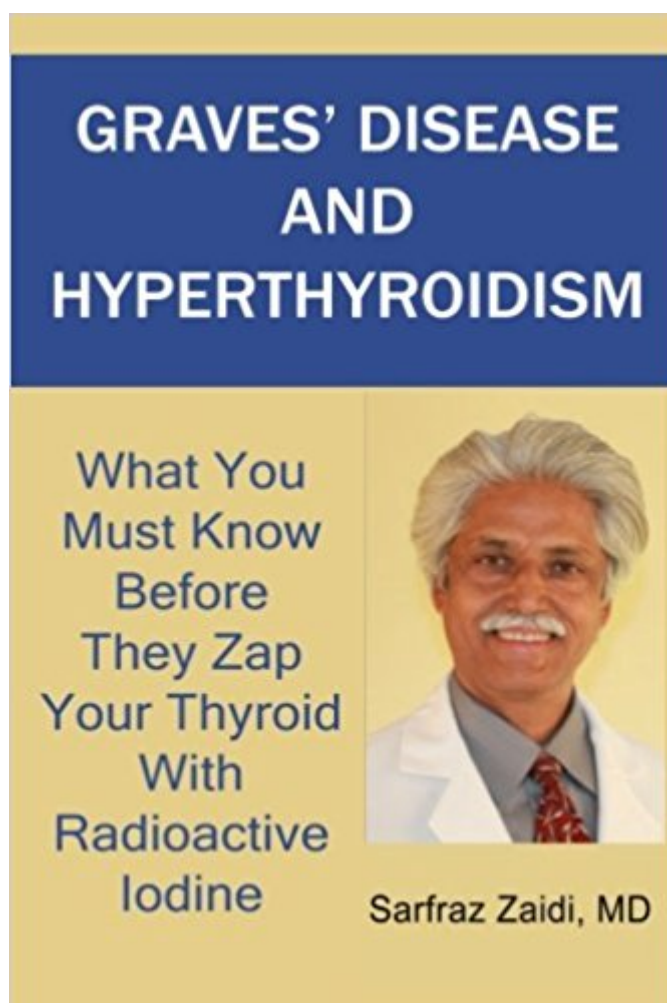


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Graves' Disease And Hyperthyroidism: What You Must Know Before They Zap Your Thyroid With Radioactive Iodine



Synopsis

Graves' disease is one of several causes of hyperthyroidism. In "Graves' Disease And Hyperthyroidism", Dr. Zaidi, a leading endocrinologist, describes how to accurately diagnose and treat Graves' disease as well as other causes of hyperthyroidism. The medical treatment of Graves' disease has not changed in over 50 years. Sad, but true! The standard, usual treatment with Radioactive iodine is a superficial, myopic approach. It almost always makes you hypothyroid (underactive thyroid state). Then, you need to be on thyroid pills for the rest of your life. In addition, radioactive iodine does not treat the underlying root cause of Graves' disease - autoimmune dysfunction, which continues to smolder and easily erupts into another autoimmune disease. Anti-thyroid drugs do not treat autoimmune dysfunction either. They provide only temporary relief. Often, symptoms return once you stop these drugs. Surgery also does not treat autoimmune dysfunction. It often leads to hypothyroidism as well as many other complications. Over the last ten years, Dr. Zaidi developed a truly breakthrough approach to get rid of Graves' disease at its roots - autoimmune dysfunction. His patients have benefited tremendously from this approach. Now, it's time for you to learn about this ground breaking discovery. Dr. Zaidi reveals what really causes autoimmune dysfunction that ultimately leads to Graves' disease. His revolutionary treatment strategy consists of five components: His unique Diet for Graves' disease (including original recipes), the link between Vitamin D deficiency and Graves' disease, the connection between Graves' disease and Vitamin B12 deficiency, how Stress causes Graves' disease (and Dr. Zaidi's unique strategy to manage stress) and the Judicious use of Anti-Thyroid drugs. Dr. Zaidi also explains: What are thyroid antibodies? What are the tests to diagnose various causes of hyperthyroidism? What causes Graves' eye disease and what is its proper treatment? How do you accurately diagnose and manage Graves' disease during pregnancy?

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Customer Reviews

Sarfraz Zaidi, MD, FACE, FACP Dr. Sarfraz Zaidi is a leading Endocrinologist in the U.S.A. He is a medical expert on thyroid, diabetes, vitamin D, and stress management. He is the director of the Jamila Diabetes and Endocrine Medical Center in Thousand Oaks, California. He is a former assistant Clinical Professor of Medicine at UCLA. Books and Articles: Dr. Zaidi is the author of three books: "Take Charge of Your Diabetes", "Power of Vitamin D" and "Stress Cure Now." In addition, he has authored numerous articles in prestigious medical journals. Memberships: Dr. Zaidi is a Member of the American Association of Clinical Endocrinologists (AACE). In 1997, Dr. Zaidi was inducted as a Fellow to the American College of Physicians (FACP). In 1999, he was honored to be a Fellow of the American College of Endocrinology (FACE). Speaker: Dr. Zaidi has been a guest speaker at medical conferences and also frequently lectures the public. He has been interviewed on TV, newspapers and national magazines. Dr. Zaidi is the former director of the Endocrine Clinic at the Olive-View UCLA Medical Center where he taught resident physicians undergoing training in Diabetes and Endocrinology. Internet: Dr. Zaidi also regularly writes on these websites: www.OnlineMedinfo, which provides in depth knowledge about endocrine disorders such as, Thyroid, Parathyroid, Vitamin D Osteoporosis, Obesity, PreDiabetes, Metabolic Syndrome, Menopause, Low Testosterone, Adrenal, Pituitary and More. www.DiabetesSpecialist, which is dedicated to providing extensive knowledge to Diabetics. www.InnerPeaceAndLove, which is an inspirational website, exploring the Mind-Body connection. He regularly writes on his Blog. www.onlinemedinfo.com/blog/ He has done educational YouTube videos about Vitamin D www.youtube.com/user/georgie6988 And about Insulin resistance, diabetes and heart disease. www.youtube.com/user/TheDiabetesEducation?feature=guide His main website: www.DoctorZaidi.com

