



# Can The Thyroid Diet Really Help: How To Keep The Thyroid Healthy

*Melinda Bell*

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## **Can The Thyroid Diet Really Help: How To Keep The Thyroid Healthy** Melinda Bell

In America, it's estimated that 30 million people suffer from abnormal thyroid function. Half are unaware of it and women are eight times more likely to develop thyroid problems than men. Depression, irritability, fatigue, high cholesterol, rapid weight gain or loss, muscle weakness, hair loss, heart arrhythmias, stiff or swollen joints; these are just a sampling of the debilitating medical maladies that can result from a malfunctioning thyroid. Thyroid disease is a patient and silent thief. It can take years or even decades to develop while steadily robbing its victims of the joy of everyday living. An dangerous disease, too many people accept its ravages upon mind and body as an inevitable part of the aging process. What is this disease and what can you do to combat it? The answer to the latter part of this question is simple: See a doctor for evaluation. The answer to the former part, as you will soon see, generally depends on which form of the disease you have: hypothyroidism, or hyperthyroidism. "Can The Thyroid Diet Really Help?" By Melinda Bell is the go to source for many women that suffer from this terrible ailment. Who among us hasn't had a doctor reach out and touch our necks along both sides of the windpipe? He or she was conducting a digital exam to determine if the thyroid gland, located just above the collarbone, was swollen or the presence of growths called nodules could be detected. Growing professional awareness of thyroid disorder has doctors erring on the side of caution these days, and a simple blood test will likely be ordered as the next step toward diagnosis. Pick up your copy of "Can The Thyroid Diet Really Help?" by Melinda Bell today.

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