



# Thyroid Power: Ten Steps to Total Health

*Richard Shames, Karilee H. Shames*

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Fatigue; weight gain; depression; arthritis; high cholesterol; low sex drive; skin, digestive, and female problems; abnormal blood pressure -- all may be symptoms of low thyroid, one of the most misdiagnosed disorders in America.

*Thyroid Power* can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers; and offers tips from thyroid support groups. By following this clear 10-step program and working with your health practitioner, you can channel the incredible power of your thyroid into greater health and well-being.

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