

Dr. Goldman's Book Reviews

THYROID POWER

10 STEPS TO TOTAL HEALTH

By

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Quill, A Harper Resource Book 2002

IF YOU ONLY GET ONE BOOK ON THYROID, THIS MAY BE THE BEST.

Far from a book just about thyroid, doctor and nurse Shames have written a readable short course on Holistic medicine and lifestyle. They begin with a review of many of the discoveries of Broda Barnes, M.D. They describe the widespread incidence of thyroid problems and its effects on a broad sweep of problems and diseases. Their first step is titled, "Consider Thyroid the Hidden Factor in Your Overall Health." They cover the relationships between thyroid deficiency and a broad range of diseases and symptoms. They deal with the problem of "normal" ranges of laboratory levels and their misinterpretation by most of the mainstream medical community. They also review autoimmune Hashimoto Thyroiditis, and how it is commonly missed. After dealing with the varieties of available therapy, they describe various treatment plans.

Beyond thyroid alone, the authors then move on to the relationships between Thyroid and Adrenal Gland function, female and male hormone function, nutrition, vitamin and mineral supplements, personal environmental considerations, autoimmune conditions, and life style. Their review of iodine supplements, their advantages and disadvantages is most useful. Fluoridation of water and toothpaste as well as chlorine in drinking water are also reviewed. In their "Beyond the Tenth Step" they have a quick review of energy medicine. They even have a short chapter titled, "Show This to your Doctor." It is a short review of some of the major points of the book.

Of the Thyroid titles I have read, I find that these Holistic general physicians have written a solid review of the subject including how thyroid health fits in with a total Holistic health plan and life style.

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