



## ***Hypothyroidism: The Unsuspected Illness***

Broda O. Barnes, M.D. and Lawrence Galton  
Harper and Row

This is the original publication. From the early 1920s until his death, Broda Barnes, M.D., studied hypothyroidism. The book is fascinating. He talks about the links of mild hypothyroidism to infectious diseases, sinus problems, large birth weight babies, tuberculosis and heart attacks. He also discusses low body temperature, hair loss, weight gain and fatigue. Dr. Barnes is the original proponent of Armour Thyroid.

Dr. Barnes died in the 1970s before more accurate measures of thyroid hormones were available. Most of what is written is as important and relevant today as when the book was first published. Because I can take advantage of modern blood testing, we had different methods. But I feel that if Dr. Barnes were alive today, he might have made the same modifications. Nearly every writer on the holistic treatment of thyroid refers back to this book and the work of Dr. Barnes. With Dr. John Lee's expertise about progesterone and Dr. Jefferies on adrenal, Dr. Barnes stands as a giant on whose shoulders today's holistic physicians stand.

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