

# New Health Breakthroughs

# Is your thyroid making you fat?

**Discover how to switch on your  
metabolism for automatic weight loss...**

An underactive thyroid can make you overweight even if you don't eat much. It makes your metabolism slow to a crawl.

Could you be among the 24 million Americans who have an underactive thyroid? Many don't know it. Even if you've been tested, you could still have a borderline condition.

But there's great news! A revolutionary new approach can help you balance your thyroid. You'll boost your metabolism and lose weight effortlessly... *See inside!*



# Discover the Secret of These Amazing Health Turnarounds

Excess Weight **DISAPPEARS** without Cutting Calories! ..... **7**

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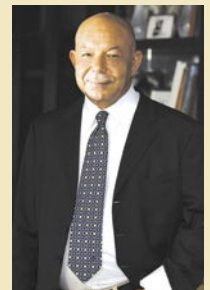
**PMS CURED** ..... **18**

Years of Infertility **SOLVED** in 2 Months ..... **19**

*you too could find a solution in as little as 7 days...*

## Meet the Pioneering MD behind *The Thyroid Solution* Breakthroughs

Ridha Arem, MD, has developed exciting new ways to diagnose and treat thyroid conditions. He is a world-renowned thyroid expert and a board-certified MD in endocrinology and metabolism. A brilliant teacher, researcher, and patient care provider, Dr. Arem has done extensive, leading-edge research on thyroid disorders. He is a clinical professor of medicine at Baylor College of Medicine in Houston, Texas. For years he served as chief of endocrinology and metabolism at Ben Taub General Hospital and as medical director of the Endocrine Laboratory at Methodist Hospital.



Dr. Arem frequently appears on radio and TV shows educating people about thyroid disease.

Dr. Arem has greatly contributed to thyroid-related research and is the author of many articles published in prestigious medical journals. For more than 10 years he was the editor-in-chief of *Clinical Thyroidology*, the official publication of the American Thyroid Association and read by thousands of physicians worldwide.

In *The Thyroid Solution*, Dr. Arem shows you how to make sure you get the correct diagnosis and treatment.

This report features remarkable true stories of Dr. Ridha Arem and his patients. The names and images of his patients have been changed to protect their privacy. Your results, of course, may vary. However, the contents of this report offer new healing hope for millions. Here at *Prevention*, we take your trust seriously and urge you to read and respond to this report today.

## THE GREAT MASQUERADER

# ONE HIDDEN CAUSE behind all these symptoms?

- ✓ Fatigue
- ✓ Weight gain
- ✓ Aching joints and muscles
- ✓ Constipation
- ✓ Brain fog or forgetfulness
- ✓ Feeling cold even in warm temperatures
- ✓ Dry, itchy skin
- ✓ Depression
- ✓ Hair loss, including eyebrow hair
- ✓ Menopausal symptoms or PMS
- ✓ High cholesterol

**If you suffer from any of these symptoms,  
discover how you could find relief in as little as 7 days!**

Dear Friend,

So many people I know are like my friend Joan.

She was constantly dieting, but couldn't lose a pound. Her joints ached. She felt tired, foggy, and depressed much of the time. And she had high cholesterol, high blood pressure, and persistent menopausal symptoms.

Joan went from one doctor to another to find out what was wrong, but no one seemed to have any answers. One even suggested it might be "all in her head." Joan was at her wits' end. She thought she was getting old before her time.

But Joan was persistent, and finally she got an answer. Her new doctor discovered that she had "thyroid shadow syndrome," a condition caused by a tiny deficit of thyroid hormone in her system. Joan discovered that...

**Her symptoms all had a common cause and A SINGLE SOLUTION!**

If you're suffering from nagging symptoms like Joan's you may have just found the help—and hope—

*(over, please)*

# THE HIDDEN CAUSE of All These Hard-to-Treat Illnesses?

- Anxiety
- Attention deficit disorder
- Brain fog
- Chronic fatigue syndrome
- Constipation
- Depression
- Dry, itchy skin
- Fatigue
- Fibromyalgia
- Hair loss and gray hair
- High cholesterol
- Heart disease
- High blood pressure
- Infertility
- Insomnia
- Joint & muscle aches
- Low libido
- Menopausal symptoms
- PMS
- Stress
- Weight gain
- And many other related conditions.

