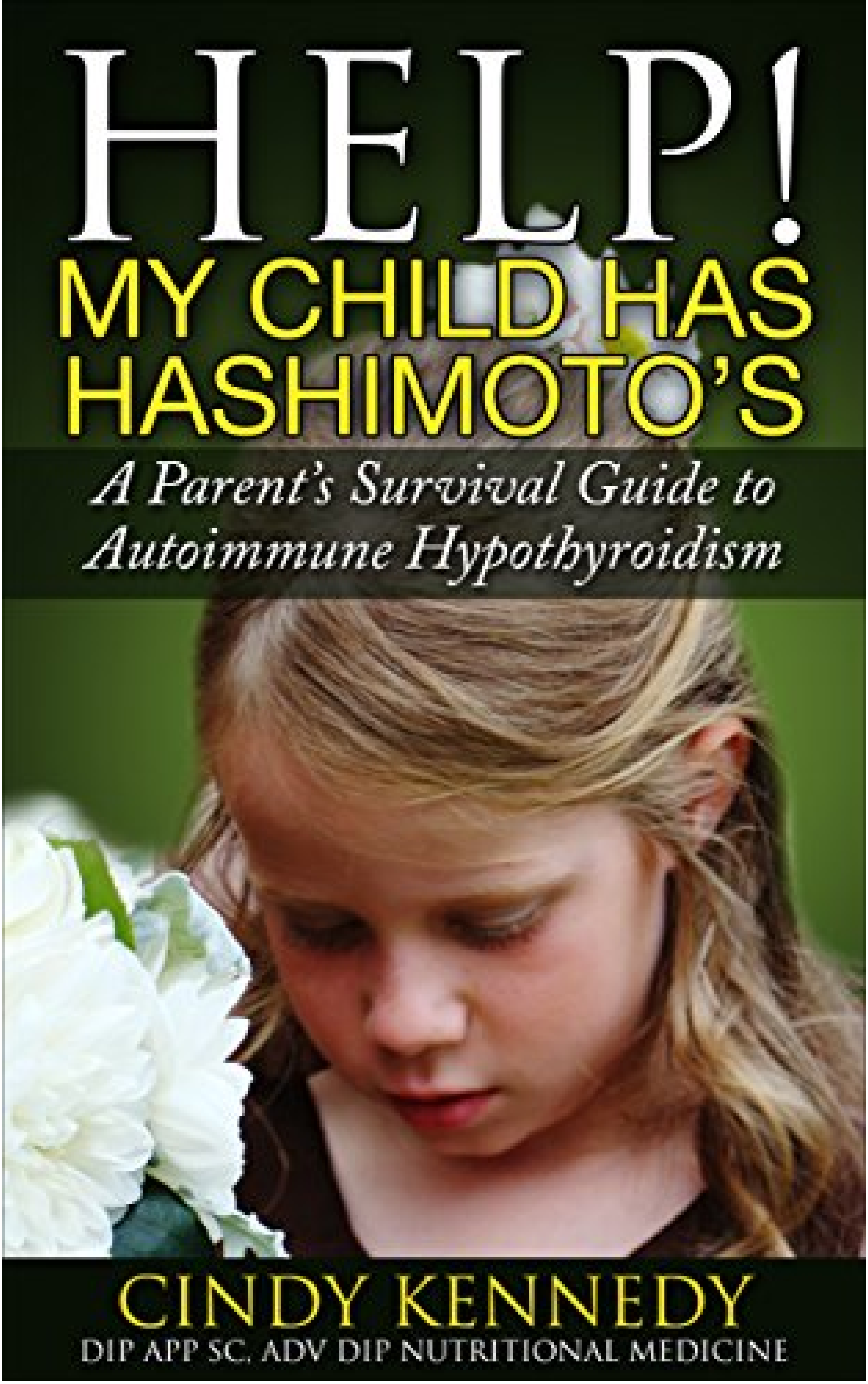

HELP!

MY CHILD HAS HASHIMOTO'S

A Parent's Survival Guide to Autoimmune Hypothyroidism

CINDY KENNEDY

DIP APP SC, ADV DIP NUTRITIONAL MEDICINE

Cindy Kennedy

Help! My Child Has Hashimoto's: A Parent's Survival Guide to Autoimmune Hypothyroidism

