



Your Thyroid and How to Keep It Healthy

Barry Durrant-Peatfield

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Thyroid problems, especially thyroid underactivity, are on the increase but notoriously difficult to diagnose. Many sufferers have years of treatment for their symptoms rather than for the underlying problem. In this fully revised and updated second edition of Dr Durrant-Peatfield's acclaimed book you will learn how to recognize thyroid problems in yourself and how to take an active part in your own treatment. New for the second edition: * enhanced emphasis on patient empowerment * more detailed guidance on a natural approach * more detail on digestive and nutritional issues, including food intolerance and candida infection * full referencing throughout

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