Yes, thyroid conditions cause or worsen all of these diseases. **But now you can find a breakthrough approach that can help solve all of them in *The Thyroid Solution*.**

you've been looking for. As you'll discover in the pages ahead, your thyroid may be to blame. This breakthrough approach could help you solve nagging health problems you've lived with for years.

New research shows that thyroid disorders affect far more people and cause many more health problems than doctors thought just 10 years ago. And thyroid disease doesn't always show up on the usual thyroid blood tests. So even if you've been tested and your results were normal, you could still have a borderline thyroid imbalance. In fact, thyroid conditions are...

## A hidden epidemic affecting up to 24 MILLION AMERICANS!

The thyroid is a tiny gland, but it has powerful effects on the body and mind. Your thyroid regulates whether you'll gain weight or lose weight ...whether you feel fatigued or energized. If your thyroid levels are low, the body can't properly run a whole range of vital functions.

The thyroid also plays a big role in your brain chemistry. New research shows that thyroid hormones work like serotonin and other brain chemicals. Low levels of thyroid hormones can cause stress, brain fog, and depression. Balancing thyroid levels can improve mental clarity and boost mood.

## The Great Masquerader

Low thyroid is called The Great Masquerader because it disguises itself in the symptoms of a whole range of other diseases and conditions. This is why it's so easily misdiagnosed.

People can't lose weight and think it's an uncontrolled appetite and lack of exercise...patients complain about being tired and are misdiagnosed with chronic fatigue...foggy minds and memories are thought to be aging or Alzheimer's disease...joint aches may be chalked up to aging or arthritis... and these are just a few of the symptoms of low thyroid. (See the list on the left.)

That's why getting a proper diagnosis for low thyroid can be tricky. Many doctors are mystified and end up prescribing the wrong treatments. Until patients find the right guidance and the right doctor, they may suffer for years dealing with the devastating effects.

But the great news is that you can...

## Correct a thyroid imbalance and SOLVE MANY CONDITIONS AT ONCE!

Now there is groundbreaking new information and hope for you if

you've suffered from a hard-to-treat illness. Or if you or someone you love has been diagnosed with a thyroid condition and still suffers from a poorly treated thyroid condition.

## A breakthrough new approach from A PIONEERING MEDICAL DOCTOR

Ridha Arem, MD, one of the world's most-renowned experts, has developed an exciting new approach to treating thyroid disorders. His new treatments and insights offer a real solution for many health conditions you may have struggled with for many years.

Now you can get the latest breakthroughs in diagnosing and treating thyroid imbalances. Introducing...

## THE THYROID SOLUTION

...a revolutionary mind-body program for regaining your emotional and physical health. It's the most authoritative and comprehensive book of its kind. *The Thyroid Solution* gives you the critical information you need to help you resolve many diseases and conditions that thyroid problems cause. It's practical guidance and the latest research, but it's easy to use and written for people like you and me. And this is an exclusive edition, not available in any store!

And here's the best news of all:

I'd like to send you a copy of *The Thyroid Solution* to try in your home FREE for 21 days. And I'll send you 3 FREE GIFTS just for giving it a try.

More about that in a moment, but first let's look at how balancing your thyroid levels can be the solution to tough health problems you may have struggled with for years...

# Why you could have low thyroid EVEN IF YOUR TESTS ARE NORMAL...

Many people have had their thyroid levels checked with tests that measure levels of the thyroid hormones T3 and T4. But you can't rely on just these two tests. In fact, the majority of people who suffer from low thyroid *have normal T3 and T4 levels!*

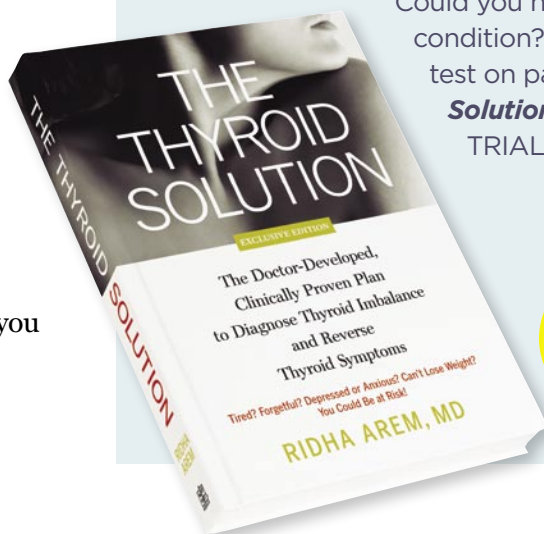
The most important hormone for thyroid imbalance doesn't even come from the thyroid. It comes from the pituitary gland and is the key regulator of thyroid production. In *The Thyroid Solution*, you'll discover...

