

# [PDF] Hypothyroidism-The Best Darn Complete Look

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## Books Details:

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## Description:

**About the Author** I am a husband, father, grandfather and lifetime contract salesman, with experience in health writing that began in 2004. I completed theological studies with Liberty University in 1996. I formerly served as editor and forum moderator of Thyroid Health for a major multi-topic content site and as a general health writer for another, where I achieved Editor's Choice Awards for my articles on health subjects. In 2003 I was diagnosed with hypothyroidism; "Hashimoto's thyroiditis" being the cause. This autoimmune form of thyroid disease that causes destruction of the thyroid gland resulted in my also developing "Chronic Fatigue Syndrome", due to a compromised immune system with severe co-morbid "Adrenal Fatigue". I also suffered severe anxiety symptoms, including panic attacks early into

the onset of Hashimoto's thyroiditis (Hashitoxicosis). A common, benign heart murmur I was diagnosed with in my teens called "Mitral Valve Prolapse", also worsened in severity of symptoms, with the development of these other health disorders. My eventual receiving of diagnoses was a difficult process with proper diagnostic testing not being ordered by the first doctors I sought treatment from. These types of issues were inspiration for me to become proactive in my own health care and to self-educate myself on these health disorders, which I have done extensively since 2003. I now enjoy sharing this information with other patients experiencing my same health disorders.

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