

IS YOUR THYROID MAKING YOU FAT?

How to Manage Your
Master Gland of Metabolism

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THE THYROID DIET

IS YOUR THYROID MAKING YOU FAT?

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IS YOUR THYROID MAKING YOU FAT?

Could an undiagnosed – or improperly treated thyroid problem – be the underlying cause of your weight problem?

Consider the facts...

- More than half of Americans today are overweight or obese.
- Millions of people are on a diet at any given moment. Most of them won't succeed in their efforts to lose the weight.
- Popular diets and weight loss programs may work for some people, but for others – nothing truly seems to work.

You may have tried every possible way to lose weight – from low-carb, to low-fat, to weekly support meetings – and discovered that no matter what you're doing—nothing works.

You may even be like me – I went on several popular weight loss programs, and not only did I not lose weight – I GAINED!!

But what those weight loss program leaders, our doctors, and many people who want to lose weight don't realize is that a frequently undiagnosed, often overlooked, but common health problem – a thyroid condition – may be sabotaging even your best efforts to lose weight.

In this guide, we'll explore whether a thyroid problem might be a cause of your weight problems, and what you can do about it.

So, let's get started!

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I Was Actually GAINING Weight on a Popular Diet!

Totie Fields once said, “I’ve been on a diet for two weeks and all I’ve lost is two weeks.” When you’re trying to lose weight, you may feel like Totie was talking about you.

You may have tried diet after diet, tried herbal diet pills, or read dozens of diet books that tell you to eat all protein, or cabbage soup, or ice cream, or eat 1000 or less calories per day, only to discover that you're not only not losing weight, but perhaps even GAINING weight!

That's what happened to me ten years ago, when I joined a popular weight loss program (you know, the weekly weigh-ins and group meetings, the little booklets, all that...) and followed it to the letter, and **I gained 2 pounds a week**, while everyone else was losing weight.

There is nothing more embarrassing, humiliating, and demoralizing than having a weight loss group leader single you out, and say, in front of 30 women who have all lost weight that week: “Well, YOU must NOT be following the program, or you would have lost some weight!!”

And all the while, knowing that you did follow the program – exactly as you were supposed to...

Or, you may be one of those people who never had a weight problem, and then all of a sudden, pounds starting piling on, seemingly defying all the laws of physics.

If it takes 3500 excess calories to gain a pound, how could you possibly gain 10 pounds in a month? And yet you did!

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This is what happened to me, at age 33, before my 1995 wedding. After going through my 20s as a slender size 8, I quickly started packing on weight – so much so that I bought a size 12 gown, and in the months before my wedding, I had to have my wedding dress let out 2 more sizes (is that a horrifying thing for a bride or what?), and even after I went on a reduced calorie diet with daily exercise, walked down the aisle as a size 16. And after the honeymoon, the weight kept piling on.

It happened to Gena, a woman in her late 30s:

I have a 20th school reunion coming up in my little hometown. I was always a perfect size, I played high school sports, and was a homecoming queen candidate. Sometime in my senior year I woke up VERY sick one morning. The doctor told my mom that it was a thyroid infection. I took a lot of tests, got medication, and finally felt like my old self...for maybe a year. What I didn't realize was the damage that was done to my thyroid gland would mess me up for the rest of my life. I gained weight from about 105-110 when I graduated from high school to about 205 being my top weight. And I DO NOT eat anymore than I used to; in fact I'm eating much healthier now. I'm depressed, because I've turned from a "skinny healthy person" into a person who just feels awful about her looks and is VERY embarrassed to go back to my hometown. If I could wear a sign that says "I HAVE A THYROID DISORDER" around my neck, maybe people wouldn't look at me and think, "Look at that fat lazy person...she needs to push away from the table..."

Or maybe you were eating the same way as usual, and getting the same level of physical activity as always, but are wondering why this past six months you have managed to GAIN a pound every week – and it's NOT muscle.

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In the midst of any one of these situations, you may head in to see your doctor, saying, “I *know* something is really wrong with me.” And I’ll bet that you were sent home with one of the following:

- A. An antidepressant – because after all, depression makes you gain weight, so that must be it...
- B. A diet drug – because writing a prescription gives your doctor *something* useful and doctor-like to do
- C. A shrug of the shoulders, along with one of those vague non-explanations like “Well, you’re getting older, it’s to be expected” or “must be your hormones” or “it’s normal in the 6 months/year/2 years/5 years after having a baby” and so on...
- D. A condescending look, along with some serious medical advice along the lines of, “Well, you must be eating too much and not getting enough exercise, so get off the couch, and stop strapping on the feedbag!”

Gee, thanks.

You know something is not right, and you know that you are not sitting around lazily, stuffing your face with bonbons, but you don’t get the feeling that the doctor believes you.

And the sad fact is, he or she probably doesn’t. One late 2003 study showed that not only general practitioners -- *even health professionals who specialize in treating obesity* – have negative stereotypes about people who are overweight. These clinicians typically associate the stereotypes “lazy, stupid, and worthless” with

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people who are overweight. Most doctors – and the people around you, to an even greater extent -- have an automatic anti-fat bias.

You *know* something is wrong, something is not normal, but who will believe you?

I believe you.

Because, while some doctors are busy assuming that you're too lazy to exercise and don't have enough willpower to stop eating, what they're *not* doing is telling you is something that I'm going to tell you now.

You could have a thyroid problem – a dysfunction in the small, butterfly-shaped gland in your neck that is crucial to your metabolism.



While some narrow-minded doctors dismiss thyroid disease as just another lame or lazy excuse for being overweight, the reality is that for millions of overweight people, thyroid disease *is* a *very real* reason behind weight problems.

And learning about thyroid disease and its symptoms -- beyond weight problems -- and how to get diagnosed, can be the key!

Finding out about – and getting proper treatment for—a thyroid problem can help address the underlying cause of your weight gain, restore your hope and health, and allow healthy diet and exercise to finally work the way they should!

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What is the Thyroid?

Your thyroid is a small bowtie or butterfly-shaped gland, located in your neck around the windpipe, behind and below your Adam's Apple area.



Your thyroid produces several hormones, but two are absolutely essential: triiodothyronine (T₃) – the chief hormone at the cellular level -- and thyroxine (T₄), which is converted to T₃ before it reaches the cells. These hormones help oxygen get into your cells, and are critical to your body's ability to produce and use energy. **This role in delivering oxygen and energy makes your thyroid the master gland of metabolism.**

As thyroid hormone circulates through your bloodstream, it attaches to and enters your cells via receptor sites on the membrane of the cells. Once inside the cell, thyroid hormone increases the cell's metabolic rate, including body temperature, and stimulates the cells to produce a number of different hormones, enzymes, neurotransmitters and muscle tissue. Thyroid hormone also helps your cells use oxygen and release carbon dioxide, which helps smooth metabolic function.

So how does the thyroid know how much thyroid hormone to produce? The release of hormones from the thyroid is part of a feedback process. The hypothalamus, a part of the brain, emits Thyrotropin-Releasing Hormone (TRH). The release of TRH tells your pituitary gland to in turn produce Thyroid Stimulating Hormone (TSH).

This TSH, circulating in your bloodstream, is the messenger that tells your thyroid to make the thyroid hormones - the T₄ and T₃ – sending them into

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your bloodstream. When there is enough thyroid hormone circulating in your bloodstream, the pituitary makes *less* TSH, which is a signal to the thyroid that it can slow down hormone production. It's a smoothly functioning system -- *when it works properly*. When something interferes with the system and the feedback process doesn't work, thyroid problems can develop.