- **The Single Best Thyroid Test—But It's One Many MDs Don't Use:** Insist on also having this test. See page 232.
- **Why "Normal" Readings on Thyroid Tests May Vary:** What is normal for one person may be quite different for another. See page 233.
- **Common Drugs That Interfere with Thyroid Tests:** These drugs can decrease your thyroid levels. If you're taking any of these drugs, be sure to tell your doctor before your thyroid is tested. See page 237.



Learn how to talk with your doctor about thyroid testing

Could you have a low-thyroid condition? Take the complete self-test on page 49 of *The Thyroid Solution* and get your FREE TRIAL copy today.



**Free 21-Day Preview!**  
**Plus 3 FREE GIFTS!**

# Is your thyroid making you fat?

## Discover how to switch on your metabolism for effortless weight loss

**D**espite our national obsession with dieting and exercise, two-thirds of all American adults are overweight. Doctors will tell you, “Eat less and exercise,” but they often miss a common underlying cause of weight gain—low thyroid hormone.

### Thyroid Hormone—The Switch That Controls Your Metabolism

It regulates how fast you burn food for energy. If you have too little thyroid hormone, your metabolism can slow to a crawl. If you have difficulty losing weight despite exercise and dieting, you very likely have a slow metabolism.

A low-thyroid condition can make you gain weight in three ways:

- **Your body will store more calories as fat.**
- **Your mood is bad and you have more intense food cravings.**
- **You may feel so tired that you're unable to exercise.**

But when you increase your levels of thyroid hormone, you can reverse all three of these weight-gain factors at once! That's why boosting your thyroid is...

### The Secret to Burning Away Fat Effortlessly

In *The Thyroid Solution*, you'll see how the thyroid is the key regulator of metabolism, appetite, and mood.

You'll discover natural solutions and little-known medical treatments that can help you:

- **Boost Your “Thin” Hormones.** You can increase your levels of the hormone *leptin*. This hormone can powerfully reduce appetite and boost metabolism. (*Lepto* comes from the Greek word for thin.) See page 121.
- **Lose Weight without Denial.** This recently discovered brain chemical helps you feel full so you stay satisfied while eating less. See page 121.

If you are overweight and have trouble losing weight, you should explore whether your metabolism and thyroid may be the cause. See page 121 of *The Thyroid Solution*.

### Break the Vicious Cycle of Low Thyroid and Weight Gain

Discover a treatment for low thyroid that does it all: It eliminates cravings and fatigue, reduces depression, and boosts your metabolism all at once.

**You get effortless weight loss! See page 128 of *The Thyroid Solution*.**

# THYROID SOLUTION SUCCESS STORY

## Excess Weight Automatically DISAPPEARS!

Julie, a 24-year-old graduate student, was normally a cheerful, outgoing person. But because of a thyroid disorder, she had started to gain weight. Her weight problem affected her self-esteem so much that she became shy and withdrawn.

### Julie's weight gain was the result of three factors:

1. Her metabolism slowed to a crawl due to the underactive thyroid.
2. She burned fewer calories and got less exercise because she was always tired.

3. Her depression and anxiety caused overeating and lowered her self-esteem. This prevented her from going out, which further reduced her caloric expenditure.

When Julie received treatment for her hypothyroid condition, all three factors—metabolism, reduced burning of calories, and depression-related overeating and poor self-esteem—were resolved. Julie began to lose weight, and her confidence returned. Her outlook brightened and she became more physically active. **See Julie's story on page 120.**



## 5 Doctor-Tested Secrets for Losing Weight without Exercise or Eating Less

*The Thyroid Solution* will show you how to tell if low thyroid is causing your weight gain and how to correct the problem. Plus you'll discover other secrets of permanent weight loss, such as...

