

LIVING WELL WITH HYPOTHYROIDISM%0A

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Living Well With Hypothyroidism - mary-shomon.com
NY Times bestselling author and advocate Mary Shomon empowers you with cutting-edge information and support on thyroid disease, diabetes, weight loss, adrenals, and hormonal health.

Hypothyroidism: Coping, Support, and Living Well

Whether you're newly diagnosed with hypothyroidism or have been living with an underactive thyroid for years, there are a number of things you can do to feel and live well despite your disease.

4 Lifestyle Tips for Hypothyroidism - What Can You Do to ...

Having hypothyroidism can make you feel exhausted and sluggish, and it can make it difficult to concentrate, among other things even when you're taking levothyroxine (a type of thyroid hormone replacement therapy and the most common treatment for hypothyroidism).

14 Tips for Living Well With Thyroid Disease

Ultimately, living well with thyroid disease means deciding that you are going to be a person who voyages through life, rising above your thyroid condition. You may ultimately learn to live with it, work around it, even reverse or cure it, but somehow, you will live well.

Living Well with Hypothyroidism: What Your Doctor Doesn't ...

When you're living with undiagnosed or mistreated hypothyroidism, you aren't living well. The author pointed out that if you have been treated for hyperthyroidism or thyroid cancer, you will have hypothyroidism the rest of your life, and will need thyroid hormone replacement. The author provides answers about symptoms, getting correct diagnosis, and what medication works best. It was all very [Living Well with Hypothyroidism, Revised Edition - Mary J ...](#)

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out from your doctor, pharmaceutical companies, patient organizations, or in other books about thyroid disease.