



# **The Thyroid Solution: A Mind-Body Program for Beating Depression and Regaining Your Emotional and Physical Health**

*Ridha Arem*

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It's sometimes called a hidden epidemic: One in ten Americans--more than twenty million people--has a thyroid disorder. At any given time, millions of people have an undiagnosed thyroid disorder and experience a chronic mental anguish that almost certainly arises from the very same source. This health crisis flourishes in the shadows of the medical community because many primary-care doctors still don't recognize the importance of the thyroid in mind-body health. In fact, when they do diagnose a thyroid disorder, they treat it as a simple physical problem rather than what it really is: a complex blow to the body and mind--and an increasingly common cause of clinical depression, weight gain, fibromyalgia, high cholesterol, memory loss, anxiety, and other disorders. It's time to treat the source and not the symptom!

The Thyroid Solution is the first mind-body approach to identifying and curing thyroid imbalances. Written by a medical pioneer and leading authority in the field of thyroid research, this groundbreaking book offers Dr. Ridha Arem's practical program for maintaining thyroid health through diet, exercise, and stress control--and through his revolutionary medical plan, which combines two types of hormone treatments with astounding results. Inside you'll discover

- The thyroid basics--what it is, where it is, what it does
- How thyroid hormones affect the brain and alter mood, emotions, and behavior
- The difference between hypothyroidism and hyperthyroidism and why both conditions are often undiagnosed or misdiagnosed
- What tests to ask your doctor to give you--and what they mean
- The facts your physician may not know about your thyroid, depression, fibromyalgia, and chronic fatigue syndrome
- The vital connection between stress and thyroid imbalance
- The benefits of antioxidants and essential fatty-acid foods and supplements
- How to recognize and cure the deep and lingering effects of a thyroid imbalance
- How thyroid hormone can work as an antidepressant when your thyroid gland is normal and conventional antidepressants have failed

Filled with remarkable and dramatic patient histories and interviews that document the dramatic results of Dr. Arem's bold new treatments, The Thyroid Solution now gives you and your doctor the tools you need to live a life with peace of mind . . . and body.

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