

MARY SHOMON LIVING WELL WITH HYPOTHYROIDISM%0A

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[Living Well with Hypothyroidism - mary-shomon.com](#)
Living Well With Hypothyroidism is the comprehensive guide you need to understanding thyroid tests, thyroid treatments, natural options, diet, weight loss, hair loss, fatigue, and resolving other symptoms of an underactive thyroid.

[Living Well with Hypothyroidism: What Your Doctor Doesn't ...](#)

When you're living with undiagnosed or mistreated hypothyroidism, you aren't living well. The author pointed out that if you have been treated for hyperthyroidism or thyroid cancer, you will have hypothyroidism the rest of your life, and will need thyroid hormone replacement. The author provides answers about symptoms, getting correct diagnosis, and what medication works best. It was all very [Living Well With Hypothyroidism: The ... - Mary Shomon](#)

In [Living Well with Hypothyroidism](#), Mary Shomon outlines the most common of these--too little thyroid hormones in the body. Weight gain, depression, fatigue, and what patients call "brain fog, Britto hair, and prune skin" result. Because the symptoms of hypothyroidism mimic so many other conditions--chronic fatigue, PMS, clinical depression--it can be very tricky to diagnose, especially since

[Living Well with Hypothyroidism, Revised Edition - Mary J ...](#)

[Living Well with Hypothyroidism, Revised Edition by Mary J. Shomon](#) We'd love you to buy this book, and hope you find this page convenient in locating a place of purchase.

[Living Well with Graves' Disease and Hyperthyroidism ...](#)

About the Book. From patient advocate and author of [Living Well with Hypothyroidism](#) Mary J. Shomon, here is a holistic roadmap for diagnosis, treatment and recovery for the millions of people suffering from Graves' disease and hyperthyroidism.

[Thyroid Patients: 7 Keys to Successfully Restoring and ...](#)

The day I stumbled upon New York Times bestselling author Mary Shomon's book [Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You That You Need to Know](#) changed my life.

[Living Well with Hypothyroidism: What Your Doctor Doesn't ...](#)

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an

internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease website, www.thyroid-info.com. She lives in Kensington, Maryland.

Book Review - Living Well With Graves' Disease and ...

Book Review Living Well With Graves Disease and Hyperthyroidism by Mary J. Shomon Written by Carol Petersen, RPh, CNP Women's International Pharmacy Mary Shomon, a patient advocate on a mission to educate people about thyroid issues, has an enormously popular website (www.thyroid.about.com) and several books under her belt.

Living Well with Graves' Disease and Hyperthyroidism: What ...

From patient advocate and author of Living Well with Hypothyroidism Mary J. Shomon, here is a holistic roadmap for diagnosis, treatment and recovery for the millions of people suffering from Graves' disease and hyperthyroidism.

Community and Support: Thyroid Disease ... - Mary Shomon

I'm Mary Shomon, and I'm a patient advocate, bestselling author, communications consultant, wife and mother who has transformed my own struggle with thyroid disease into an advocacy campaign on behalf of patients with chronic diseases such as thyroid disease, autoimmune conditions, chronic fatigue, among others.

Mary Shomon - Verywell Health

Mary Shomon is a former writer for Verywell Health covering thyroid disease. She transformed her 1995 thyroid diagnosis into a mission to educate and empower others struggling with thyroid and hormonal conditions.

Living Well with Hypothyroidism: What Your Doctor Doesn't ...

And, consistent with Mary's overall message, she includes an indispensable 17-point plan for living WELL with hypothyroidism. This is the book we've been waiting for! This is the book we've been waiting for!

Amazon.ca:Customer reviews: Living Well with ...

Find helpful customer reviews and review ratings for Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You That You Need to Know by Mary J. Shomon (2016-02-16) at Amazon.com. Read honest and unbiased product reviews from our users.

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