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The Thyroid Hormone Breakthrough: *Overcoming Sexual and Hormonal Problems at Every Age*

Mary J. Shomon

Millions of American women suffer from a variety of sexual and reproductive health problems, such as low sex drive, infertility, difficult pregnancies, PMS, and menopausal symptoms. Unfortunately, many of these women -- and their practitioners -- don't recognize that undiagnosed or improperly treated thyroid conditions may be the real cause of their problems. **The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age** (Collins; November 2006; Paperback Original, \$14.95; ISBN 0-06-079865-3) offers a holistic guide to help women identify, diagnose and resolve thyroid-related hormonal problems. Written by nationally recognized patient advocate and best-selling author Mary Shomon, this groundbreaking handbook delivers practical advice to help women of all ages cope with the hormonal effects of thyroid conditions.

The book offers step-by-step guidance on how to differentiate thyroid symptoms from other hormonal problems. Then, the book arms readers with the knowledge and practical tools they need to find the right practitioner, get properly diagnosed, and effectively relieve conditions and symptoms with approaches chosen from among the conventional and alternative options.

As an integral part of the endocrine system, the thyroid can affect nearly every aspect of sexual and reproductive health. Women with undiagnosed or improperly treated thyroid conditions can suffer a host of resulting hormonal problems, including:

- Early/late puberty
- PMS, menstrual irregularities
- Low sex drive

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- Infertility, recurrent miscarriage
- Difficult pregnancies (i.e., morning sickness, premature birth)
- Post-partum depression, breastfeeding difficulties, and weight problems
- Perimenopause and menopausal symptoms

By helping them address the thyroid as a root cause, **The Thyroid Hormone Breakthrough** can help many women resolve these problems, while avoiding unnecessary drugs, invasive treatments, costly procedures and even surgery. **The Thyroid Hormone Breakthrough** features a handy Risks and Symptoms Checklist to help pinpoint thyroid and hormonal issues, and the detailed Resources section provides a wealth of information on experts, resources, web sites, and other support. Readers will come away empowered with the tools and knowledge to overcome the effects thyroid conditions can have on everything from puberty to PMS, to pregnancy, to perimenopause.

ABOUT THE AUTHOR:

Mary J. Shomon was diagnosed with thyroid disease in 1995 and has transformed her health challenges into her leadership as America's thyroid patient advocate. She has worked for more than 25 years in writing and grassroots communications and is the founder and editor-in-chief of several thyroid, autoimmune, and nutrition newsletters, as well as the Internet's most popular thyroid disease informational website, www.thyroid-info.com. Shomon's 2004 book **The Thyroid Diet** was a *New York Times* best seller, and a Quills Award semi-finalist. She is also author of **Living Well With Hypothyroidism, Living Well with Graves' Disease and Hyperthyroidism, Living Well With Autoimmune Disease,** and **Living Well With Chronic Fatigue Syndrome and Fibromyalgia**. Mary Shomon is one of the first patient members of the American Academy on Communication in Healthcare and is a member of the Endocrine Society. She lives in Kensington, Maryland.

The Thyroid Hormone Breakthrough; Preventing and Treating Thyroid-Triggered Hormonal Problems at Every Age

By Mary J. Shomon

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*More information on the book is available at
<http://www.thyroidhormonebreakthrough.com>*