Thyroid Disease is More Common Than You Think!

Recent studies have estimated that as many as **59 million people have a thyroid problem – most of them hypothyroid.**

Women are **seven times more likely than men to develop thyroid problems.** A woman, in fact, faces as much as a one in five chance of developing a thyroid problem during her lifetime.

The MAJORITY of people in the U.S. who have a thyroid condition are UNDIAGNOSED.

Some experts believe that the actual number is even higher...and rapidly on the rise. At the same time, studies have shown that almost 100 million Americans are overweight or obese. That's nearly three in five (59.4 %) men, and more than half (50.7 %) of all women.

This brings up a critical connection: **some people struggling with a weight problem – and women in particular -- are facing even more of an uphill battle than everyone else, because they are dealing with an underlying thyroid condition – one that is both undiagnosed and untreated.**

One study found that as many as **40% of overweight people had evidence of a dysfunctional thyroid,** a problem that could be contributing to your weight

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gain in the first place, and to your present difficulty losing weight. Other practitioners believe that the actual numbers are higher.

However you look at it, there are millions of people who can't lose weight, and who are hypothyroid – but don't know it!

In my case, I went in to the doctor a number of times to complain about a variety of symptoms.

There was the unexpected weight gain, of course, despite diet and exercise.

And there were other symptoms...

- Fatigue and exhaustion
- Hair falling out
- Moodiness
- Muscle and joint pains and aches
- Loss of sex drive

My doctor took a “wait and see” approach for a few months, but then she put together the above list of symptoms and decided she should test my thyroid. I was surprised when she called to say she'd discovered I was hypothyroid. My thyroid gland was underactive – the most common thyroid problem out there.

At that point, I didn't even know what a thyroid was.

Sure, I'd heard people laughingly refer to overweight people as having “glandular problems,” and I had an aunt who had a goiter once, but that was the extent to which I knew about this tiny, overlooked butterfly-shaped gland – in reality, the powerhouse master gland of our metabolism.

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My doctor put me on thyroid hormone replacement therapy. Blissfully ignorant, I assumed that all the symptoms – and in particular, the weight – would melt off as quickly as it had appeared, now that I was getting my thyroid back in order.

Surprise! Not so...

Sure, as we tweaked my medicine and dosages, I felt better in some ways – less exhausted, not so moody and achy – but except for several pounds, the weight didn't budge.

In my 20s, before my thyroid apparently started to go awry, losing weight was simple. I just cut out a bag of chips with lunch a few times a week, and switched to a diet soda instead of regular, and within a few weeks, the extra pounds would be gone.

But nothing I was doing in the beginning moved the scale an ounce. This wasn't going to be easy...

I'm On a Mission to Help Thyroid Patients

So I set out on a mission. To discover how best to optimize my thyroid treatment. To learn what -- and how much -- I can and can't eat in order to lose weight. To find out whether I needed to exercise, what type of exercise, and how much. To learn how to get back on track when my weight loss efforts get stalled or even derailed.

Along the way, I turned my own struggle to find the answers into a new role as a patient advocate for others with thyroid and autoimmune diseases.

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In 1997, I started several websites and newsletters that focus on thyroid disease and the issues patients face; and the sites have become the most popular patient-oriented thyroid websites on the Internet. Millions of people visit my sites every year.

I started writing books, and hundreds of thousands of copies of my books on thyroid disease are helping people around the world live well – and lose weight – despite their thyroid problems.

And throughout it all have been the letters, thousands each month, from people all around the world – describing their symptoms, asking if they could have a thyroid problem, describing their symptoms, their inexplicable and frustration weight gain, their misery over not feeling well.

People who can't lose weight ask: Could I have a thyroid problem and not know it?

Thyroid patients write to ask why, despite rigorous diets and exercise programs, they still can't lose a pound.

People wrote, saying they were crying as they wrote their emails, describing how being overweight made them feel ugly, old, worthless and unattractive, and nothing was working in their attempts to get the weight off.

Along the way, I've been on my own journey, and it's taken me almost ten years to figure out what I needed to know.

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You don't want to be overweight. I know there are a percentage of people who are overweight who feel comfortable with themselves, and don't have any body image issues, and more power to them.

But I'm not one of them, and if you're reading this book, neither are you.

When I've been overweight, I'm not "proud to be fat." Like doctors, and most of the public, I see being overweight as a failing, as a sign that I'm *less*. I don't need to be model-thin, I just want to feel and look normal, healthy and attractive.

And most likely, so do you.

Being Overweight Is Risky to Your Health

And let's face it, in addition to what's known as "psychosocial burden" – basically, suffering emotionally or mental health wise because of the self-esteem and depression issues related to being overweight – there is also an increased risk of many serious health conditions, including:

- Insulin resistance
- Diabetes
- High blood pressure
- High cholesterol
- Cardiovascular disease/heart disease
- Stroke
- Asthma
- Arthritis/degenerative joint disease



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- Gallbladder disease
- Sleep apnea
- Fatigue
- Complications of pregnancy
- Menstrual irregularities
- Stress incontinence

Being overweight or obese is also a particular risk for various cancers. A 16-year study by the American Cancer Society found that deaths from a wide variety of cancers — including those of the breast, endometrium, colon, rectum, esophagus, pancreas, kidney, gallbladder, ovary, cervix, liver and prostate, as well as multiple myeloma and non-Hodgkin's lymphoma — are linked to excess weight and obesity. Only a few cancers —lung cancer, bladder cancer, brain cancer and melanoma were found to have no link to excess weight.

We all know there is great incentive to lose weight.

When You're Hypothyroid, Your Body Doesn't Work the Way it's Supposed To...

No matter what the payoffs in terms of health and how we look and feel, doing it is not as easy for some of us.

Especially when you add in a thyroid condition -- undiagnosed or diagnosed/treated -- it can become even more difficult!

So what I want to say is this:

You're not lazy, or lacking willpower.

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Your weight problem is most likely *not* an emotional issue that can be shouted and bullied out of you by a bossy television personality.

You're probably not downing an entire box of donuts every night when no one else is watching. Your eating habits are probably not very different than your friend or family members, who are at a normal weight.

Your body may truly refuse to lose weight on rabbit food, Weight Watchers, or the Atkins Diet.

Your problem is -- your body doesn't work the way it's supposed to.

And so a challenge that is already hard for most people may be MUCH harder for you.

What you suspect about your body is true. You very well may gain weight more easily than others, and it may be harder – or impossible – to lose weight.



When you're hypothyroid, your metabolism may become so efficient at storing every calorie that even the most rigorous diet and exercise programs may not work.

Your friend or spouse could go on the same diet as you, lose a pound or two – or even more -- a week, and you might stay the same, or even gain weight.

**It's NOT FAIR!! CAN WE SHOUT THAT TOGETHER?
T'S NOT FAIR!!!**

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So How Do You Level the Playing Field?

1. You have to recognize the signs of an underactive thyroid.

Sounds simple, right? Unfortunately, not as easy as it should be.

Symptoms can be vague, doctors don't have the time to really take a thorough history, and the medical world hasn't quite figured out how to interpret the tests. So, the majority of people in the U.S. right now who have an underactive thyroid don't even know it. And their **doctors** don't know it!

2. You have to find the right doctor

Easier said than done. Doctors spend only a few hours in med school studying thyroid problems, and many doctors don't recognize the clinical signs and symptoms of an underactive thyroid, much less know the various ways to diagnose it. You need a doctor who wants thyroid patients to get properly diagnosed, get better, feel well, and be rid of troublesome thyroid symptoms, such as inability to lose weight.

