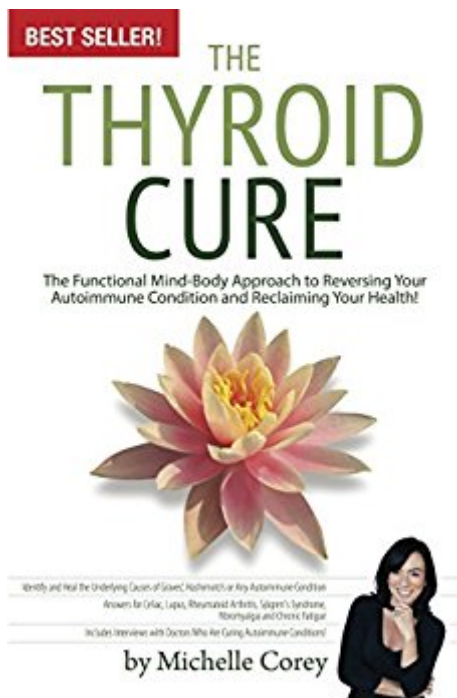


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The Thyroid Cure: The Functional Mind-Body Approach To Reversing Your Autoimmune Condition And Reclaiming Your Health!



Synopsis

The Thyroid Cure provides an incredibly comprehensive understanding of autoimmune thyroid disease. While user friendly for patients, the depth of research that clearly went in to creating the text makes this a must read for any healthcare provider dealing with thyroid issues as well as autoimmune diseases in general. David Perlmutter, MD #1 New York Times Bestselling Author of Grain Brain In The Thyroid Cure, Michelle Corey outlines the exact steps that anyone can take to reverse ANY kind of chronic, inflammatory autoimmune condition. You will learn how to become empowered in health, navigate the broken medical system and get the right care, so that you can uncover the roots of your illness and heal for good. You will discover what you can do on your own to restore your and health, and how to find and work with a practitioner if necessary. The book comes with online companions such as: A letter to your doctor explaining the rationale; a test request so you can have a baseline for where you stand at the beginning of the program; mind-body assessments so that you and your doctor can get closer to identifying the roots of your condition; a 14-day detox program to kick start your recovery and help you become aware of any foods that might be triggering your condition. Chronic inflammatory conditions such as autoimmunity can be successfully and quantifiably reversed when the underlying splinters are uncovered and removed, and the core systems of the body are restored to balance. The Thyroid Cure is based on cutting-edge science and combines ancient healing principals with the current advances in functional and integrative medicine

Book Information

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Customer Reviews

This book is nominally for people (mainly women) the thyroid problems, however, it expands across to just about any autoimmune disease, and then to problems with the environment. It starts with Michelle's health history, then moves along to diagnosis and advocated cures. There are various statements on the science behind the diseases, and the advocated cures tend to be along the lines: go to your health professional, preferably one belonging to "functional medicine", get tests, preferably from nominated labs, then change your diet first to "detoxify" and then eliminate nasties. There are a number of anecdotal stories, then interviews with some designated health professionals in the "functional medicine" area. Consider detox. Michelle had a history where she maintains she had mercury poisoning. This may well have been the case, as she had worked in a dental practice making amalgams. Hardly anyone else has this history, but she infers that amalgam in your teeth will give the same effect. This is not the case. Once the amalgam "sets", we have an alloy in which the mercury is chemically bonded. Further, if you eat anything with S-H bonds, you get a coating on the amalgam that prevents mercury escaping. So, we have a problem: Michelle makes statements that seem "scientific", but are merely assertions without data, and in my opinion, many are false. Some of the statements I found hard to believe, such as she led an active life and only ate 1500 calories a day, and got fat. Fat is stored surplus energy, and I simply don't believe this. In the scientific statements, there are some clear errors. Michelle correctly points out the role of oxidation of iodide in the thyroxine loop, but then warns against the other halogens.

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