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The ten steps include: Consider Thyroid
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Learn How Low Thyroid Makes Any
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Thyroid Power: 10 Steps to Total Health, by Richard Shames ...

"Thyroid Power" presents a ten-step program to conquer this energy-sapping illness. Low thyroid may underlie or worsen many common chronic conditions -- including fatigue, overweight, depression, arthritis, high cholesterol, low sex drive, infertility, skin problems, digestive complaints, and difficult menopause.

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Thyroid Power: Ten Steps to Total Health (Paperback ...

Thyroid Power offers a true holistic perspective, assessing the biological, psychological, social, and spiritual components of chronic thyroid disease

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and offering ways to deal with the whole person, not just blood work or sometimes vague symptoms.

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Hardcover – 1 Jun. 2001 by Richard L.
Shames (Author), Karilee Halo Shames
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Here are steps I recommend taking if you had your thyroid removed or ablated: 1. Support your adrenals - this is probably the most important step you can take because adrenal imbalance can cause a wide variety of different symptoms such as: A tendency to be a night person Hair loss Having difficulty falling asleep

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