3. You have to get your thyroid properly diagnosed and treated.

That one is easy, right? Take a pill every day, and you'll be fine?

Unfortunately, that is one of the great myths of modern medicine – that thyroid disease is easy to treat. Sure, it may be easy for doctors to treat – they prescribe a pill, and tell you come back again next year.

But for the patients – a majority of patients, according to various studies – who **STILL** suffer symptoms after treatment, it's not quite so simple.

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Many thyroid patients aren't getting the proper dosage of medication, or the optimal medication for them, to help relieve thyroid symptoms – including slow metabolism. If you are a thyroid patient and you still don't feel well, you need to know what your next steps are to feeling well.

4. You need to actually figure out how to lose weight.

Again, simple, right? Once you're diagnosed and treated, the weight should just melt off of you?

Unfortunately, not so.

The reality is, there may be things you have to do to balance out your body chemistry and get your metabolism moving again, and different ways to eat, before you can successfully lose weight.

5. You have to learn as much as you can about hypothyroidism, and stay informed, because things are changing all the time!

There are new findings, research studies, drug recalls, political maneuvers, alternative breakthroughs, and many other developments that can have a profound impact on how well you feel, and how whether your hypothyroidism is properly treated.

Recently, for example, doctors issued important new guidelines for women who become pregnant while hypothyroid – guidelines that may be the difference between a successful pregnancy and a heartbreaking miscarriage.

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You need to know about these things, as they happen. Don't count on your doctor to know – there are hundreds of topics your doctor needs to monitor, and thyroid is very often low on the list.

* * *

Now that we know what steps it takes to level the playing field, let's go ahead and start finding out what tools there are to help you successfully achieve each step!

1. Could You Be Hypothyroid? Let's Find Out!

When you are hypothyroid, your thyroid is underactive, and is not producing enough thyroid hormone. Your metabolism slows down, as do body processes from digestion to hair growth to thinking.

In addition to being a woman (but men are affected too!), other risk factors for hypothyroidism include:

- Having a personal or family history of thyroid problems
- Having a personal or family history of autoimmune disease (i.e., rheumatoid arthritis, psoriasis, vitiligo, multiple sclerosis, lupus, or other conditions)
- You are or were a smoker
- You have allergies or sensitivity to gluten, or diagnosed celiac disease

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- You've been exposed to radiation, by living near or downwind from a nuclear plant, or through particular medical treatments (i.e., treatment for Hodgkins disease, nasal radium therapy, radiation to tonsils and neck area), or were nearby or downwind of the Chernobyl nuclear disaster in 1986
- You've been treated with lithium or amiodarone
- You have been taking supplemental iodine, kelp, bladderwrack, and/or bugleweed
- You live in an area (i.e., the Midwestern “Goiter Belt”) where there is low iodine in the soil, and you have cut down on the iodized salt in your diet, leaving you iodine deficient
- You've been exposed to certain chemicals (i.e., perchlorate) via your water, food, or employment
- You've been excessively exposed to metals, such as mercury, and toxins such as environmental estrogens and pesticides
- You use fluoridated water and have dental fluoride treatments
- You are a heavy consumer of soy products, especially soy powders or soy-based supplements
- You eat a substantial quantity of raw "goitrogenic" foods -- brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, African

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cassava, millet, babassu (a palm-tree coconut fruit popular in Brazil and Africa) cabbage and kale

- You are over 60
- You are in a period of hormonal variance, such as perimenopause, menopause, pregnancy or post-partum
- You have had serious trauma to the neck, such as whiplash from a car accident or a broken neck

Causes of Hypothyroidism

The most common thyroid condition is hypothyroidism. While hard numbers are not known, it's estimated that as many as 50 million Americans may be hypothyroid, the vast majority of them undiagnosed.

When you have hypothyroidism, your thyroid is failing to produce sufficient levels of the thyroid hormones needed by your body. This slows down a variety of bodily functions, as well as your metabolism.

Hypothyroidism is a condition that has a number of causes:

- Autoimmune disease (Hashimoto's disease) has caused your immune system to attack your thyroid, making it unable to produce sufficient hormone
- You've had radioactive iodine (RAI) treatment for your overactive thyroid, which has made all or part of your thyroid unable to produce hormone

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- You have a goiter, a thyroid nodule or nodules that are interfering with your gland's ability to produce hormone
- You've had surgery for goiter, nodules, Hashimoto's disease or cancer, and all or part of your thyroid has been removed
- You were hypothyroid from birth. A small percentage of people experience this condition, known as congenital hypothyroidism, which results from a missing or malformed thyroid gland.

Ultimately, however your thyroid problem started, if your thyroid is now unable to produce sufficient thyroid hormone, or you don't have a thyroid at all, you are considered hypothyroid.

Symptoms of Hypothyroidism

Some common symptoms of hypothyroidism include:

- You are extremely exhausted and fatigued
- You feel depressed, moody, sad
- You're sensitive to cold, and you have cold hands and/or feet
- You're experiencing inappropriate weight gain, or having difficulty losing weight, despite changes in diet and exercise
- Your hair is dry, tangled and/or coarse
- You've lost hair, maybe even from the outer part of the eyebrows
- You have dry and/or brittle nails
- You're feeling muscle and joint pains and aches
- You have carpal tunnel syndrome, or tendonitis in arms and legs

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- Your soles of the feet are painful, a condition known as plantars fasciitis
- Your face, eyes, arms or legs are abnormally swollen or puffy
- You have an abnormally low sex drive
- You have unexplained infertility, or recurrent miscarriages with no obvious explanation
- Your menstrual period is heavier than normal, or your period is longer than it used to be, or comes more frequently
- You feel like your thinking is "fuzzy," you have difficulty concentrating, difficulty remembering
- You're constipated
- You have a full or sensitive feeling in the neck
- Your voice is raspy, hoarse
- You have periodic heart palpitations
- Your cholesterol levels are high, and may not even respond to diet and medication
- Your allergies have gotten worse, and you experience symptoms such as itching, prickly hot skin, rashes, and hives (urticaria)
- You regularly have infections, including yeast infections, oral fungus, thrush, or sinus infections
- You feel shortness of breath, sometimes a difficulty drawing a full breath, or a need to yawn.
- You're sensitive to cold, cold hands and feet
- You're inappropriately gaining weight, or having difficulty losing weight
- You're experiencing swelling or puffiness in the eyes, face, arms or legs
- You have a low sex drive

To make things simple for you, here is a handy 2-page **“Hypothyroidism Risks and Symptoms Checklist”** that you can print out, fill in and bring to your doctor.