- **SECRET #1: Simple Way to Make Any Meal Less Fattening**—Just add this ingredient to any meal. It instantly reduces the

food's ability to raise blood sugar and it makes you feel more full. You'll reduce calories without denial. See page 132.

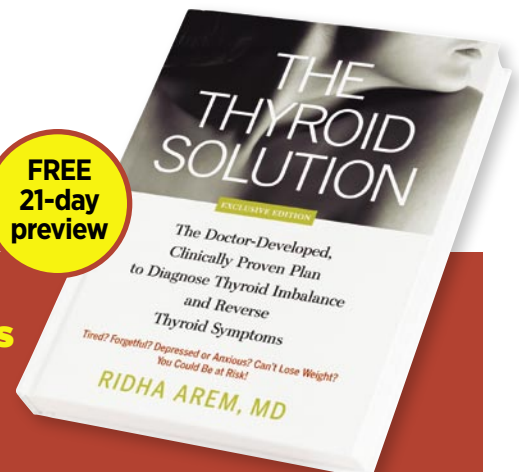
- **SECRET #2: Lose 10 Pounds without Cutting Calories**—Simply reduce consumption of this type of food by 10 percent. Research shows you'll lose 10 pounds even if you do nothing else. See page 133.
- **SECRET #3: Fats That Help You Lose Weight.** These two types of fats will make you lose weight even if you eat the same number of calories. See page 133.

- **SECRET #4: French Secret to Losing Weight**—It's not red wine, but this simple and enjoyable way of eating that keeps your metabolism going strong. See page 134.
- **SECRET #5: Lose an Extra 5 Pounds Automatically**—This mineral supplement helps you lose weight and keep it off. In a study, dieters who took the mineral lost 11.7 pounds, while those who didn't lost only 6.1 pounds. See page 136.



**Free 21-Day Preview!**  
Discover the simple secrets  
of automatic weight loss.  
Plus 3 FREE GIFTS!

**FREE  
21-day  
preview**



# Before your doctor puts you on HRT, see if this may be the cause of your symptoms...

**H**idden thyroid problems can affect menopause in these two ways.

- 1. Symptoms of low thyroid are astonishingly similar to menopause.** Thus, many doctors may misdiagnose low thyroid approaching menopause. They may prescribe hormone replacement therapy (HRT), which won't help the thyroid condition.
- 2. A thyroid imbalance may make menopausal symptoms much worse.** Hot flashes, sleep problems, depression, and anxiety



can become downright awful. That's why it's critical for women in and near menopause to know what to do. See page 202 of *The Thyroid Solution*.

## Menopausal Women Have TWICE the Risk

Sex hormones, such as estrogen and progesterone, have a big effect on how a thyroid imbalance affects your body and mind. That's why women in menopause have more than twice the risk of low-grade hypothyroidism than men.

If you're dealing with menopausal symptoms, you should see if a thyroid condition may be making your symptoms worse. You are likely to live at least one-third of your life after menopause. Why live with menopausal symptoms unnecessarily?

*The Thyroid Solution* will give you details on the latest breakthroughs, such as:

- **Reduce Fat and Boost Your Sexuality at the Same Time.** Just add this hormone to your HRT. See page 208.

- **Relieve Hot Flashes with Foods.**

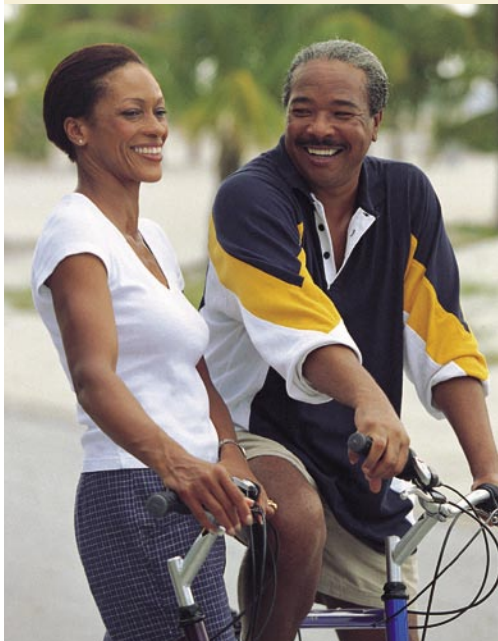
Extracts of these foods and herbs can help with menopause symptoms. See page 209 of *The Thyroid Solution*.

