



Your Thyroid and How to Keep it Healthy: Second edition of The Great Thyroid Scandal and How to Avoid It

Barry Durrant-Peatfield

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In this updated (2012) second edition of this acclaimed book, you will learn how to recognize thyroid dysfunction and its many associated problems. Do you have a constant battle with weight? Do you have inexplicably high cholesterol? Do you feel cold and tired all the time? Is your hair thinning? Do you feel very low, or even depressed? Do you have a fertility problem? Dr Durrant-Peatfield will help you to assess your symptoms systematically and then take an active part in your own treatment, which may include understanding digestive and nutritional issues, including food intolerance and systemic candida.

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