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Mary Shomon's HYPOTHYROIDISM RISKS & SYMPTOMS CHECKLIST

HYPOTHYROIDISM RISK FACTORS

Age/Gender

- Age over 60
- Female

Medical History

- Past history of thyroid problems
- Had radioactive iodine (RAI) treatment in the past
- Had surgery for goiter, nodules, Hashimoto's disease or thyroid cancer
- Family history of thyroid problems
- Past history of autoimmune disease
- Family history of autoimmune disease
- Currently or formerly a smoker
- Allergies or sensitivity to gluten

Related Conditions: Currently or in the past diagnosed with the following diseases or conditions:

- Other Pituitary or Endocrine Disease (i.e., diabetes, pituitary tumor, polycystic ovary syndrome (PCOS), endometriosis, premature menopause)
- Chronic Fatigue Syndrome
- Fibromyalgia
- Carpal Tunnel
- Syndrome/Tendonitis/Plantar's Fasciitis
- Mitral Valve Prolapse Syndrome (MVPS) (heart murmur, palpitations)
- Epstein Barr Virus (EBV)
- Mononucleosis
- Depression
- Infertility, Recurrent Miscarriage
- Celiac Disease/Gluten Intolerance

Radiation Exposure History

- Work at a nuclear plant
- Live near or downwind from a nuclear plant

- Lived near or downwind from the Chernobyl nuclear disaster in 1986
- Had radiation treatments to neck area (i.e., for Hodgkins disease, nasal radium therapy, radiation to tonsils and neck area)

Medications/Supplements

- Currently or formerly treated with lithium
- Currently taking supplemental iodine, kelp, bladderwrack, and/or bugleweed

Dietary Factors

- Live in Midwestern "Goiter Belt"
- Significantly cut back or eliminated iodized salt from my diet
- Heavy consumer of soy products
- Heavy consumer of raw "goitrogenic" foods -- brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, African cassava, millet, babassu (a palm-tree coconut fruit popular in Brazil and Africa) cabbage and kale

Toxic Exposures

- Live or work in an area where there is currently or formerly a rocket fuel, fireworks or explosives production
- Excessively exposed to mercury
- High exposure to pesticides
- Use fluoridated water or treatments

Hormonal Status

- In perimenopause or menopause
- Post-menopausal
- Had a baby within the past year

Trauma/Injury

- Have had serious trauma to the neck, such as whiplash from a car accident or a broken neck

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HYPOTHYROIDISM

SYMPTOMS

Energy/Mood/Thinking

- Exhaustion, fatigue
- Depressed, moody, sad
- Difficulty concentrating
- Thinking is "fuzzy," you have difficulty concentrating, difficulty remembering

Anxiety/Panic

- Heart palpitations
- Panic attacks
- Erratic behavior

Temperature

- Sensitive to cold, and cold hands and/or feet

Weight

- Inappropriate weight gain, or having difficulty losing weight, despite changes in diet and exercise

Hair/Nails/Skin

- Dry, tangled and/or coarse hair
- Fine and brittle hair
- Hair loss, maybe even from the outer part of the eyebrows
- Dry and/or brittle nails
- Dry skin

Muscles/Joints/Nerves

- Muscle and joint pains and aches
- Carpal tunnel syndrome, or tendonitis in arms and legs
- Soles of the feet are painful
- Muscle pain and weakness, especially in the upper arms and thighs

Sex/Reproduction/Fertility/Menstruation

- Abnormally low sex drive
- Unexplained infertility, or recurrent miscarriages with no explanation

- Menstrual period is heavier than normal, or your period is longer than it used to be, or comes more frequently
- Difficulty getting pregnant

Digestion

- Constipation

Neck/Throat

- Full or sensitive feeling in the neck
- Raspy, hoarse voice
- Enlarged thyroid
- Neck looks or feels swollen
- Neck or thyroid area may be tender to the touch
- Tight feeling in the throat
- Frequent coughing
- Difficulty swallowing
- Difficulty breathing, and shortness of breath, especially at night
- Feeling that food is stuck in your throat

Vital Signs

- Elevated blood pressure
- Slow pulse
- Unusually low blood pressure

Eyes

- Double vision, scratchy eyes, dry eyes
- Eyes are bulging or more whites are showing than usual

Other Symptoms

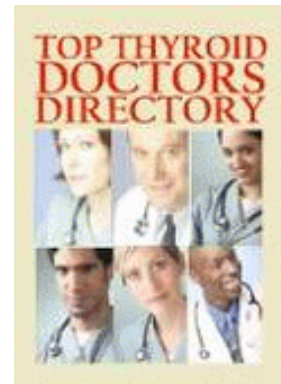
- Face, eyes, arms or legs are abnormally swollen or puffy
- Cholesterol levels are high, and not responsive to diet and medication
- Allergies worsening
- Frequent infections, including yeast infections, oral fungus, thrush, or sinus infections
- Shortness of breath, difficulty drawing a full breath, or a need to yawn.
- Difficulty falling asleep or staying asleep

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2. Getting a Great Doctor is Critical

Not every doctor can recognize, diagnose or treat hypothyroidism. The specialty for thyroid disease is actually endocrinology. Many endocrinologists, however, focus on treating diabetes – not thyroid disease -- and aren't prepared for the difficulties and complexities of diagnosing and managing thyroid patients, or their post-treatment symptoms.

Unfortunately, many doctors in general, whether general practitioners, primary care doctors, endocrinologists, ob-gyns, or others, believe the overly simplified conventional view of thyroid disease —that it's easy to diagnose, and easy to treat.



If you are struggling with a doctor like this – one who refuses to test your thyroid, or doesn't take your symptoms into account, then visit my **Thyroid Top Doctors Directory** at <http://www.thyroid-info.com/topdrs>

The **free** directory features patient recommended practitioners around the nation and around the globe, organized by state or country, along with comments by practitioners. It's a terrific resource, by patients, for patients, that can help you find just the right practitioner.

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3. Get Your Hypothyroidism Diagnosed and Treated

To diagnose or rule out hypothyroidism, see your doctor. Most doctors will typically start with a blood test that measures Thyroid Stimulating Hormone (TSH). The test is known as the TSH test. As of Spring 2006, most American laboratories listed their normal range from around 0.5 to 5.5, however, the endocrinology community and laboratory guidelines experts have recommended that the normal range be revised to 0.3 to 3.0. With 5.5 as the top end of the normal range, a TSH above that level is considered hypothyroid.

Under the newer guidelines, however, **a TSH above 3.0 could be diagnosed as hypothyroid.**

There are a number of other blood tests that may be done to help diagnose hypothyroidism, including Total T4, Free T4, Total T3, Free T3, Antithyroid Antibodies and Anti Thyroid Peroxidase (Anti-TPO) Antibodies.

Home Blood Testing for Thyroid Problems

If you don't have insurance, or prefer to start with self-testing, you can do a home TSH test. A company called Biosafe received FDA approval for an accurate, affordable (less than \$40) home TSH test. Biosafe's test kit requires an almost painless finger prick, using their special finger lancet. All you need is a couple of drops of blood, which you put into their collection device and send to Biosafe's labs for analysis. Results are mailed back to you quickly.



For information or to order an FDA-approved TSH home test, see <http://www.thyroid-info.com/tshtest.htm>

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(NOTE: Like most labs, Biosafe is still using the old range where 5.0 and above is considered hypothyroid.)

Always follow up on any abnormal home test results with your physician.

Treating Hypothyroidism

Conventional treatment for hypothyroidism is with prescription thyroid hormone replacement drugs, almost always taken daily. Options are summarized in the following chart.

THYROID HORMONE REPLACEMENT DRUGS

Generic Name	Brand Name	Description
Levothyroxine (Synthetic T4)	Synthroid, Levoxyl, Unithroid, Levotheroid	The most common treatment, provides synthetic version of one hormone, T4. Different brands may have different fillers, dyes and potential allergens.
Liothyronine (Synthetic T3)	Cytomel	Drug that is often given with levothyroxine
Liotrix (Synthetic T4 + T3)	Thyrolar	A combination synthetic drug
Time-released, compounded T3	No brands	Currently available only from compounding pharmacies
Natural, desiccated thyroid	Armour Thyroid, Naturethroid	Derived from thyroid gland of pigs, includes T4, T3 and other thyroid hormones including T1 and T2

Most commonly, a levothyroxine (T4) drug is prescribed, as this is considered the "standard" treatment for hypothyroidism. The most popular levothyroxine drug with physicians is Synthroid. The term "Synthroid" is sometimes used interchangeably with "thyroid hormone replacement drugs," much in the same way that the brand name Kleenex has, for example, become synonymous with "tissue." This popularity is mainly due to extensive marketing by the

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manufacturer, however, and all the brands of levothyroxine are considered to be similar in quality, potency and effectiveness.

