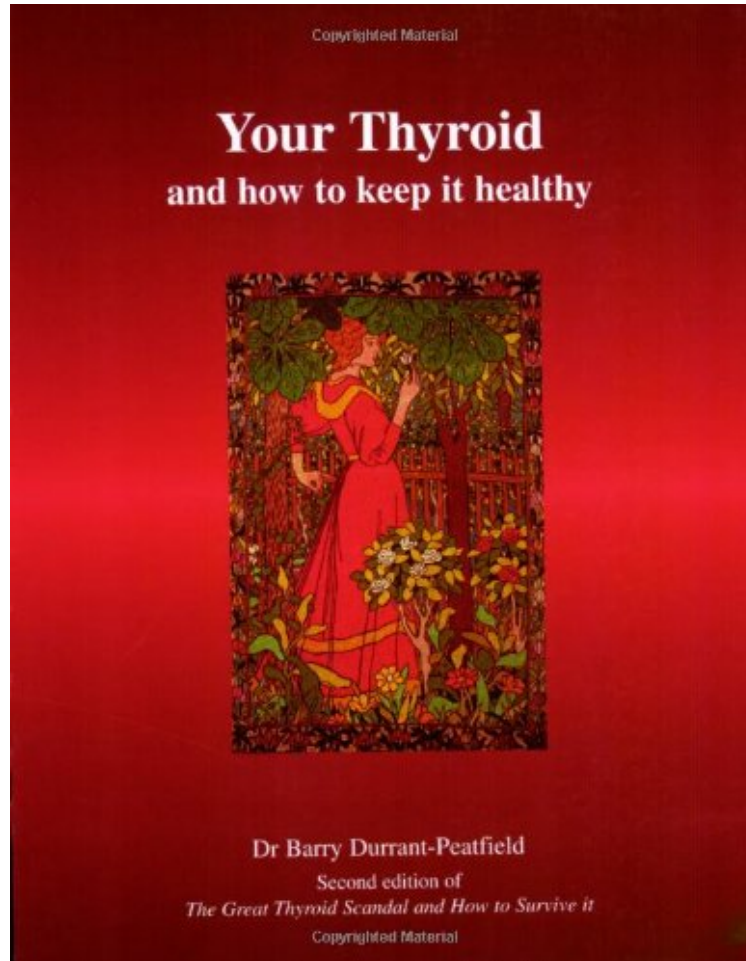


(Download free pdf) Your Thyroid and How to Keep It Healthy

Your Thyroid and How to Keep It Healthy

Barry Durrant-Peatfield

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Barry Durrant-Peatfield : Your Thyroid and How to Keep It Healthy before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Thyroid and How to Keep It Healthy:

70 of 72 people found the following review helpful. Excellent Thyroid Book Follows Tradition of Broda Barnes MDBy Jeffrey Dach MDI recommend to you the book by Barry Durrant Peatfield, "Your Thyroid and How to Keep It Healthy". Peatfield was a general practitioner in the British National Health service who came to America and trained at the Broda Barnes Institute. He returned to England and started a thyroid private practice. His book summarizes over 25 years of clinical diagnosing and treating thyroid illness. One section of the book is devoted to the question, "Why thyroid blood tests can be unreliable".Here is what Dr. Peatfield says:"Anxiety in the medical establishment about rules and dogma has led to a slavish reliance on blood tests, which are often unreliable and can actually produce a false picture of the true situation""I have sadly come across very few doctors who can accept the fact that a normal, or low TSH, may still occur with a low thyroid.""as a result of this test (TSH), thousands are denied treatment"Peatfield lists

several reasons why thyroid blood tests are flawed: 1) They measure hormone levels in the blood. What we really want to know is tissue levels, not blood levels. 2) The blood tests do not measure cellular receptor hormone resistance. 3) The blood tests do not measure conversion block. Some patients cannot convert their inactive T4 to active T3. 4) The thyroid tests do not account for adrenal insufficiency. 5) Paradoxical low TSH may occur with a low thyroid function. These sentiments are shared by the teachings of Broda Barnes MD, and the Broda Barnes Foundation. However, Peatfield's book elaborates beyond the classic teachings of Broda Barnes by including chapters on the adrenal as well as a chapter on iodine supplementation. I found this book excellent, and it belongs in every medical library dealing with thyroid disease. Jeffrey Dach MD 1 of 1 people found the following review helpful. The best book for thyroid and adrenals. By Cleo dog fan The best book I've read regarding thyroid and adrenals. I have previously read Brenda Barnes and both Stop the Thyroid Madness books but I find this to be the most insightful. 2 of 2 people found the following review helpful. The truth at last about your thyroid and the neglect of patients through uninformed doctors! By Cornelia (CONNIE) MacErlean author of "Baggage" A very useful and educative book. At last the truth is in print. Every medical practitioner should be compelled to read this evidence presented. The guilt has been lifted from the fat and miserable thyroid sufferer.

Thyroid problems, especially thyroid underactivity, are on the increase but notoriously difficult to diagnose. Many sufferers have years of treatment for their symptoms rather than for the underlying problem. In this fully revised and updated second edition of Dr Durrant-Peatfield's acclaimed book you will learn how to recognize thyroid problems in yourself and how to take an active part in your own treatment. New for the second edition: * enhanced emphasis on patient empowerment * more detailed guidance on a natural approach * more detail on digestive and nutritional issues, including food intolerance and candida infection * full referencing throughout Also available: Chronic Fatigue Syndrome: a natural way to treat M.E. - ISBN 1905140002 The Perrin Technique - ISBN 1905140126 Suburban Shaman: Tales From Medicine's Frontline - ISBN 1905140088

My strong recommendation, whatever your thyroid problem, is to send for a copy of Dr Durrant-Peatfield's book. -- Elaine Hollingsworth Patients and doctors alike will profit immediately from this extraordinary book on hormones and health by a grand champion of alternative medicine. Dr Durrant-Peatfield covers this crucial subject completely and with perfect clarity and he does so in his delightfully flamboyant style. -- Dr John C This book is an absolute must read! -- Positive Health Magazine My strong recommendation, whatever your thyroid problem, is to send for a copy of Dr Durrant-Peatfield's book. -- Elaine Hollingsworth This book is an absolute must read! -- Positive Health Magazine About the Author Dr Barry Durrant-Peatfield qualified at Guy's Hospital in 1960 and worked for two years in the Croydon Hospitals before entering general practice. Increasing disenchantment with the NHS decided him to enter private practice where he at once felt drawn to the diagnosis and treatment of thyroid problems. Much impressed by the work of Dr Broda Barnes in the USA, he visited the Barnes Foundation and returned to the UK determined to improve the lot of patients with thyroid illness. His emphasis on the use of clinical diagnosis, both of thyroid and adrenal problems, and an holistic approach using non-synthetic treatment, enjoyed a great deal of success but brought him into conflict with establishment medicine. He finally decided to retire from active medical practice to study nutrition, write and lecture. He wrote The Great Thyroid Scandal and How to Survive it (now revised as Your Thyroid and How to Keep it Healthy) for the general reader: to give people a deeper understanding of both thyroid and adrenal illness and enable them to play a knowledgeable part in the management of their treatment. Dr Durrant-Peatfield now lectures and holds nutritional clinics specialising in metabolic health.