

## *Dr. Goldman's Book Reviews*

### **THE THYROID SOLUTION**

A Revolutionary Mind-Body Program that Will Help You:

By

**Ridha Arem, M.D.**

A Ballantine Book, Random House Publishers 1999

With 350 pages of main text, Dr. Arem presents a lot of basic material. He is a traditionally trained Endocrinologist with a generally regular medical Allopathic approach to thyroid disease. Treatments of radioactive Iodine and mainstream drug therapy for excessive and inadequate thyroid function are covered. Dr. Arem has broadened his horizon to include issues of T3 measurement and therapy. He includes some diet and supplement advice but only dabbles slightly in a Holistic approach.

In his one reference to the female hormones, on page 279 he completely confuses real Progesterone and the synthetic hormone Provera. Although he mentions Progesterone, all the doses he refers to are actually for Provera, the synthetic progestin used in Prempro. The side effects he complains of are properties of Provera, not bioidentical Progesterone.

For a basic knowledge of Thyroid symptoms and therapy, this book is a solid source.

Robert P. Goldman, MD 1-22-2007