Help! My Kid Has Hashimoto' Cindy Kennedy, a professional Nutritional Medication Practitioner and mother of two young children with Hashimoto'Finally, a complex condition is broken down into layman's terms that everyone can understand.s may be the book everyone dealing with a new hypothyroid diagnosis offers been searching for.s reveals the secrets to successfully living with this autoimmune disease.Reading Help!s trip of autoimmune hypothyroidism.s is similar to sitting down with an old friend who has already been through it and wants to share their wisdom with you. It's hair! - How to work with, not really against your doctors and universities - tricks for stopping constipation and exhaustion - how to prevent drowning in the enormous piles of medical paperworkand also coping with the dreaded Hashimoto's all the little things that no-one ever tells you about.s manifests itself, and how exactly to overcome it to live a happy, healthy and productive existence. My Child Has Hashimoto' Told from the heart, this is not just a how-to reserve, but an insight into the many ways that Hashimoto'Cindy lets her sense of humor shine through as she walks you through her own family'

This Brilliant Parent Survival Information Transcends Hashimoto's Cindy Kennedy's amazing book, Help! My Child Has Hashimoto's, opened up my eyes wide to what it appears like, sounds like and feels like to become a parent of a kid who has a long-term illness. Very helpful and encouraging reference for dealing with Hashimoto's in children "Help!But Ms. Kennedy's book actually transcends Hashimoto's disease. They are insights you earned't obtain from a medical textbook - or, sometimes, even a doctor - because this is Hashimoto's seen from both sides of the glass...the medical part AND the perspective of a mother or father helping her children live with the disease. The openness in which she tells her tale, going into detail about what she learned overtime as the parent of her sick kid(ren), the reality of the situation, and most importantly the wish she conveys, will certainly be a convenience and a source of amazing ideas to help all parents like her make smarter sense of their new normal. Even though this is a lifelong condition, the writer offers hope and relevant strategies that will ease every day life. And as an educator on the far side of the table, I hardly ever really understood just what was happening at home; I just knew it must be hard and tried to greatly help as much as possible to be supportive and keep carefully the child on the right track academically. Boy do I wish somebody shared Ms. Kennedy's publication with me, also if the child didn't have Hashimoto's. Thank you to the writer for sharing her understanding and firsthand experiences. That is why I think the following brilliant chapters should be mandatory reading for all educators of college students with long-term illnesses: Chapter 3, The Reality of Blood Lab tests; Chapter 4, THE OUTWARD SYMPTOMS; Chapter 5, Medications; Right now they don't need to because Ms. She's two daughters who have struggled with this for a long time. The author gives a synopsis of Hashimoto's Hypothyroidism and its effects on the body, as well as useful tips for dealing with everything from getting through blood tests with your child, to dealing with the occasionally unpleasant symptoms of the disease.Just what a wonderful resource for parents who want to understand the different between primary hypothyroidism and autoimmune hypothyroidism and discover tools to manage this. Chapter 11, Behavior; Kennedy did it for them.Thank you, Ms. Kennedy, for posting your story! Every parent with kids with Hashimoto's should read this.I would highly recommend this book as an excellent reference for just about any parent who includes a kid with Hashimoto's along with any family member, caregiver or friend. Five stars ! She knows the trip that lies before a new medical diagnosis and describes it from her personal and professional standpoint. I liked her personal tales and practical information. This book is indeed helpful and reassuring to parents, caregivers, and people diagnosed with Hashimoto's because the author has been through this trip herself.To know, I actually didn't browse her book as a mother or father, I read it mainly because an educator who spent some time working with many parents of kids who have been coping with a sickness that impacted their schooling.Although the author shares invaluable information to help readers understand the medical areas of the disease, she writes from her heart and experiences. It's enlightening about the every day struggles and will make you a better person for being able to empathize with them at a deeper level. Understanding is normally what most of us need, and the author obviously and compassionately understands! Actually informative for parents of kids with hashimoto's This book is so helpful. She offers helpful tips and sound tips from her own encounter in lots of of the challenging areas including doctor visits, taking medication, working with the school, the role of great nutrition, and so a lot more. I'm glad I go through this and that I right now know I'm not by yourself. She wrote with such grace, generosity and spectacular insight, this publication will be and really should be a must-read for all parents who have a kid(ren) with Hashimoto's. It took many years for me to get a diagnosis for a different type of autoimmune disorder. As an adult with Hashimoto's I did not realize that children are also suffering from this chronic thyroid disease. As a health copywriter, I could immediately start to see the incredible worth of this book. The countless useful suggestions and assets contained within the pages would be a great direct and support for various other families in similar conditions. Cindy assists the reader understand in easy terminology the significance of the thyroid, causes for this disease, the variety of symptoms and also the treatment. I have already been feeling lost since my daughter's diagnosis. I recommend this encouraging well crafted publication for all parents of a