After searching for more detailed information on Graves Disease, I discovered there is a very narrow selection of good materials out there. Most books I have found are addressing hypothyroid and not hyperthyroidism, Graves disease. I was searching to find a way to get Graves under better control without having to use RAI treatment or other extreme measures. Two doctors recommended I get the RAI treatment that petrified me so I kept searching. Dr. Zaidi's book gave me hope that

there are better ways to control the disease (diet is a huge factor) aside from zapping your thyroid with RAI. Since I read Dr. Zaidi's book, I am relieved to know that there are medical doctors out there that believe diet plays a huge role and most of us can get better without using the extreme measure of Radio Active Iodine. My doctors never told me the horrible side affects that can occur if I did take the RAI treatment. I was discouraged and disappointed they did not educate me on the good and bad. Dr. Zaidi's book makes the information very clear and gives a good education on how we can take back our health with the proper care. I really appreciate Dr. Zaidi's position on treating Grave's disease not only with medicine, but with a good disciplined diet, we can make an enormous impact on our health by eating the proper foods for our thyroid. I am happy to report that in addition to working with my new endocrinologist, I am also working with a natural therapy doctor who has helped me with diet and nutritional supplements and I am well on my way to better health. I shared Dr. Zaidi's book with my natural medicine doctor who also gives the book kudos and has purchased another book! I would love Dr. Zaidi to be my endocrinologist but I live a few hundred miles too far. But hey, the book is there for those in need. If you are in the Thousand Oaks area in California, and need a specialists, look up Dr. Zaidi. This book has been a tremendous help in getting me on the right road to good health and I am now confident I can live well! Don't be discouraged Grave's disease sufferers, you can take back your health! Thank you Dr. Zaidi, your book is priceless!! Yolanda From The Bay Area

Save Your Thyroid Several years ago, my daughter developed Graves' disease and hyperthyroidism. She went to see Dr. Zaidi, who advised her against radioiodine treatment. Instead, he put her on his special program: diet, vitamin D and stress management. It worked. Eight years later, she is cured of Graves' disease and living a healthy life. I strongly recommend this book to anyone with Graves' disease and hyperthyroidism. Stay away from the madness of nuking your own thyroid. Use the revolutionary knowledge and wisdom in this book and save your thyroid.

I have to thank Dr. Zaidi for pointing out in his informative book that radioactive iodine isn't always the answer for patients who have Graves' disease. Many doctors in the United States believe that RAI (radioactive iodine) is the best treatment for Graves' disease, whereas doctors in Europe don't use RAI as liberally as they do here in the US. I've had Graves' disease for 15 years, and my endocrinologists didn't insist that I be treated with RAI because they felt that, since my condition was subclinical, treating me with methimazole made a lot more sense. Some doctors still tried to convince me to take RAI, but I refused that treatment because of all the negative side effects I've

read about RAI. Dr. Zaidi's book reassured me that I did the right thing by refusing RAI. Don't misunderstand me. Some people do very well with RAI, but a one size fits all treatment doesn't begin to consider several factors, such as the age of the patient, the severity of the disease, the unwanted and unexpected side effects of RAI and the fact that antithyroid medication such as methimazole can be taken for life without serious side effects..

The information in this book probably saved me from falling for getting treatment for hyper thyroidism. I got on iodine and selenium and it worked. Blood work came back much better. Also his direction on stress and negative thoughts worked in so many wonderful ways for me. A must read if you want to not go the Big Pharma way.

I am so appreciative that Dr. Zaidi chose to write this book. I read his book about Grave's disease, and was so impressed with his openness to alternative methods of treatment instead of the traditional choices that were not palatable to me. I trusted him as a result of his impressive medical education and training and appreciated his awareness of the limitations of traditional medication. As managing stress is a huge component in the management of autoimmune disorders, I also purchased his "Stress Cure Now" book, and am so glad I did. Thank you Dr. Zaidi for sharing your personal wisdom.

This book is written by an endocrinologist who is in favor of the procedure I have chosen since my recent diagnosis of Graves Disease and hyperthyroidism. Since I have talked to other people who have chosen other procedures, I would recommend that readers of the book would carefully make their decisions from many sources. However, this book helped me make my decision. Also, the author spends most of the book on diet suggestions and recipes. I also discussed this with my doctor because the author's diet plans seemed very difficult to follow and have adopted my own food plan that is partly from his suggestions, but not all. I think it is good to read helpful books but also talk around to others, professional and also others who have this disease. It is important to get as much information as possible and then make your own decisions. I would recommend this book especially for those individuals who practice a holistic philosophy.

I love this book! It explains everything about the cause of the disease not just the symptoms in which doctors focus all the time. Great recipes too! I bought 3 books before this and kinda just scanned on them and then read some chapters, skipped some but this book I read

it for just 2 days from cover to cover that's how good it is.

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