### Keep Breast Cancer in Check

Always do this before starting HRT. It's vital to reduce your risk of breast cancer. See page 207.



# THYROID SOLUTION SUCCESS STORY



## Menopause Symptoms Vanish— Fatigue, Depression, Hot Flashes GONE

Nora, a 49-year-old woman, told Dr. Arem about the mix of symptoms she'd experienced when she became menopausal a year earlier: "I had hot flashes of increasing intensity. I would want to cry when I felt them coming on, because I knew that for the next 20 minutes or so, I wouldn't be able to think of anything but cooling off. I was lethargic and taking 3-hour naps, sometimes two times a day! When the menopause hit, I felt like I was becoming seriously depressed."

Nora tried hormone replacement for the menopause symptoms, but it helped only a little. It was only after Dr. Arem diagnosed and treated her thyroid gland that she felt normal again. She said, **"I just felt more well rounded, more balanced, and more optimistic."** **Nora's fatigue, depression, and hot flashes all went away.** See page 203.

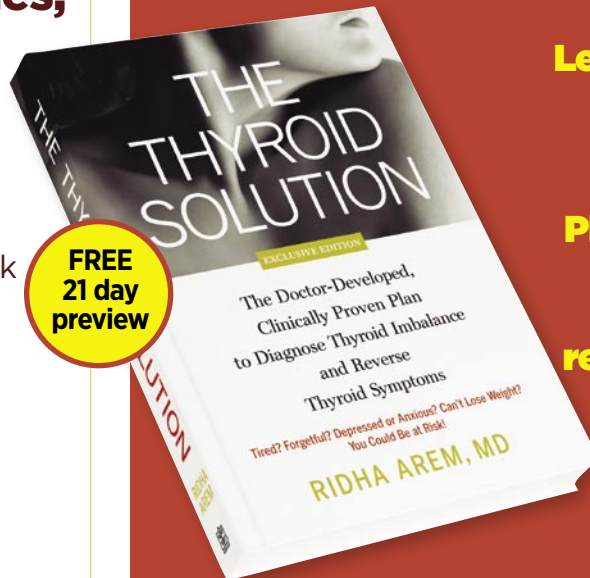
## Natural Relief for Hot Flashes, Night Sweats, and Other Symptoms



You'll no longer have to "fan the flames"!

Hormone replacement therapy (HRT) reduces menopausal symptoms, and it can make you look younger. It improves elasticity of the skin, reduces wrinkling, and slows skin aging. In ***The Thyroid Solution***, you'll discover natural ways to restore your body's hormone levels. These can be more effective than

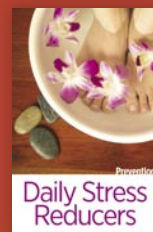
pharmaceutical forms of HRT—and they don't have the risky side effects. **See page 208 of *The Thyroid Solution* for the increasingly popular brand name that combines the two natural forms.**



Learn more in your **FREE 21-day preview.** Plus get your **3 FREE GIFTS** by returning the reply card today!



Jump-Start Your Weight Loss Plan



Daily Stress Reducers



Boost Your Energy

**ALL 3-FREE!**

# Don't blame your symptoms on getting older. This may be the cause...

## Is It Alzheimer's or Low Thyroid?

### Why Thyroid Problems Are Tougher to Spot in the Elderly

Seniors face a far greater risk of misdiagnosis when it comes to thyroid imbalance. In one study of hospitalized thyroid patients, only one-third were diagnosed correctly. Thyroid symptoms may be confused with other signs of aging, such as mental confusion, episodes of falling, aches and pains, weakness, muscle stiffness, incontinence, depression, or heart disease.

### Spectacular Results with Treatment!

But the great news is that doctors can often achieve spectacular results for older patients with treatment! See page 52 of *The Thyroid Solution*.



Jump-Start Your Weight Loss Plan



Daily Stress Reducers



Boost Your Energy

ALL 3-FREE!

