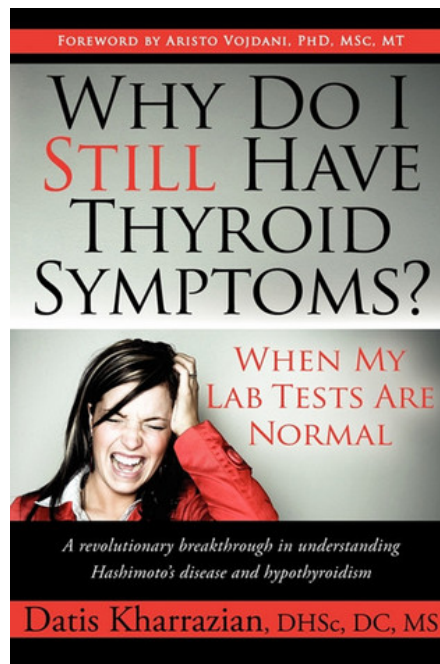




Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism

Datis Kharrazian

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Why Do I Still Have Thyroid Symptoms? was written to address the true causes of hypothyroidism in this country and how to manage them. The vast majority of hypothyroid cases are being treated inappropriately or misdiagnosed by the standard health care model. Through my exhaustive research and clinical experience, Dr. Kharrazian has discovered what really causes hypothyroidism and how to manage it.

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From Reader Review Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism for online ebook

Tiffany says

I loved the perspective of this book, which focused on what it means to be healthy versus what it means to be sick, and the fact that many doctors are less focused on healthy patients. When we are "sick" doctors give us medicine and make us better, but they do not focus on their patients truly being healthy. This is a book that must be used in conjunction with a doctor/naturopath/etc that understands these principles. The recommendations in this book are not to be done without the help of a professional, and the author makes this clear. Overall, I believe this book was an important step towards becoming healthier.

Lorraine says

This is the answer to 20 years of trying to figure out what is wrong with my health. Has changed my life!

ALLISON says

This book is fantastic i love it,very good book

Gry Pil says

A good solid book with a lot of information that didn't make it into the brain book, because that book has another focus. One thing I lament in both of his books is all of this focus on blood sugar and Standard American Diet and no mention of the issues in people who already eat like he says to and are still feeling horrible.

Joy says

While the information is mostly good, I needed actual advice, not 'go find a doctor who I've trained so you can give them all your money' type advice. In any case, living outside the US makes THAT particular advice useless.

Kay says

This book is kind of like an infomercial. I, for one, am not about to go out and spend money on this guy's

supplements. I've done enough research on my own before reading this book to be moderately informed about my own condition, so I found the information annoyingly repetitious (I get it, gluten is bad!) and not well-written. I recommended that people read Chris Kresser's short and concise eBook on Thyroid Disorders instead.

Robin S. says

After seeing five specialist's advising that the symptoms that they were being paid \$350 an hour for to diagnose correctly, and getting the "It was all in my head" scenario again. And the never-ending research including trail and error that we all put ourselves though without telling our doctors so as to not get in trouble, this book will-if not 100% be your answer to all of the above it will be the most blessed thing close to it.

This book came highly recommended from a super friend in the medical community, who's sister was in the same exact situation as most of us looking for the same answer.

Finally a doctor who can tell you the truth about something with no concern what the FDA has to say about it and not get reprimanded.

My friends sister has been researching for over a year for an answer to all our "IN YOUR HEAD" symptoms that are more reality then what any Neurologist or Specialist will ever tell you~ She will affirm with her first happy tears,after years of going in circles, that this book turned her life 100 percent around. From a dark night to a day where everything finally was right.

Dr.Datis Kharrazian's book created an international explosion of interest from his detailed review of the scientific literature regarding thyroid disease and his clinical model of patient management. Thousands of positive testimonials have been received globally from the model he created.

Dr. Kharrazian is one of the most sought after educators in natural medicine, laboratory analysis, and nutrition. His seminar schedule is booked two years in advance.

