



Why Am I So Tired?: Is your thyroid making you ill?

Martin Budd N.D. D.O.



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An essential guide to how an underactive thyroid could be the root of your health problems.

Why am I so Tired? questions the problems associated with an underactive thyroid. Mild hypothyroidism affects about 7 – 10 % of the population, but is frequently misdiagnosed because the symptoms are similar to that of ME, chronic fatigue, depression, and menopausal symptoms.

Symptoms can include:

exhaustion * weight gain * mental fogginess * low sex drive * thinning hair * dry skin * poor circulation * aching joints

Why am I so Tired? offers an essential guide to discovering whether an underactive thyroid is at the root of your health problems with an easy to follow questionnaire, case studies and an excellent question and answer format. The book includes:

- what the thyroid is and how it functions
- what happens when it is underactive
- what tests you should ask your doctor for
- simple self-diagnosis – temperature testing
- where to go for help
- other illnesses which might be confused for hypothyroidism or vice versa
- how nutrition and naturopathic remedies help



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Christopher Hartwick:

Now a day folks who Living in the era exactly where everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each information they get. How individuals to be smart in receiving any information nowadays? Of course the solution is reading a book. Reading a book can help folks out of this uncertainty Information especially this Why Am I So Tired?: Is your thyroid making you ill? book since this book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it as you know.

Julie Nealy:

Many people spending their period by playing outside with friends, fun activity using family or just watching TV all day every day. You can have new activity to invest your whole day by reading through a book. Ugh, you think reading a book can actually hard because you have to take the book everywhere? It fine you can have the e-book, delivering everywhere you want in your Cell phone. Like Why Am I So Tired?: Is your thyroid making you ill? which is obtaining the e-book version. So , try out this book? Let's view.

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