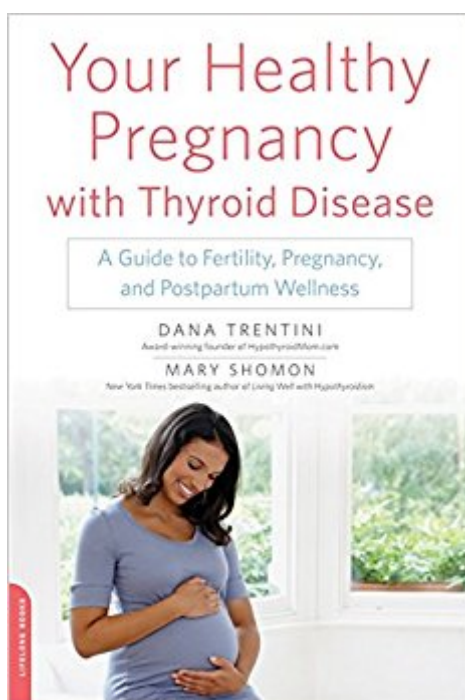


The book was found

Your Healthy Pregnancy With Thyroid Disease: A Guide To Fertility, Pregnancy, And Postpartum Wellness



Synopsis

At minimum, 27 million Americans have thyroid disease. Despite being the majority of thyroid sufferers, women rarely know that thyroid problems increase their risk of pregnancy complications, including infertility, preeclampsia, miscarriage, premature delivery, and low birth weight. This awareness gap affects patients and doctors, who know little about the ramifications of an undiagnosed or under-treated thyroid condition on a mother and her unborn baby. Founder of HypothyroidMom.com Dana Trentini and thyroid health advocate and bestselling author Mary Shomon have both endured challenges with pregnancies due to thyroid disorders. In *Your Healthy Pregnancy with Thyroid Disease*, they team up to give readers the answers they need. With personal stories and cutting-edge medical advice from leading health practitioners, the book explains how to recognize thyroid symptoms, get properly diagnosed/treated, manage thyroid problems during pregnancy, overcome thyroid-related infertility, and deal with postpartum challenges. Â

Book Information

Paperback: 352 pages

Publisher: Da Capo Lifelong Books (June 28, 2016)

Language: English

ISBN-10: 0738218677

ISBN-13: 978-0738218670

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 29 customer reviews

Best Sellers Rank: #80,860 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #30 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #170 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

"Dana Trentini and Mary Shomon are a formidable pair of thyroid advocates. This book will change the lives of millions of women and their babies."—David Borenstein, MD, founder, Manhattan Integrative MedicineInfodad.com, 7/7/16“The personal knowledge of the trauma and the not-always-adequate treatments…gives [this] book considerable power.â •

Dana Trentini is the founder of hypothyroidmom.com. She was diagnosed with hypothyroidism one year after the birth of her first son Benjamin in 2006. After four years of intense research and a quest to find the top thyroid health professionals, Dana launched her blog Hypothyroid Mom, a blend of personal story and scientific research. She has been featured on numerous radio shows, television and video programs, and online webinars and seminars, including the Huffington Post and EverydayHealth.com. In addition to running Hypothyroidism Mom, Dana works as an executive coach and talent development consultant in New York City. Mary Shomon is the New York Times bestselling author of *Living Well with Hypothyroidism*, *The Thyroid Diet*, and *Thyroid Diet Revolution*. She was diagnosed with Hashimoto's hypothyroidism in 1995 and is now known around the world as America's leading thyroid patient advocate. Mary is regularly featured as part of online webinars, seminars, and training programs. She is on the faculty of the New York Open Center, New York City's premiere holistic health training center, where she teaches a number of workshops a year on thyroid health, diet, immune health, stress management, and hormonal health. Shomon has done more than 50 television appearances and interviews regarding thyroid awareness issues, including ABC World News Tonight, among others. She has appeared in hundreds of magazines and newspaper articles, including Time, The New York Times, The Los Angeles Times, First for Women, Elle, and The Wall Street Journal. Â

This book is incredible and I don't know why it doesn't have more reviews! It is very in-depth. I am a practitioner and I read it for research. However I'd recommend it to any woman who has or suspects thyroid disease and plans to get pregnant. It can save you a lot of heart break, as the cost of not knowing some of these things can result in miscarriage or stillbirth. My one mixed review is that the authors tend to look at one point from the lens of multiple sources before drawing a conclusion. This gives you a thorough understanding but adds length to the book.

From a father's perspective ... my wife got very tired during her pregnancy and would fall asleep in the strangest of places. She miscarried and it was a shock and tragedy for the two of us (and our little boy who was so excited to have a baby brother). I gained a great deal learning from this author and I recommend this book to fathers, husbands / partners of hypothyroid women and mothers. It provided me with insight into the science of what was happening to my wife and I was able to help her to identify symptoms that she did not even realize were a part of this disease such as thinning hair (and what to do about it). This book provides such a wide range of important life considerations and is so much more than a "how to" from a pregnancy angle. So much here to help a woman

before, during, and after pregnancy ... with living and not just coping with ... but thriving with this condition. I purchased several copies and gave them to friends known to me who suffer from this disease. It's so surprising to know just how many people suffer in silence.

Highly recommend this read for those struggling with infertility, thyroid complications, or hormonal imbalances. I've recommended this to several people, including my doctor. The book is very well organized and easy to understand. The book is current, meaning the dietary recommendations and supplements suggested are not outdated like the dietary guidelines. The book breaks information down by thyroid condition (hypo, hyper, autoimmune, cancer) and then by stage (preconception, pregnancy, post, etc). You won't be disappointed in this book.

Very informative book! I hope to be better prepared for our next pregnancy.

Good information to know for Hashimotos women. So many things extra we have to know to maintain health or even think about for pregnancy to be possible.

I haven't even finished this book yet, but I have learned more in the last chapter I've read than I have in the 11 years since I was diagnosed with Hashimoto's disease! Amazing! I can't thank Dana and Mary enough for sharing all their knowledge with me. When I see my endocrinologist and reproductive endocrinologist next month I will be encouraging them to read the book as well. I can't wait to start putting what I've learned to use to see if it will help my fertility issues!

This is a good book with a lot of information. The only issue is that the information repeats itself a lot. I suggest going to the table of contents and then skipping to the section that applies to you. The planning sections seem to be useful for some kinds of people but not for me. In my opinion the planning section beefed up the page count in the book and was kind of "fluff" material.

This book was very informative but some of the info contradicts what your obgyn tells you/wants you to do. I think it is more geared towards someone who has had trouble getting pregnant or had miscarriages and their doctor is failing them. If not it makes you very fearful of having a miscarriage due to your thyroid. That being said I'm still happy I got this book so I can be my own health advocate and speak up if my obgyn is not being too attentive to my TSH T3 T4 levels.

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