Research and clinical practice of many thyroid experts has shown, however, that some patients feel better only with the addition of T3, and so increasing numbers of practitioners are prescribing either levothyroxine plus liothyronine (Cytomel), or less commonly, levothyroxine plus compounded T3.

Another option is a synthetic T4 plus T3 combination drug known as liotrix (Thyrolar). While this drug is not very commonly prescribed, it is a safe and effective option for some patients.

From the early 1900s until the 1950s, the only form of thyroid replacement drug available was natural, desiccated thyroid, namely, Armour Thyroid. The drug fell out of favor with some endocrinologists, as Synthroid's extensive marketing sold synthetic thyroid as a better, more modern option for thyroid treatment in the second half of the 20th century.

Marketing efforts aside, since the 1990s, Armour Thyroid has been enjoying a resurgence in popularity with some patients and practitioners. Derived from the desiccated thyroid gland of pigs, the drug contains natural forms of numerous thyroid hormones and nutrients typically found in a real thyroid gland, and some patients report improvement in symptoms using natural thyroid, versus the synthetic options.

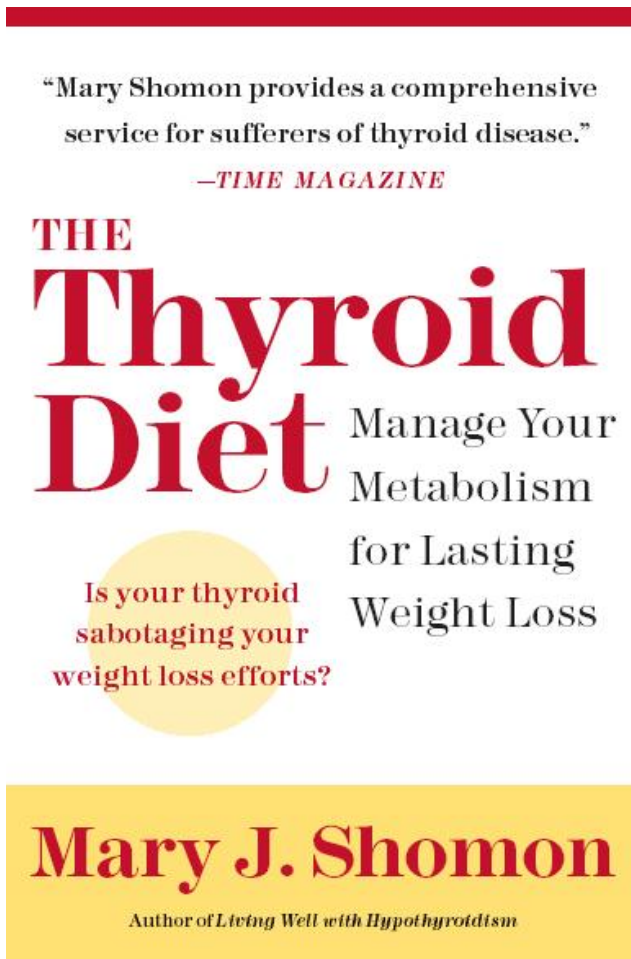
In addition to the traditional treatments, many patients also find that resolving their hypothyroidism requires a change in the way that they eat – there are certain foods you should avoid, others that can help. And supplements can be an essential part of dealing with hypothyroidism – supplements to help your

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immune system, improve your metabolism, balance out brain chemistry, and more – may be a help in your thyroid treatment regimen.

4. Learn How to Lose Weight, Despite a Thyroid Problem, with the Thyroid Diet

Hopefully, by now you know enough to at least start finding out if you have a thyroid problem, so you can take that key step of getting diagnosed and properly treated.



But the next step is learning how to actually lose weight, despite an underactive thyroid. Your guide throughout the process should be my book, **The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss.**

In **The Thyroid Diet**, you'll find out how to get stubborn doctors to take your concerns seriously, how to overcome challenges to getting properly diagnosed, and how NOT to end up leaving your doctor's office with a prescription for Prozac, instead of the thyroid lab test slip you need!

And if you're already diagnosed, you may be at that familiar

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frustration point. Nothing's working...and it's not fair that your thyroid condition makes it harder to lose weight.

So... is it going to stop us from successfully losing weight, feeling great about ourselves, fitting into clothes we like, feeling sexy, exercising or playing sports, having energy for work, family and children?

I can tell you, I made a decision that it wasn't going to stop me, and I hope you join me in that decision.

That is where **The Thyroid Diet** comes in. I'm not going to tell you that you'll find any magic weight loss secrets in this book. No miracle pill that will make the pounds melt away, or food that will allow you to eat all you want and lose weight overnight. I wish I had that to give you. (I wish I had it myself!)

But for those of you whose weight challenges are due to a thyroid condition that you don't know you have yet, what you will find in **The Thyroid Diet** are clear guidelines and straightforward information about thyroid disease that will help you find out more, and get that diagnosis, and the treatment you need!

And, **The Thyroid Diet**, in a simple, understandable way, offers you the support, encouragement and information you need to pursue the right diagnosis and treatment with your doctor. Let me tell

you, that is no easy task in today's environment of rigid diagnostic criteria and 10-minute managed care visits.



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The best news so far? Excitingly, for some of you, just getting treatment for your previously undiagnosed thyroid problem may be all that you need to return to a healthy weight, without a rigorous change in your diet and exercise!

When Thyroid Treatment Alone Isn't Enough

However, for the majority of thyroid patients, treatment alone doesn't seem to resolve our weight problems. Losing weight then involves optimizing our thyroid treatment program, because you may not be able to lose weight until you are on the right brand, mix and dosage of thyroid medicine.

Simply switching brands, or adding an additional drug, or a slight dosage change may be the minor adjustment that restores your metabolism to normal and allows you to lose weight.

Again, **The Thyroid Diet** will help, as we explore the brands, mixtures and dosage options that may be right for you, along with other lifestyle issues and supplements to help optimize your thyroid treatment.

But despite optimal thyroid treatment, some of us are *still* struggling. At that point, other approaches become central to losing weight, including ensuring that metabolism works as best as it can, resolving underlying nutritional deficiencies, treating depression and correcting brain chemistry imbalances, reducing stress, combating insulin resistance, treating food allergies and sensitivities, exercise, and many other key activities.

The Thyroid Diet will help you understand these factors, and what how they might be getting in the way of your ability to lose weight. Then you'll find practical solutions that will really help:

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- Herbs and supplements
- Stress reduction techniques
- Prescription weight loss drugs
- Ways to deal with food sensitivities
- Exercise guidelines
- Even innovative new approaches like mesotherapy

The Thyroid Diet will help you get on track.

I've interviewed hundreds of doctors, extensively reviewed the latest research on thyroid disease, metabolism, weight loss and nutrition, and talked to thousands of thyroid patients over the past seven years.

I've culled through this vast sea of information to share with you the best tips, ideas, theories, and recommendations – the ones that are working for me, and for many thousands of other thyroid patients.

Multiple Eating Plans and Recipes

And, perhaps most importantly, are the actual eating plans.

