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"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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Richard and Karilee Shames are not only husband and wife, but doctor and nurse, AND thyroid practitioner and thyroid patient. For more than twenty-five years, the Shameses have been working with people who are "low thyroid" -- the term they use to describe hypothyroidism -- in their new book, Thyroid Power: Ten Steps to Total Health.

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As stated in their book, "fluoridated municipal water is a bad idea whose time has passed". Read Thyroid Power to find out more about their strong stand against a practice considered by many to be completely safe and effective, in fact, as American as apple pie. # # #
THYROID POWER: 10 Steps To Total Health Richard L. Shames, M.D.,

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Health, Paperback by Shames, Richard; Shames, Karilee Halo, ISBN 0060082224, ISBN-13 9780060082222, Brand New, Free shipping Introducing a practical ten-step program, a guide to diagnosing and treating thyroid disorders explores the causes of the problem and various treatment options available to readers suffering from this increasingly common ailment.

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