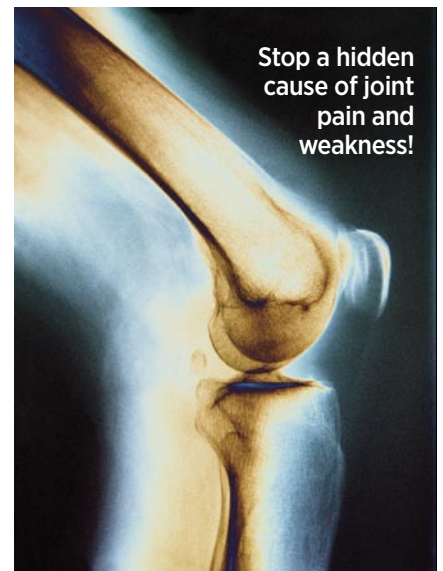
Free 21-Day Preview!  
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**F**atigue, memory loss, joint pain, hair loss, muscle weakness.

They could just be part of aging. But these symptoms can also be caused by a thyroid imbalance.

Thyroid patients often report that they seemed to age at a rapid pace once their thyroids became underactive. Research confirms that low thyroid can actually cause a form of high-speed aging. It can also cause brain damage and slow brain functioning.

See page 55.



Stop a hidden cause of joint pain and weakness!

## Reverse High-Speed Aging

Thyroid levels naturally decline with age. Many symptoms of low thyroid are similar to diseases of aging. But if you have a thyroid imbalance, correcting it could prevent a rapid aging process and relieve symptoms you may have endured for years.

*The Thyroid Solution* will show you how to:



Boost brain functioning naturally

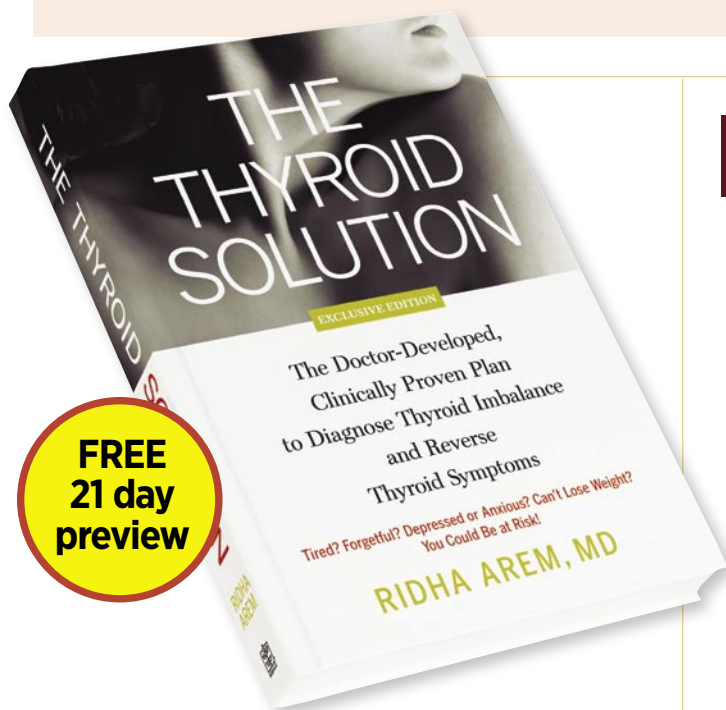
- **Prevent and Cure Cognitive Impairment.** You can recover from failing memories and foggy thinking. And you can prevent Alzheimer's disease or slow it down. See page 293.
- **Improve Brain Function.** This natural supplement actually improves the communication between brain cells. See page 294.

## THYROID SOLUTION SUCCESS STORY

# Chronic Stress and Panic Attacks GONE

Christy had always been a relaxed person, but then began experiencing some “odd symptoms” that included chronic stress and panic attacks. Every little annoyance seemed like the end of the world. Her chronic stress was creating even more stress and trouble in her marriage. This went on for more than a year, but her regular doctor could find nothing wrong.

Finally she went to see Dr. Arem, who diagnosed her with an underactive thyroid. Once her thyroid levels were balanced with treatment, Christy was able to deal with the stress she faced. “I don’t get upset over silly things anymore. I’m feeling great.” Her husband said, “You’re nice again.” **See Christy’s story on page 21.**



**Discover how this breakthrough approach can keep you younger and healthier longer. Return your FREE-Preview Card between pages 22 and 23 today!**

## THYROID SOLUTION SUCCESS STORY

### “I Feel Beautiful Again!”

Despite being treated for hypothyroidism, Erin was still tired. She had trouble concentrating and had a host of other symptoms. Her doctor kept increasing the dose of thyroid hormone to make her feel better. “One doctor kept telling me there was nothing wrong. I think it was just because he didn’t know what to do.”