In **The Thyroid Diet** you'll find several different approaches to choose from, ranging from the less structured "Freeform" program, to options for those of you who are calorie and carbohydrate sensitive, to a more structured approach. You'll find food lists and a host of innovative suggestions that can help you get to a healthier weight. I know you'll find ideas that will work for you.

And we even have a set of delicious and healthy gourmet recipes – consider them incentive! – from pioneering chef Jim McCauley, who, as a food

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connoisseur and recently diagnosed diabetic, has made it his mission to transform mundane healthy eating into a satisfying gourmet experience!

Tools, Worksheets, and Resources

You'll also find that the Appendix includes a set of handy worksheets you can use in your weight loss tracking, and a special section featuring information on books, websites, tools, support groups, and experts that can help.

The Thyroid Diet Hits the Bestseller Lists

The Thyroid Diet is a national bestseller, and was featured on the *New York Times* bestseller list. Amazon.com named it a Top Ten Health Book of the year, and the book was a semi-finalist for the prestigious Quills Award, given by NBC and Publisher's Weekly.



The Thyroid Diet has been so successful that a British edition was published by Bertelsman in the U.K.

Hundreds of thousands of people around the world are using **The Thyroid Diet** to successfully get diagnosed and treated, AND to finally lose weight!

See what some readers who have tried **The Thyroid Diet** have to say.

IS YOUR THYROID MAKING YOU FAT?

Readers LOVE the Thyroid Diet

I couldn't wait any longer to thank you for your help and book "The Thyroid Diet". I have been hypothyroid since 1998 and have battled my weight for years. I've weighed as much as 230 pounds. I get your newsletter and have read about your book for months but kept putting off ordering it. I finally pulled myself out of the gutter and decided I had to take matters in my own hands and ordered your book. I started your diet and in 3 weeks lost 15 pounds and felt and looked better than I had in months!!! SO - I just had to write and tell you that you have saved my life, if I hadn't ordered your book I don't know where I'd be today. THANK YOU!!!!!!

~ Kendra G

Nothing else has worked in the past and I was more than a little skeptical that anything would work at this point. But I have already lost about 14 pounds in less than two months! It is amazing. I feel wonderful...I almost don't feel like I'm doing anything that deprives me at all. Thank you Thank you Thank you, a million times. Thank you.

~ Carrie R.

I could not wait for the Thyroid Diet to come out. It certainly was "worth the weight!!!" Exactly 9 weeks ago today I weighed in at 144 lbs. Today I weighed in at 121!!! Those twenty three pounds have been with me for almost ten years and nothing was moving them. I had tried Atkins and after some weight loss I would stall on the scale, as soon as I ate again I would gain all the weight back and then some. I loved the diet plans and modified them to my benefit. I watched calories and found out carbs are my worst enemy. I eat healthy food and feel great. I just want to say thank you for all your effort in thyroid information. I receive your newsletters and love the updates and am thrilled with the weight loss. You are a very special person. Thank you again.

~ Linda

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Experts LOVE the Thyroid Diet

Mary Shomon is a powerful force in educating consumers on how to optimally manage the pervasive problem of thyroid disease and now she provides an outstanding extension of her work in her latest book The Thyroid Diet, which is an amazing collection of useful and practical tools to help the 2/3 of overweight Americans finally regain control of their weight.

**~ Dr. Joseph Mercola
founder of www.mercola.com**

Whether you have an unknown thyroid problem that is impeding your weight loss, or you know your thyroid condition is contributing to being overweight, The Thyroid Diet is essential reading. Mary Shomon offers practical and effective solutions that will help millions finally conquer their weight problems.

**~ Stephen Langer, MD, Berkeley, CA
Author of Solved: The Riddle of Illness and
Solved: The Riddle of Weight Loss**

Mary Shomon's "The Thyroid Diet" is incredibly comprehensive and will be helpful to every woman who reads it— whether she has a thyroid or weight problem or not. I am most impressed with her loud and clear message to women – trust your own health radar and if you feel that something is just not right – believe it. Don't give up until you find the answer that uniquely fits you. All too often women are dismissed rather than listened to. Mary gives women the information, confidence, courage to take charge of their own health – and provides the tools they will need to work in partnership with their practitioners.

**~ Marie Savard, MD
Author of Apples & Pears: The Body Shape Solution
to Weight Loss and Wellness**

At last, a magnificent breakthrough in the management of excess weight.

**~ Richard Shames MD &
Karilee Halo Shames PhD, RN
Authors of Thyroid Power: 10 Steps to Total Health,
and Fat, Fuzzy and Frazzled?**

<http://www.thyroid-info.com/diet>

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IS YOUR THYROID MAKING YOU FAT?

Mary Shomon does it again! "The Thyroid Diet" brings you all the latest information on the diagnosis and treatment of thyroid disease, which is largely unrecognized and untreated. She brings help and hope to millions who have despaired of ever losing weight and regaining their energy.

~ Hyla Cass, MD
Author of Natural Highs

Mary Shomon is one of our strongest, most knowledgeable patient advocates. Her capacity, compassion and comprehension shine through in this very usable book. This work on the thyroid and diet is a powerful tool for anyone who has struggled with this disorder. Diet is the thing that can have the most profound effect on health over a lifetime. Even if you are not dealing with a thyroid disorder, you can use this book every day to build a strong nutritional foundation. My congratulations to Mary for creating a striking success in the often confusing world of nutritional therapy. She is logical, organized and consistent. Her approach works.

~ Karta Purkh Singh Khalsa, DN-C, RH,
Co-author of Herbal Defense,
National Executive Officer, American Herbalists Guild

All too many Americans suffer from the physical and emotional trauma of not being able to lose excess weight no matter what they do. Our research in effectively treating patients with fibromyalgia and CFS, which is also associated with an average of 32 lb. weight gain, has shown how dramatically beneficial effectively treating undiagnosed hypothyroidism and nutritional deficiencies can be for both weight loss and feeling great. Mary Shomon is an outstanding advocate for patient health, and you'll find her book to be outstanding as well!

~ Jacob Teitelbaum, MD
Author of From Fatigued to Fantastic

**Isn't it time you mastered your
master gland of metabolism?**

GET STARTED TODAY!

<http://www.thyroid-info.com/diet>

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THE THYROID DIET

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favorite neighborhood bookstore!
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Living Well With Hypothyroidism

While you're ordering books, you'll also want to pick up a copy of my book **Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You...That You Need to Know.**

The first edition was published in 2000, and after more than 20 printings, a revised and updated 2nd edition came out in 2005.

