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Thyroid Balance: Traditional and Alternative Methods for Treating Thyroid Disorders

Glenn S. Rothfeld, Deborah S. Romaine

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If you are one of the more than 14 million Americans who suffers from a thyroid disorder, knowingly or unknowingly, *Thyroid Balance* is the key to restoring your health and well-being. Never before has there been a comprehensive guide that explains all the traditional and alternative methods available for treating thyroid disorders, and allows you to become an active participant in designing a balanced, practical treatment program.

Using the amassed knowledge of twenty-five years at the forefront of the complementary medicine movement, Dr. Glenn S. Rothfeld answers every question the thyroid patient might have, including how to:

- Recognize a thyroid condition
- Determine if the adrenal gland is the real culprit
- Distinguish between hypo, hyper, autoimmune, and subclinical conditions
- Integrate conventional and alternative treatments
- Know what to do when treatment fails
- Get your metabolism and your body thermostat back under control
- Control weight gain and loss
- Manage a thyroid condition's interaction with other problems
- Minimize the thyroid's impact on a woman's cycle and fertility

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