Then Erin went to see Dr. Arem and began taking the treatment he recommends. “Now I’m happier and more stable. I have a life again. I have more energy. I am not angry. I don’t think I’m depressed at all. My husband loves the change because I’m back to being my old self again.”

Erin lost 10 pounds when she first started. Her skin felt better and she stopped losing hair. The swelling around her face and her bloated look went away. “When I look in the mirror,” she says, “I feel beautiful again. This treatment totally revolutionized my life.” **Get the details on this remarkable treatment on page 308.**

# Before your doctor puts you on medication for high levels of blood pressure and cholesterol, consider this other cause...

**D**octors are quick to reach for the prescription pad whenever a patient's cholesterol or blood pressure seems high. But now instead of reducing the symptoms with drugs, you could treat the *cause* of these conditions.

Numerous studies have concluded that low-grade thyroid imbalances can contribute to high cholesterol levels and high blood pressure. Correcting a thyroid problem can automatically reduce your levels. See page 47 of *The Thyroid Solution*.



Keep your heart healthy so you can stay active!

## The Heart-Thyroid Connection

Low-grade hypothyroidism can make you more likely to have cardiovascular disease or heart attack. For example, recent research discovered that people with low thyroid are much more likely to have peripheral vascular disease, a condition that narrows the blood vessels outside of your heart. The study showed that in older people, peripheral vascular disease was present in 78 percent of those with low-grade hypothyroidism, but only 17 percent of people with normal thyroid—a 450 percent increase!

In *The Thyroid Solution*, you'll discover:

- **How to REVERSE Your Risk for Heart Disease.**

Correcting a thyroid problem can do the trick. See page 47.

- **The Cholesterol Connection.** A medical study showed that LDL cholesterol, which is increased by hypothyroidism, can be lowered with fairly small doses of this form of thyroid hormone. See page 234.

## The 20-Cent Remedy for Heart Disease Risk

People with low thyroid often have high levels of homocysteine, a substance that puts them at greatly increased risk for heart attack. But this simple vitamin can easily normalize homocysteine levels. See page 39.



# u on a lifetime esterol drugs,

## THYROID SOLUTION SUCCESS STORY

### Three Years of Rapid Heartbeat Finally Resolved

Judy had been experiencing rapid heartbeats for about 3 years. Her hands were shaky, and she was nervous and impatient. Her doctor told her it might be nerves and prescribed an antianxiety drug.

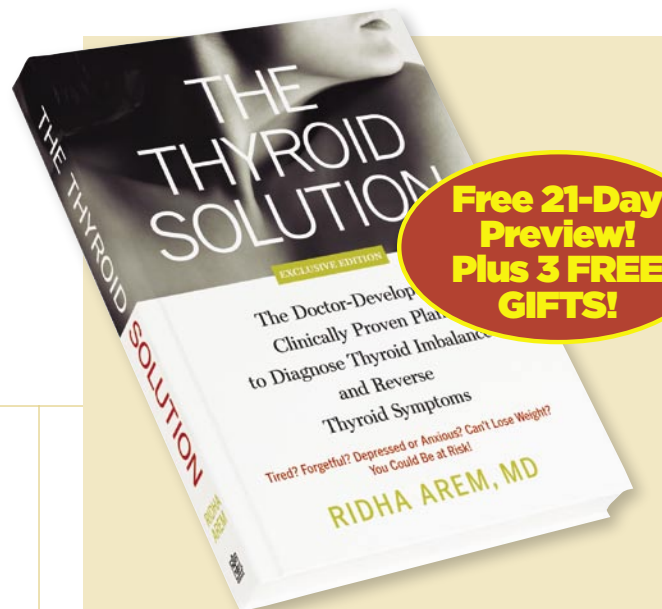
One time Judy got up at night and felt like she was going to fall over. She felt nauseous and out of control as her heart just kept beating faster. She went to the hospital emergency room several times. The doctors said it was tension and prescribed a beta-blocker to slow her heart down, but it wasn't enough. She kept waking up at night with heart palpitations.