More about **Living Well With Hypothyroidism:**

- A best-seller since 2000, Amazon.com Health Best-seller in 2000, 2001, 2002, 2003 2004, and 2005 with more than 150,000 copies in print!
- The only patient-oriented book on hypothyroidism that presents both conventional and alternative options
- An unbiased look at the difficulties in getting properly diagnosed and treated, from a patient who's been there
- The author is an independent patient advocate, so the book is not a glorified sales pitch for particular drugs and drug companies, as other books on thyroid disease can be
- Features information from the nation's leading experts on diagnosing and treating hypothyroidism, based on patient results, NOT lab values

Living Well with Hypothyroidism offers both information and motivation to help readers recognize the symptoms, get diagnosed, obtain the right

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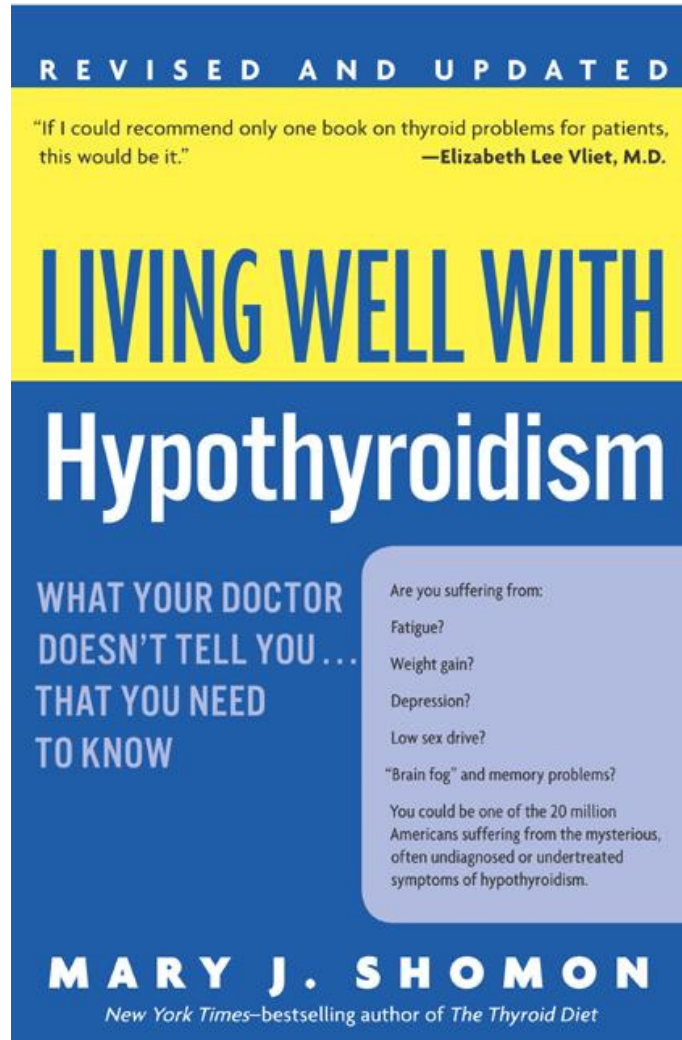
treatments – both conventional and alternative -- and understand how to truly live well with hypothyroidism.

This 2005 release is a revised and updated edition of the first edition of this national bestseller, which was published in 2000, and went to more than 20 printings, and has had a near-permanent presence on various Amazon.com bestseller lists.

As in the first edition, you'll find detailed information on the warning signs, symptoms, and risk factors for hypothyroidism, along with a checklist patients can bring to their doctor.

You'll be able to review and understand a wide range of treatments -- from conventional to integrative to holistic – and hear the experiences and advice from patients and doctors.

The new edition of **Living Well With Hypothyroidism** answers questions that often go unanswered, and features expanded coverage many upgrades, revisions and improvements, including:



IS YOUR THYROID MAKING YOU FAT?

- Coverage of the major controversies over the latest testing, diagnosis and treatment methods, including the new TSH guidelines, other blood tests besides TSH, and alternative tests for thyroid disease, including saliva and urine
- Information about thyroid drugs that the drug companies don't want patients to know
- An expanded 19-Page Risks/Symptoms Checklist
- A special updated section on the diagnosis challenges and controversies, including finding and communicating with the right doctor, getting past refusals to test your thyroid, misdiagnosis, overreliance on the TSH test, the changing "normal" range, subclinical hypothyroidism, and more
- A new section on treatment challenges and controversies, fully exploring the issue of optimal TSH levels, T3 treatment, T4/T3 balance, hormone resistance, natural thyroid, and adrenal problems.
- Details on other current controversies, such as iodine, seaweed, soy, coconut oil, fluoride, perchlorate exposure, environmental estrogens, mercury, potassium iodide, and more.
- A detailed chapter that introduces readers to the success factors in losing weight with hypothyroidism
- Expanded sections on alternative, complementary, holistic and integrative approaches to hypothyroidism

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- A new chapter dedicated to “Vitamins, Herbs and Supplements for Hypothyroidism”
- A detailed new chapter on “Infertility, Pregnancy and Breastfeeding”
- A new chapter on “Fatigue” including various solutions
- Hypothyroidism during and after menopause, in seniors, and children
- A greatly updated and expanded resources section, featuring books, websites, experts and other resources to help

For the millions of Americans who wake up to face hypothyroidism each day this book is essential, and the millions more who suffer symptoms but haven't been diagnosed, **Living Well with Hypothyroidism** makes it possible to live well again.

Once you're hypothyroid, you're hypothyroid for life. Because doctors simply don't have the time to stay up on all the latest developments, this is something you need to do, for you own well-being, quality of life, and health.

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**LIVING WELL WITH
HYPOTHYROIDISM**

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favorite neighborhood bookstore!
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IS YOUR THYROID MAKING YOU FAT?

5. Learn and Stay Informed about Hypothyroidism

Once you're hypothyroid, you're hypothyroid for life. Because doctors simply don't have the time to stay up on all the latest developments, this is something you need to do, for you own well-being, quality of life, and health.

So you need reliable, easy ways to stay informed about thyroid disease. That's why you'll want to sign up for my FREE email newsletters.

Sticking Out Our Necks: The Thyroid Disease News Report, is a free monthly email newsletter that provides quick recaps of all the latest thyroid news, and links to important news stories on the web.

Sign up by going to <http://www.thyroid-info.com/diet/newsletters.htm>

A Weight Off My Mind: Thyroid Diet & Weight Loss News Report, is a free monthly email newsletter that provides information on weight loss, metabolism, nutrition, and diet, all with an eye toward thyroid patients who are trying to eat healthy, lose weight, and stay slim.

Sign up by going to <http://www.thyroid-info.com/diet/newsletters.htm>

FREE GIFT!!!

Sign up for one or both email newsletters today at my special signup page, and I'll send you the private URL to an exclusive download page where you can get a FREE 12-page PDF copy – that's a full issue, free -- of my paid subscription-only **Sticking Out Our Necks** print newsletter. Just sign up for one or both of the FREE email newsletters now, at this special URL...

<http://www.thyroid-info.com/diet/newsletters.htm>

IS YOUR THYROID MAKING YOU FAT?

Sticking Out Our Necks: Print Edition by Mail

The email newsletters are a great, quick resource. But many people want something more – they want in-depth coverage of the latest thyroid news, interviews and articles, information about little-known drug recalls, and the latest research released, along with many other features that have an impact on your thyroid condition, and your weight loss efforts.

If that sounds like you, then you'll want to subscribe to the mail edition of **Sticking Out Our Necks**. This print newsletter, which is published every other month, and delivered to your mailbox, is the **only** newsletter dedicated to your condition -- thyroid disease.

If you subscribe, you'll never have to worry about whether key health research on thyroid disease has come out and you've missed it. You'll know that every other month, you're going to get 12 pages of the latest findings about thyroid disease, delivered to your mailbox, and all you have to do is sit back and read.

Here are some subscribers' thoughts about the newsletter:



<http://www.thyroid-info.com/diet>

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For the first time since my diagnosis in 1999, I feel like my old self again. Mary, if it wasn't for you, I would still be settling for a life of under treated Hashimoto's disease. Instead, I am enjoying high levels of energy and desire.

For the first time in years, I am experiencing hopes, dreams, and a vision for what I can accomplish in life. And, just as important, I have the physical, emotional, and mental energy to reinvent my life.

What joy I experience when some of my friends and family don't recognize the new me!

