



***Overcoming Thyroid Disorders:  
A holistic approach to treating thyroid disorders  
including hypothyroidism, Graves' disease  
and Hashimoto's disease***

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Medical Alternatives Press

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 as he discusses diet, lifestyle, toxins and how to approach treatment.

Paying homage to Broda Barnes, M.D., Dr. Brownstein appears to use only Armour Thyroid. I have learned much from the writings of Dr. Barnes, who passed away in the mid-1970s. I believe if Barnes were alive today and had access to the newer and more sophisticated blood tests available, his practice of thyroid management would be somewhat changed from the path he chose thirty years ago. In some circumstances I use Armour Thyroid 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.

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