

The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems

By Mary J. Shomon

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From *New York Times* bestselling author and nationally recognized patient advocate Mary J. Shomon comes a groundbreaking guide to safely managing menopause through a better understanding of and better care for your thyroid.

If you're one of the forty million American women struggling through menopause, you probably know all about the symptoms of fatigue, weight gain, and depression. But what you may not know is that the drop in reproductive hormones frequently triggers a thyroid slowdown—a "thyropause"—that can be the main cause for those troublesome symptoms. In fact, you may not even need hormone therapy, wild yam and progesterone creams, or herbs like black cohosh for a symptom-free menopause. What you really need is to begin to pay attention to your thyroid.

In *The Menopause Thyroid Solution*, Mary J. Shomon will help you:

- Recognize the symptoms of a thyroid problem versus those of menopause
- Learn how to get your problems diagnosed and treated
- Find out what and how to eat, what medications to consider, what supplements to take, and what lifestyle changes to make
- Improve your metabolism and increase your energy

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Editorial Review

Review

“Vital for hypothyroid patients who want to get well, and for physicians who want to do so.”

About the Author

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as a nationally known patient advocate. She is the author of *The Thyroid Diet* and *Living Well with Hypothyroidism*, and lives in Kensington, Maryland.

Users Review

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Jonathan McLean:

The knowledge that you get from *The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems* is a more deep you searching the information that hide into the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to recognise but *The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems* giving you enjoyment feeling of reading. The article author conveys their point in particular way that can be understood simply by anyone who read it because the author of this guide is well-known enough. This book also makes your own personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this *The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems* instantly.

Melody Grissom:

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