

Dr. Goldman's Book Reviews

Hypothyroidism

The Unsuspected Illness

By

Broda O. Barnes, M.D. and

Lawrence Galton

Harper and Row, Publishers 1976

This is the original.

From the early 1920s until his death in the 1970s, Broda Barnes, MD 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 discusses low body temperature, hair loss, weight gain and fatigue. He is the original proponent of Armour thyroid.

Dr. Barnes died in the 1970s before the more accurate measures of thyroid hormones were available. Most of what he says is as important and relevant today as when the book was first published. Because of some modern blood tests, I use somewhat different methods from Dr. Barnes but I feel that he might have made the same modifications if he were alive today. Nearly every writer on the holistic treatment of thyroid refers back to this book and the work of Dr. Barnes. With Dr. John Lee on Progesterone and Dr. Jefferies on Adrenal, Dr. Barnes stands as a giant on whose shoulders today's Holistic physicians stand.

Robert P. Goldman, MD 1-22-05