

Dr. Goldman's Book Reviews

HYPOTHYROIDISM TYPE 2

The Epidemic

By

Mark Starr, M.D.

Mark Star Trust 2005

Dr. Starr is a local Atlanta area physician. He is a devotee of Broda Barnes, M.D. and much of the material in his book is based on the work of Dr. Barnes.

There is much good material here, much of it recalling the work of Dr. Barnes. I feel, however, that Dr. Starr has lumped together several different etiologies of hypothyroidism into a single problem. He has essentially one solution for all these variations, which is Armour Thyroid. Dr. Starr never obtains any blood work, but rather relies on a muscle strength testing technique called kinesiography and temperature measurements. His heart is in the right place but I must disagree on his therapy choices for many patients.

Robert P. Goldman, MD 1-22-2007