Don't waste another day feeling lousy because you're trapped in outdated standards of health care.

Rachel B says

This book has been incredibly helpful when it comes to identifying what exactly is causing my hypothyroidism. Kharrazian identifies six types, and details which lab test results and symptoms reflect each type.

I did get a little discouraged reading, though, because the author is constantly referring the reader back to a functional practitioner for testing, evaluation, supplements, etc. Many people such as myself are unable to find and/or fund a wonderful doctor who actually takes us seriously, so self-treatment is really the only option left, and Kharrazian didn't do justice to readers in light of that truth.

(Also, there are many typos throughout, which I find especially disconcerting in books on health/medicine.)

Elyse Walters says

This was a very helpful/useful book. I finished it today. My husband is now reading it. (he's incredibly supportive --pro-active --a wonderful husband!!!), --in helping me make do 'my part' to FEEL BETTER and improve my health. I've been pretty damn sick most of te year.

I've many-MORE-food restrictions. (not making social-eating-fun-what-so-ever).
The times I 'cheat' (as FRICK THIS) --I get REALLY sick for 'days'.
Its taking work, (fighting depression to boot), to change habits -desires & lifestyle.

I just finished reading 'other' people's review on this book. I'm guessing people read it for many of the same reasons. (some type of 'self-health-help?!') ---

I don't know how OTHER people came to find this book -or why ---but my NEW Functional-Medicine-Doctor gave it to me to read.

The mystery of other past conditions I've had in my life ---started to make sense to me after reading this book. (A life of constipation, anemic, low white blood cells, thyroid disease, etc.).
... We know more about hormones -Pituitary glands-- and the endocrine system today, than 48 years ago when I first showed signs of 'pituitary' RED FLAG-serious problems.

Many adults who have reach my age: 61 -- have had 'on-an-off' health challenges: anemic, low-thyroid, tired, times of depression, 'gut' bloating, constipation -sugar cravings - weight gain -weight loss.etc. etc.

This book helps 'explain' the difference between Conventional Medicine labs (testing) ---and Functional Medicine labs (testing) ---

With conventional labs: the markers are 'liberal' in normal ranges.

In Functional Medicine labs ---its more 'conservative'. ---Meaning ---its 'possible' to see the RED FLAG HEALTH problems BEFORE a serious disease is present.

I go to BOTH: A conventional doctor (HMO--for medical insurance) ---

After a year of getting excellent care for a disease I have/Hirschrump's Disease ---I was told to TRY alternative medicine --OR ---begin to think of surgery. (major surgery: two of them) ---

So---My husband and I made our first appointment with a Functional Medicine doctor. He spent 2 hours with me (having already studied all my medical labs and paper-work --stacks of it-before we arrive). It 'is' more expensive --and medical insurance does not cover the costs.

I have 5 more lab tests coming up after the first of the year --but the medical-support he is giving me is more than 'all' of last years help --I now see its critical support!

I'm deeply thankful. I'd recommend this doctor to every person I love! (this approach to medicine). I only wish I had -had the wisdom -and support to have found this type of doctor 30 -or more years ago. (I'm sure Children could benefit).

I have Hashimoto's disease -- Hirschrump's Disease --intestinal permeability --and tons of food allergies.

This book was helpful --

The doctor is helpful --

I hope to see improvement soon!

Happy New year to all! May 2014 be an awesome New Year!

Cheers to feeling healthy and happy!

elyse

Seluca says

Excellent resource for anyone with an autoimmune thyroid issue. This is the resource I've been looking for for ten years.

