

## *Dr. Goldman's Book Reviews*

### **OVERCOMING THYROID DISORDERS**

A Holistic approach to treating thyroid disorders including hypothyroidism, Graves' disease and Hashimoto's disease

By

**David Brownstein, M.D.**

Medical Alternatives Press, 2004

There is a wealth of information in this book about various thyroid diseases and their relationship to adrenal exhaustion diseases, autoimmune diseases and hormonal disorders. Dr. Brownstein discusses how thyroid affects other organs and how various disease states affect the thyroid function. His approach is indeed Holistic discussing diet, life style, toxins and how to approach treatment.

Paying homage to Broda Barnes, M.D., Dr. Brownstein appears to use only Armour Thyroid. I, also, have learned much from the writings of Dr. Barnes, who passed away in the mid 1970s. I believe, though, if Barnes were alive today, with the newer and more sophisticated blood tests that are now available, his practice of thyroid management would be somewhat changed from the path he chose thirty years ago. I also use Armour Thyroid in some circumstances but find that it is not for everyone. This caveat aside, I find this book well thought out and a valuable addition to Thyroid management.

Robert P. Goldman, MD