and learned on your own, you might find a whole lot of it really is quite repetitive and there's really nothing much in the form of groundbreaking new info offered here. Everything tends to send like the same details repackaged as a completely different and exciting brand-new plan - that your author spends a great deal of time building up to for some of the book. Anyhow, after 2 months on the Dr. If you've got certain issues like gastrointestinal distress, the super restrictive auto immune paleo diet can help you figure out specifically which foods are annoying your gut. When one hormone gets out of whack, they all perform, and the patterns that hormonal imbalances might follow are different from person to person. That is sadly not the case. It has let me down time and time again as I struggle with ongoing symptoms like hair loss and thinning, sudden and worsening lack of skin and muscle tone, fat gain, fatigue, lethargy, anxiety, depression, dry out and wrinkled skin, short-term memory loss, brain fog, sleepless nights, etc. Again, I believe that is inaccurate, irresponsible and might do you more damage than good in the event that you go out and buy a couple of supplements without the benefit of testing or consulting with a useful medical dr. Although she promises that you could get your supplements somewhere else by comparing elements, EVERY supplement she offers either claims to have something you can't get anywhere else or is developed in such a way that you would need to combine multiple health supplements to match it. Elevated level of cortisol, higher than regular TSH indicating subclinical hypothyroidism, estrogen dominance, etc. I must say I enjoyed reading The Thyroid Connection. Otherwise, I'd never know I had these conditions. I also ordered a Vitamin D test and affirmed, found a deficiency as well. So yes, an operating medical doctor's perspective includes a great deal of potential to help you far more than a traditional MD ever could. A mixed bag There is a lot of information in this book that anyone not used to the discipline of functional medicine might find rather helpful. Myers is absolutely well justified in saying they are neglectful, especially when it involves ordering simple standard lab tests that can shed a lot of light on your problems, and can also insist "you're great" when you hardly ever felt worse. And that means you want to become aware of any circumstances besides thyroid issues you might have that could get worse by following the dietary suggestions made right here. Her response? "You are," she said. I don't buy Dr. I feel very much better."Incidentally, for those new to functional medication who are lost and don't know the place to start to begin uncovering the real root causes of their symptoms, Dr. Highly recommend. Most of you might strongly push back on the assessments you requests, but if so, you should visit a practical medical dr. and can need them in any case to help interpret your results. Amy Myers gives you to put into practice in this book. All they did was check my TSH level, which was soaring out of control, and change my medication backwards and forwards from one strength to some other, and then suggested an endocrinologist. It is not revolutionary, it's essentially Paleo repackaged as the Myers strategy. Very disappointing. Everything healed., in a fruitless try to deal with a condition you do not actually have.Finally coming to the Myers plan, it really is organized in a 28 day format with the same information for all you should do or eat every day, presented word for word, 28 times, that could be a lot more concisely stated and knock away yet another 30 pages of the book by saying, do these few things every day and change away your meals from the provided menus.In summary, I found it a mixed handbag. Helpful to those only just discovering what functional medicine is all about, and tired for others who've either researched by themselves or are working with a functional medical practitioner to help realize their wellness goals.I would like to also explain a quite shaky attempt at diagnostic "testing" by using a few brief questionnaires, which Dr. It is compiled by a DR, who actually

experienced the issues herself. I highly recommend this publication and find if it works for you. As a previous lacto vegetarian myself, I can't imagine eating artery clogging bacon and sausage almost every other day and expecting to experience great. This is the best book I've ever read. etc. And of course dairy is definitely another inflammatory group which I agree should be eliminated for at least someone to three months, but if no adjustments to general well getting or symptoms are recognized, I discover no reason for reducing it or any various other wrongfully demonized food group out of your daily diet. Leaky gut is for me one particular the most prevalent, and most likely wrong, diagnoses that these practitioners makes, and there is normally insufficient evidence to prove it even exists. SIBO, IBS, and additional disorders of the intestines and stomach DO can be found, and it's really important to search for a gastroenterologist for correct diagnoses and treatment predicated on your individual circumstances.

Recommendations were ridiculous. Myers isn't the only person to offer these little "pop quizzes" designed to diagnose you with only a few questions based on a couple of non specific symptoms which could end up being tied to any of hundreds of other conditions. For example, in another MD's book about hormones, I took all the pop quizzes and was sure I have to be experiencing low testosterone, since all the symptoms I had had been an exact match because of this imbalance. Think about how amazed I was to get most of my hormones examined and find out exactly the opposite was true - I acquired rather high testosterone and a lot of various other hormonal imbalances on top of that. Now do not misinterpret my review and assume that I believe traditional medicine may be the holy grail for us all. I do have all of the thyroid symptoms. He do change my medication to Armour Thyroid and it has not really helped that very much. Why? I strongly believe if you are suffering with thyroid problems and feel just like you are getting no where - take a chance on ordering this publication. A little drop of that in my own system, rather than cleansing or clearing or assisting anything whatsoever, would just make me feel just like there was a razor-sharp knife in my own intestines all the time. I lately told my very own endo that I sensed like I was stranded inside a dying body. It works. I was so worked up about this book and by the time I was a third though, all I find out about was the Myers Way and her products. That is when I found out the I have Hashimoto's Disease and he still under no circumstances mentioned my diet. Thyroid and diet must have This book is a good resource If you are searching for a connection between your diet and your thyroid. Myers is not the just practitioner guilty of incorporating into a reserve. Myers offers a useful section on the types of lab tests you should ask for to start obtaining a far more thorough and accurate picture of your current wellness, which most primaries and endocrinologists routinely fail to do, and she is also quick to say you should work with your doctor or functional medical professional on your own issues. Amy Myers covers in this publication. My story is comparable to "pcrodgers" examine below. However, she pushes her own supplements through the entire book. Yet despite it all, my endo thinks my labs are totally good. Her entire internet site is actually repeating , "My (insert product here) may be the ONLY one which has (insert special characteristics here). I cannot wait until the end of the 28 days to see how much better I will be feeling. Not just that, but in the reserve, she says that you only need to take certain health supplements for thirty days "or so long as you possess the above symptoms". Many of the symptoms outlined are stuff that definitely won't go away in 30 days. like asthma, seasonal allergies, autoimmune diseases, stress, food sensitivities, etc. That is accurate swear to God. So informative. were all apparent issues if you ask me when I looked at the lab results I requested from my major. Drs. I visited the Mayo Clinic and after spending \$14,000, they sent me home with nothing. Now to find the perfect doctor! Four Stars great book Overkill. Regrettably, Dr. Vitamin supplements, meals, etc. (I'd been

seeing them for 5 years -- they simply monitor the wound) They said to keep doing what I am performing. Never helpful. Informative A good read Impractical, complicated Good information but program is much too complicated and costly to implement. It noises practical getting started but maintains adding on a lot more demands for products to buy. Not do-able for the average individual. An extremely good resource for staying healthy,. I really believe it'll change your lifestyle..it was something special to my girl, she still needs to read it..



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