Monika says

This is the first book on Hashimoto's and hypothyroidism that actually explains that the problem in most cases is not the thyroid but the immune system and that in order to get better, you have to reduce inflammation, repair your gut, get your blood sugar in order, support your adrenals, support your brain, and get your other hormones, especially estrogen, to normal levels. Most of the other books that I've read on this topic basically tell you that you need to be taking thyroid hormone and that you can do all these other things in addition to taking hormone to reduce symptoms and maybe reduce the amount of hormone you take. Kharrazian, on the other hand, explains why you shouldn't be taking thyroid hormone, except for in one case. The issue with Hashimoto's is the immune system and not your thyroid. Thus the solution is to reduce the autoimmune attack on thyroid protein. With other forms of hypothyroidism, the reasons can be many and it can be treated with various supplements to support the adrenals, the brain, etc. I really appreciate how detailed Kharrazian gets about the biology of these disorders and shows how everything in your body functions together, although at times it can be overwhelming with so much information and leave one wondering, OK, where do I start? No other book has explained Hashimoto's and hypothyroidism and how to deal with it as well as this one. What I dislike about the book is that he constantly refers to supplements that he has developed (he explains that since there was a lack of these combinations of supplements, he developed his own, which I do understand) and that people do not have access to them unless they visit a practitioner that has received his training. However, there are not that many practitioners that do so and none in my area so they are not accessible. What this book tells you is how complicated Hashimoto's and hypothyroidism really are and that it is really important to find a knowledgeable integrative doctor that treats is as more than just a thyroid problem and not self-treat with various supplements as that can actually cause more harm. This is a book that I will be taking with me to my physician so I can ask him about the best tests and recommendations for me. This really is stuff that your family physician will not tell you! A must read for those dealing with hypothyroidism, especially before you start any hormone treatments.

Zac Stojcevski says

Very well written and informative though I found it too prescriptive. But for the grace of god go I - fortunately I have none of the associated health problems. Reading this from cover to cover therefore had minimal utility and there is a curative rather than a preventive slant to the approach. Reading Kharrazian's other exhaustive tome, much of what is contained in this book is appropriately added to the larger book and is therefore my pick.

Rachel says

I wanted to edit my review for those who have thyroid issues and struggle with the medicine/doctor's visits/etc. I had every symptom but one for low thyroid (cold, dry skin, losing hair, etc.) yet all of my lab tests always showed normal so doctors would dismiss the low thyroid symptoms. I was so tired from being

tired all the time that I ended up researching doctors who might believe my symptoms instead of the tests and found a "specialist" in my city (supposably one of the best doctors for thyroid issues in my area). He started me on thyroid medicine and I took it for over four years (both synthetic and none as well as kelp). By the fourth year, I was beyond frustrated. I was losing tons of hair, I was cold all the time, I couldn't lose any weight even after going on a no-bread diet for over a year and doing spin class/Insanity several times a week, etc. I was literally at the end of my rope and stressed knowing that the excess weight I was carrying put me in line for a better chance at cancer than if I was thinner. (Something I was worried about because my mom died of lung cancer in her 50's.) A friend recommended this book and it was a God send. I read what Datis had to say, figured it was worth a shot to try the cleanse, and two years ago, went for it. I have since lost over 35 pounds without changing anything but my diet! (When I originally wrote this review, I had lost 30 lbs.) I went from a size 16 to a size 10. I have tons of energy, I'm not bone chillingly cold all the time, I lose a normal amount of hair, etc. If you are frustrated with thyroid issues (and you probably are if you have them), you MUST read this book!

I think this book is a beginner book. As in, it started me down a path that has lead me to lots of other discoveries in this area. I have recommended this to tons of people. It will change your life if you have the courage and discipline to try the diet. Truly. Another book that I would recommend is called "The Hormone Diet", but that is after you have read this one as it is not nearly as detailed on how your thyroid works.

Pixiechicken says

I am going through this book as slowly as I can, to increase absorption and greater understanding. Yesterday, I was supposed to take an allergy test. Since I read that I need to know if I am TH1 or TH2 dominant, I am choosing the test that includes most of the stimulants for both, that way I can see which I am. I have learned more from this book than all the time with my idiot of an old doctor. Now I've found a naturopath who studied under Dr K and will actually address my hashimoto's.

Michelle says

Some interesting information, but it seems like this book was written primarily to promote the author's very expensive protocols and supplements.