kid with an autoimmune disease or various other chronic disorder. We never realize how well off we are until we think about what it would be like to walk in someone else's shoes like this ... Oh my goodness, Cindy Kennedy's book pulled at my heartstrings. We under no circumstances recognize how well off we are until we consider what it would be like to walk in somebody else's shoes such as this courageous woman's shoes. Seeing the term "HELP" with the lovely child on the cover, drew my curiosity to learn this reserve. Until I go through this book, I acquired no idea the devastating disease Hashimoto's existed. The author reveals that this is an illness that few people find out about while family members are independently to cope with this crisis within their family members. It’s very clearly written, and easy to adhere to - in a voice that can make one feel you’re hearing to someone who really cares. Cindy's tireless and selfless efforts to create this book will hopefully bring the essential attention to this little known disease. This lady is truly making a difference. A factual publication written from the heart Do you possess any notion of what Hashimoto’s is? Did you ever hear of it?Cindy Kennedy has, and she tugged within my heart as she spoke of the effects this autoimmune disease has on children. The Invaluable Perspective of the writer, answers the Cry for Help! Chapter 12, Stress Management;Her discussion regarding the length of time it took before her women were identified as having Hashimoto's hit home with me. My Child Has Hashimoto's" by Cindy Kennedy is a very informative book on Hashimoto's autoimmune hypothyroidism in kids.I highly recommend scanning this book to anyone who’s been identified as having Hashimoto’s or has a family member, a friend, or an acquaintance who has this illness. An extremely detailed, must read reserve about whoever has been diagnosed with Hashimoto's! So pleased I picked it up... As a person who struggles with endocrine/thryoid issues, I will be consulting this publication often. Strongly suggested. Kennedy sheds light on the details of this process and gives valuable tips on coping with the autoimmune disorder, Hashimoto's. Buy this book and it will help eliminate confusion and find a course of action that works. The author includes a particularly empathetic perspective, as her daughters have already been identified as having this fairly common but ineffectively understood illness. Great book for people who have kids with Hasimoto's disease . Cindy did an excellent job in installation of a roadmap for parents whose children battle this rare and difficult disease. Wealth of knowledge Great info for parents, teachers, caregivers or anyone trying to get a better knowledge of a child with Hashi's. If therefore, I could have better understood what the child was going right through on a day-to-day basis rather than felt therefore clueless about the child's reality when he/she was not in the classroom. A godsend for anyone dealing with a child's Hashimoto's diagnosis This book is a godsend for caregiver dealing with a child's Hashimoto's diagnosis, but insightful for anyone with a chronically ill child. and Chapter 14, Schooling. Importantly, Ms. Kennedy also gives insight into the emotional ramifications for parents, and the impact a child's illness might have on marriage and family members dynamics. Identifying thyroid problems and finding appropriate treatment is indeed frustrating and at times feels hopeless. She well knows. I loved the power of experiencing a qualified Nutritional Medication Practitioner, who gets the lived experience of a mother of Two children with Hashimotos, - this perspective is invaluable. Although there is a wealth of information inside, you can easily read and a great place to begin after an initial diagnosis. These chapters provide a perspective that the parents and child probably wish they could communicate, but can't or just don't know how. I appreciated the personal stories and practical way the book was written. Even though road could be bumpy in our caring for our children with big health issues, I totally concur that the only way to advocate for your son or daughter is to learn as much as it is possible to. Cindy Kennedy provides us with well researched, great advise in her book to set us on a path to show us how exactly to live with an autoimmune disease, and manage the daily complications.We are able to then move forwards to create lifestyle changes to really have the best lifestyle possible while coping with Hashimotos. Incredibly helpful and knowledgable read! This well written book covers from diagnosis, to symptoms, coping, medications and a synopsis of what Hashimoto's is and the hormones involved.As a person who lives with Hashimotos, I know all too very well the long road to getting an accurate diagnosis,and the confusion of navigating the medical and social implications. I found it really helpful and it answered or affirmed many things I acquired wondered about Hormone related illnesses. As someone who struggles with endocrine/thryoid problems, I will . This reserve is usually a must-read, and it will change lives that's for certain... I browse with empathy as Cindy shared from a mom's perspective the triumphs and issues of helping her young daughter, as well as her family, cope with this disorder. This publication not only gives visitors insights in how to live with this autoimmune disease, it also provides emotional and psychological support, and explains the countless symptoms and problems in ways that are possible for readers to understand. Compiled by a qualified Nutritional Medicine Practitioner, who's also a mom with two children with Hashimoto's - it's just what parents facing these same challenges need. Her publication, I believe, will be such an excellent benefit for just about any parent who simply discovered their child includes a long-term disease. Cindy discusses her own experience, and what better way to provide insight, medical objectives, and support for others in the same circumstance.

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