

Doctors aren't properly treating thyroid patients, so patients are turning to the internet for answers. Are doctors ordering the wrong lab tests? Are internet protocols safe? Read the book that separates thyroid fact from fiction. Barbara Lougheed chronicles her journey from being diagnosed as hyperthyroid with Graves disease, to undergoing radioactive iodine (RAI) treatment, and finally being treated for hypothyroidism with Synthroid (levothyroxine). She searched for her optimal dose and questioned much of what doctors and fellow thyroid patients told her. Her research findings did not agree with what she'd been led to believe, and she presents these findings, along with charts and graphs, to explain thyroid physiology and the many misconceptions that exist about thyroid treatment protocols. There are numerous medical journal references, so patients can verify the information that's presented for themselves. Medical concepts are presented in plain English, with graphs and analogies that even the layperson can understand. Read the case studies of a hypopituitary man, a woman with Hashimoto's thyroid disease, a fatigued young man with an iron loading condition, and a woman who successfully battled Graves disease using alternative treatments. Learn why current medical treatment protocols are illogical, and why patients don't feel well when a TSH lab test determines their dose (the TSH Rule). Learn what tests to ask for instead, what a normal thyroid gland secretes, and the pros and cons of popular internet protocols. Are patients aware that there are three different types of thyroid medications, each with pros and cons, and that patients can still be hypothyroid even with normal labs? Is the iodine protocol, T3-only protocol to clear reverse T3 (rT3), or natural desiccated thyroid (NDT) a good idea for everyone? This book reveals the facts so patients can make an educated decision.

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