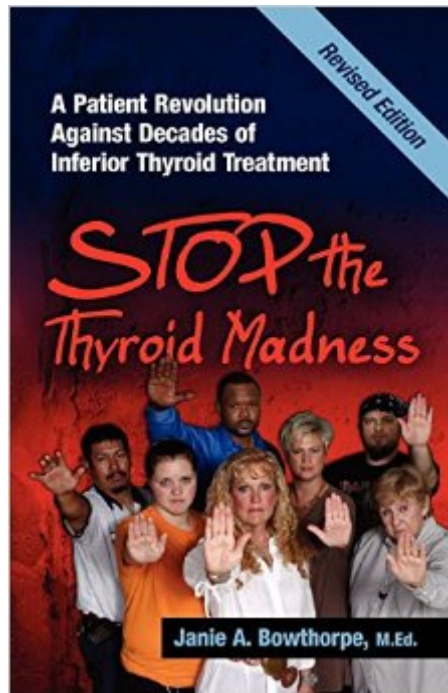


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# Stop The Thyroid Madness: A Patient Revolution Against Decades Of Inferior Treatment



## Synopsis

With even more pages, a new chapter on foods and supplements, and additions throughout the entire book, this informative Second Edition of the ever-popular classic, "Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment", continues to break ground as the ONLY thyroid patient-to-patient book on the market. It addresses a 60+ year, international thyroid treatment scandal involving the use of T4-only medications like Synthroid and other T4-only meds, as well as the TSH lab test--both which have left hundreds of millions worldwide either undiagnosed or undertreated. It explains in detail: 1) what medications work far better and why; 2) which labwork is better than others, and how to read the results (i.e., it has nothing to do with just being "in range"); 3) how a huge body of thyroid patients fall into adrenal fatigue/HPA dysfunction as a result of poor treatment by doctors, plus what patients have learned in treating it; 4) a long list of causes of hypothyroidism; 5) cutting-edge treatment of Hashimoto's disease and gluten intolerance; 6) why patients need to be aware of Reverse T3, plus how to treat it; 7) how to discover and treat low levels of Vit. D, B12, ferritin and iron, iodine and more deficiencies which doctors can miss. As always, this "Bible of Thyroid Treatment", as successfully experienced by patients worldwide, strives to educate the reader in order to bring this on-going and scandal-breaking information into doctors offices worldwide, and create needed change.

## Book Information

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## Customer Reviews

I don't normally write a lot of book reviews, even though I read tons of books, but this book, this author, this human being has helped me so tremendously (and I have never even met her) that I felt compelled to write a review in hopes that it can help so many more people who are struggling

without a support system. Are you not feeling like yourself, maybe it came on suddenly...or maybe it has been coming on for many years? Is it harder and harder to recover from illness? Is your doctor telling you that you are too fat because you eat too much and don't exercise enough, but you know that is not the case? Do you feel tired and stressed a lot, or unable to deal with the stresses in your life feeling overwhelmed? Are you less enthusiastic about life, even depressed? Do you have a tendency to overheat or get very cold especially in the hands and feet? Is your digestion sluggish with constipation or diarrhea? Is your skin getting drier, hair thinning? Are you gaining weight for no reason, have stubborn fat in certain areas that you can't lose no matter how hard you diet and exercise, or are you losing despite how many calories you eat? Are you looking much older for your age than you normally would age? Do you look in the mirror and say, "When did I get so ugly?" Do you have dark circles under your eyes, puffy bags, a puffy or overly gaunt face? It is harder and harder to get the same amount of work done in a day? Do you feel like you are getting stupid, unable to concentrate, misplacing items? Do you bruise more easily; are your bones more fragile? Have you been diagnosed with thyroid disease, but still feel horrible despite your medications and blood work coming back "fine"?

**Stop the Thyroid Madness: a Patient Revolution Against Decades of Inferior Thyroid Treatment** by Janie Bowthorpe review by Jeffrey Dach MD  
Written by a non-professional, this is the most important thyroid book to come out in the last few years. The book is timely because of two factors: Number one) For decades, mainstream medicine has been guilty of mismanaging the low thyroid condition. Number two) Patients are now empowered by the internet to collectively share notes and devise their own strategies for thyroid testing and treatment. Empowered E-Patients One of these empowered e-patients is Janie Bowthorpe, owner of the Stop-the-thyroid-Madness-blog. In her book, Janie describes her ordeal with years of crippling fatigue, all the while her doctors told her "the labs were normal", and insisting she was adequately treated with Synthroid, the mainstream T4 thyroid medication. Apparently she was not adequately treated. Switched from Synthroid to Armour Eventually after many years of needless suffering, Janie visited an internet thyroid message board and discovered information about natural thyroid medication called Armour. Empowered with this new information, Janie switched over from the Synthroid to the Armour, and experienced a dramatic recovery, and has been well ever since. Janie's Amazing Journey The first section of her book chronicles this amazing journey, and later sections are the condensed wisdom from her blog and message boards. Important chapters in the book deal with the superior clinical results of Armour natural thyroid compared to Synthroid, the unreliability of the TSH test, and the issue of

adrenal fatigue in relation to the low thyroid condition.

I truly appreciate this book and the doctor recommendations on the website. I was going to an endocrinologist recommended in my area, but I found a local GP who is wonderful. The test border numbers for blood pressures, diabetes, and cholesterol have been consistently moved downward to catch these diseases earlier, but this has never been done with the numbers for thyroid conditions - and untreated hypothyroid can cause extensive organ damage, including to the heart as well as midline obesity and all the myriad problem THAT brings with it, including early death. I have been fed up over the years with doctors who have had the "healer" squeezed right out of them in their pharmaceutically-financed educations. My doctor, who actually listens and thinks, rather than just looking up numbers in a list or book, prescribed Armour for me based on SYMPTOMS (what a novel idea! - if it walks like a duck and quacks like a duck - it might just be a duck!). He even commented that many doctors treat by test numbers instead of symptoms, and that people are not all the same and that symptoms and quality of life matter (how did I get so lucky?). I avoid medications as much as possible, and take VERY few for my age (68). I believe whole-heartedly in wholistic approaches and taking synthetic T4 only, or separately adding synthetic T3 only, rather than taking a natural dessicated thyroid containing naturally balanced components that you don't get with the synthetics. There is a synergy in everything we consume - calcium doesn't absorb properly without magnesium, for example. All the thyroid components interact together to function properly, which is no doubt why ALL symptoms are not addressed with synthetics, but are addressed with dessicated thyroid.

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The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management)  
Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients  
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Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms  
The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms  
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