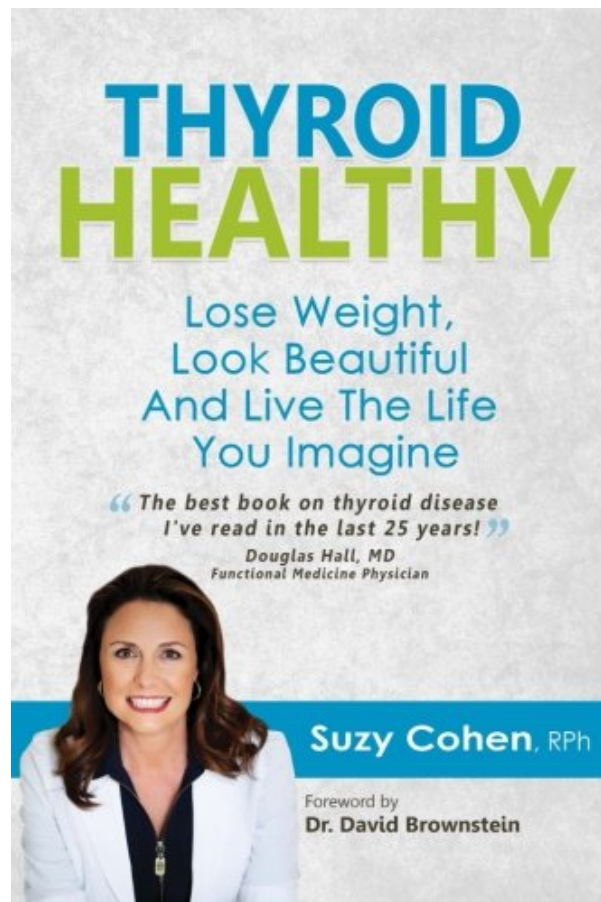


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THYROID HEALTHY

Lose Weight,
Look Beautiful
And Live The Life
You Imagine

*“The best book on thyroid disease
I've read in the last 25 years!”*

*Douglas Hall, MD
Functional Medicine Physician*



Suzy Cohen, RPh

Foreword by
Dr. David Brownstein

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Since it came out, many of you have written to my email and shared your own stories of recovery, and all the speed bumps you've had to overcome too. I used all the knowledge I gained from our collective experiences, my research, and clinical trials on natural remedies to formulate special, exclusive thyroid formulas to help you. These are also available at my site.

If you are suffering with fatigue, pain, heart problems, temperature dysregulation, fibromyalgia, exhaustion, shortness of breath and weight problems please keep investigating thyroid conditions, have your antibodies tested. This is not done routinely, so you have to ask for it. Please don't give up. Conventional medicine's answer is to hurry you up and get you out of the office, placating you with a thyroid pill but this is not the fix, it's a band-aid. There's help in my book, and help at my site with free articles. I'll see you over there!

Love

Suzy

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Most helpful customer reviews

260 of 269 people found the following review helpful.

WOW!!!!!! This is a must read.

By Hugh

Here is the deal I am a functional medicine doctor and have studied 1000's of hours on this topic and functional medicine in general. This book has brought new research that I have never heard of and I study and read daily.... She write things in a simple manner and she has a great sense of humor. The truth is if you are suffering with a thyroid condition or think you have a thyroid condition even though your doctor said "your labs are normal and your on the correct thyroid meds, so it's in your head and here is a prescription for Prozac". I would slap him or her and tell them they need to spend some time keeping up with the research and read this book I just read. YOU CAN GET HELP. The first step is getting yourself educated. This book will do that. If your doctor is unfamiliar with these protocols in this book, find a new doctor that is proficient in functional medicine. There are to many people that WANT and DEMAND REAL answers for their problems. When you read this book pass it on to a friend and write an Amazon review. Everyone that buys things now a days looks at reviews. Ms. Cohen is a women that wants help people. I have head her speak before and she presents with passion and vigor. Thanks for a great book.

Hugh

ps

This is the longest review I have ever written in my life.

140 of 146 people found the following review helpful.

Skeptical, but the results made me a BELIEVER!

By Craig Neading

I was suffering from many of the symptoms the author describes in her book and was spending a fortune on a long list of prescriptions. Nothing seemed to help! I still felt like crap, the side effects nearly made me homebound but...I'M IMPROVING! I credit my journey back to good health to the profound information contained in this book. Working with my doctor, we came to find how right Suzy Cohen is! I now take only 2 prescription meds along with natural vitamins and supplements (Thyroscript being one of them). I have control of my life back!!! And alot more money to spend on other things.The info in this book is priceless and I am so grateful that someone, like this author, took the time to advise the rest of us that there IS an answer, there is a solution and a better way!!! I recommend this book to every single person I talk to because if you don't have an issue with these things, you certainly know someone who does! I received this book as a gift and quite honestly, it gave me the quality of MY Life back!!! Highly Recommended!

92 of 99 people found the following review helpful.

One of the BEST books on the Thyroid Suzy is America's sweetheart!!!!

By Janet L. Thome

I just finished the Thyroid Summit that Suzy co-hosted with Dr. David Brownstein and 32 experts on the thyroid from every angle possible. It was incredible.

Her book covers it all! It is so great to have especially if you want to understand blood tests. She writes in the same way she speaks, where "you just get it". On the Thyroid Summit, a speaker would be talking and she would explain what they were saying in simple language and I would instantly understand. That is how her book is.

She covers everything from the right salt, iodine, soy, gluten, depression, fatigue, weight gain, hair loss, how to read your blood tests, why standard treatment for the thyroid is not working and more.

There are so many factors that affect the thyroid and Suzy covers it all from gut health to hormones to cholesterol.

I am so passionate about the study of our thyroid because I feel it is the key to our longevity , keeping our youthful energy and the

Health of our thyroid could help prevent a heart attack, stroke or even Diabetes. Even if you do not think you have a thyroid

problem, you should read this book to help plan a healthy future for you or your family.

I am hoping Suzy will host a DRUG MUGGER SUMMIT next, that is another book I own. We are being drugged to death from cradle to grave and there are alternatives, and Suzy

Knows them all.

I have seen first hand how Congestive Heart Failure was resolved in an 86 year old man I take care after getting him off most of his medications, using sea salt, iodine, selenium , magnesium and a lot more supplements , we were then able to give him nature thyroid to treat his hypothyroidism and within in short amount of time, his edema and ascites is gone, he is off oxygen, he regained some energy, his body is warmer and he has been mowing the lawn!!!! He also has improved kidney and liver function and his last AIC blood test is in the NON Diabetic range.

Hypothyroidism can cause shortness of breath, but in standard medicine, if someone has CHF, the doctors usually focus only on the heart.

See all 421 customer reviews...

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