~ Heidi H, Asheville, NC

You have given me the confidence to fight for feeling well, a valuable service to anyone, and, surely, a human right. I am now slim, my TSH is rock bottom of range and I have never had as many compliments from people - I look and feel 10 years younger than I did 18 months ago. I know I'm one of the lucky ones, but it isn't ALL luck: I've followed your advice and it's paid off.

~Alison L, London, England

What you are doing is commendable. Someone helping others, even while in the midst of their own struggle is a rare gift seldom found in people. I'm sure there are many who appreciate all that you do. Thank you, and I hope your message continues to reach and empower others.

~ Don G.

You did a great job and thank you for all the hard work you put into it. There is so much information that you gave this reader and follower more than her money's worth.

~ Lauren Y, Milwaukee, WI

A second opinion consultation with a doctor can cost \$150 for a 15-minute visit. Just one hardcover book on health can cost you \$24.95.

Yet, your total subscription cost for one year is only \$25! (\$35 non-US)

IS YOUR THYROID MAKING YOU FAT?

And this newsletter could easily sell for much more. Many specialized health newsletters cost as much as \$179 a year!

But a year's worth of my newsletter -- that's 72 pages (and usually more, with special free extra inserts -- filled with news, information and specific help for thyroid patients is only \$25 a year.

I currently charge \$100 an hour just for a phone consultation. So at the bare minimum, since I spend weeks researching and writing each issue, you're getting hundreds of dollars worth of thyroid information and advice in each issue.)

\$25 is a tiny investment, when compared to the health improvement potential you'll find in each issue.

FREE BONUS OFFER

If you order in the next two weeks, I have a special bonus for you.

TWO FREE BONUS ISSUES of the newsletter will be added to your subscription! So you can continue to get valuable information right in your mailbox – at no cost to you!!

If you are truly serious about living well despite your thyroid disease...then you won't want to overlook this opportunity to sign up, and start getting information that helps you get well and live well.

Your cost is peanuts compared to all the money you're probably going to save by not buying health newsletters and magazines that don't cover the health issues you face day to day. So that means...

You really can't afford not to sign up today!

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IS YOUR THYROID MAKING YOU FAT?

Don't put this off. While all of this is fresh in your mind, do yourself a favor and order. It's easy!

ONLINE: go to <http://www.thyroid-info.com/diet/signup.htm> to order quickly and securely online, using any major credit card.

FAX: Fill out the Order Form on page 55 of this book, and fax it, anytime, 24 hours a day, to 425-977-1175

MAIL: Pop your completed order form in the mail to me:

Mary Shomon, Thyroid-Info
PO Box 565
Kensington, MD 20895-0565

TOLL-FREE PHONE: Or give a toll-free call to the office at 1-888-810-9471 to order by phone, with any major credit card. **(Make sure you mention your 2 free bonus issues!!)**

Before you put this aside, take action now -- chances are too great you'll forget about all the immense health potential this newsletter can bring you.

AND...the 2 free bonus issues offer is good only if you order in the next two weeks, so be sure you get your order in today!!

IS YOUR THYROID MAKING YOU FAT?

Do You Find Yourself Saying: "I Wish I Knew Who to Call to Help Answer My Thyroid Questions...NOW!?"

If you're worried about your health...about finding the right doctor...difficulty getting diagnosed...thyroid symptoms that aren't going away...where to find answers to hard questions about thyroid disease and your health, I have an option you should seriously consider.



Mary Shomon

Let's face it, most doctors don't have the time to brainstorm with us about what conventional and treatment approaches ideas to research, or where to go for the best thyroid treatment. How can you get the information you deserve?

I can help.

In a one-on-one telephone coaching consultation, we'll brainstorm your thyroid questions, and I'll share ideas and resources with you on where to get more help so you can feel and live well.

If you have just one or two questions, then we can have a 15-minute consultation. If you have a whole list of things to discuss, sessions are available in 15-minute increments, up to an hour. Just the two of us, on the phone, brainstorming practical -- maybe even life-changing -- solutions to your health challenges.

You are invited to set up a phone consultation -- usually, I can schedule your session in the next 48 hours! -- to explore your thyroid questions, and map out a plan to help you enjoy better health. You have important questions, and

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IS YOUR THYROID MAKING YOU FAT?

getting answers to those questions is a key step that can help you tackle your thyroid problems and improve your health.

One important reminder -- since I'm NOT a doctor, I cannot offer specific medical advice, interpret your medical tests, or provide medical counsel. But I can and will guide you to resources, experts, information sources and more that will help you feel better!

You can book online now at <http://www.thyroid-info.com/consult.htm> or call toll-free 1-888-810-9471 to make your appointment with me now.

I look forward to speaking with you soon!

About Mary Shomon

Mary Shomon is the nation's leading patient advocate on thyroid disease and the best-selling author of numerous books on thyroid, autoimmune and hormonal conditions. She is author of the *New York Times* bestselling book "[The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss.](#)" (2004) "Thyroid Diet" was also a semi-finalist for the prestigious Quills Awards in 2005, and an Amazon.com Top Ten Health Book of the Year.

Her best-selling, internationally-published book "[Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You...That You Need to Know](#)," was first published in 2000, and after more than 20 printings, a second edition came out in 2005. The book was a *Prevention* Book Club Selection, and Amazon.com Top-Selling health book, and its popularity launched a new series of consumer health books for publisher HarperCollins.

Mary Shomon is also author of [Living Well With Graves' Disease and Hyperthyroidism](#), (2005) [Living Well With Autoimmune Disease](#),(2003) [Living](#)

<http://www.thyroid-info.com/diet>

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[Well With Chronic Fatigue Syndrome and Fibromyalgia](#), (2004) and the [Thyroid Guide to Fertility, Pregnancy and Breastfeeding Success](#) (2005). Information about all of Mary Shomon's books and information resources is online at <http://www.thyroid-info.com/bookstore.htm>

Her newsletter for thyroid patients, [Sticking Out Our Necks](#)," was founded in 1997, and has become a popular resource for patients in both its email and print form.

Mary Shomon has served as the Guide for the popular About.com Thyroid site -- now part of the *New York Times* Company -- launching the site in early 1997, and managing the site and working as its sole researcher/writer since that time. That site, <http://thyroid.about.com> along with her advocacy site <http://www.thyroid-info.com>, are the Internet's most popular and visited sites dedicated to thyroid disease.

Mary Shomon has been featured in hundreds of television, radio, newspaper, magazine and web interviews, including appearances on ABC World News Tonight and CBS Radio Networks, and interviews in the *New York Times*, *Wall Street Journal*, *Ladies Home Journal*, *Health*, *Cooking Light*, *Elle Magazine*, *Woman's World*, and the *Los Angeles Times*, to name just a few.

In her decade of consumer advocacy, Mary Shomon has never hesitated to take a stand on behalf of patients, and her independence from drug companies and medical/patient organizations that are funded by the pharmaceutical industry has allowed her to maintain an unbiased, truly patient-first advocacy effort that is rare in the thyroid community.

IS YOUR THYROID MAKING YOU FAT?

Mary Shomon – On the Web

Mary Shomon can be found on the web at:

- Thyroid-Info.com – The Thyroid Disease Information Source
<http://www.thyroid-info.com>
- Thyroid Site at About.com, a *New York Times* Company
<http://thyroid.about.com>
- *Sticking Out Our Necks: Thyroid Disease News Report* – Email Newsletter
Weight Off My Mind: Thyroid & Autoimmune Disease Weight Loss/Metabolism News – Email Newsletter
<http://www.thyroid-info.com/newsletters.htm>

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