Finally, Judy was diagnosed with a thyroid condition known as Graves' disease. The physicians previously had only focused on her heart. Once her overactive thyroid was treated, all her symptoms, including the anxiety and rapid heartbeat, were resolved. **See Judy's story on page 12.**

### BEWARE THE "GOITROGENS"— Foods That Hurt Your Thyroid Function



Broccoli, cabbage, cauliflower, kale, apricots, strawberries, peaches, and peanuts contain "goitrogens." These substances can impair the body's ability to make thyroid hormone. **Luckily, there's a simple way to enjoy these foods safely. See the full list and the secret on page 315.**



### Your hair may be changing not just because you're getting older

**Hair loss is one of the most common complaints among thyroid patients.** It occurs during both hypo- and hyperthyroidism. This symptom can



be very distressing and alarming for both men and women who may also be suffering from weight problems and low self-esteem due to a thyroid condition.

Gray hair before age 30 may also indicate increased risk for an autoimmune thyroid condition. See page 247.

#### **Reverse Hair Loss in Months**

Luckily, hair loss caused by a thyroid condition can be easily fixed with treatment. Most of the time, your hair will come back once your tests become normal. See page 248 of *The Thyroid Solution*.

# Mysterious illnesses often begin with a thyroid imbalance

“**I am exhausted. I just can't function the way I used to!**” Doctors hear these complaints from patients all the time. So they frequently misdiagnose thyroid patients with fibromyalgia, chronic fatigue syndrome, hypoglycemia, or a combination of these conditions. **The misdiagnosis then leads patients to endure years of unnecessary suffering and the side effects of incorrect treatments.**

## Mysterious, Overlapping Symptoms



*The Thyroid Solution* can help you get the right diagnosis

More than 80 percent of those who suffer from fibromyalgia are women. The thyroid system clearly plays a role in promoting its occurrence. Research shows that one in three patients with fibromyalgia has an autoimmune thyroid disease.

*The Thyroid Solution* will show you how to:

- **Get an Accurate Diagnosis.** To help determine which conditions may be affecting you, take the quick self-tests beginning on page 184.
- **Control Fibromyalgia Symptoms.** This technique significantly improves muscle strength and joint function in women with fibromyalgia. You'll also discover an activity that has a positive impact on the pain and helps tremendously with the emotional aspects of the condition. See page 179.
- **Relieve Pain and Depression.** A study by researchers at the Southern California University of Health Sciences showed this ancient technique is quite effective at improving pain and depression in fibromyalgia patients. See page 180 of *The Thyroid Solution*.

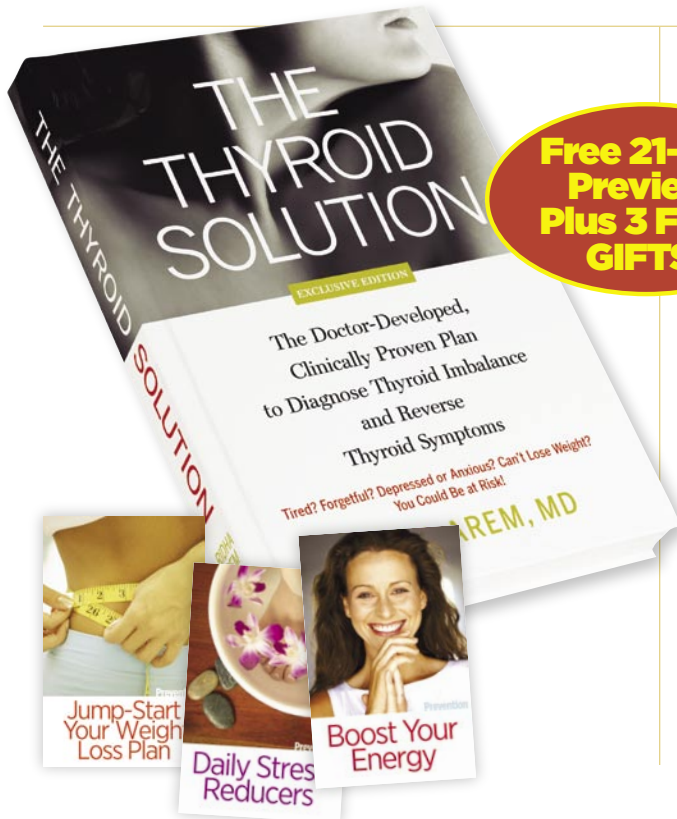
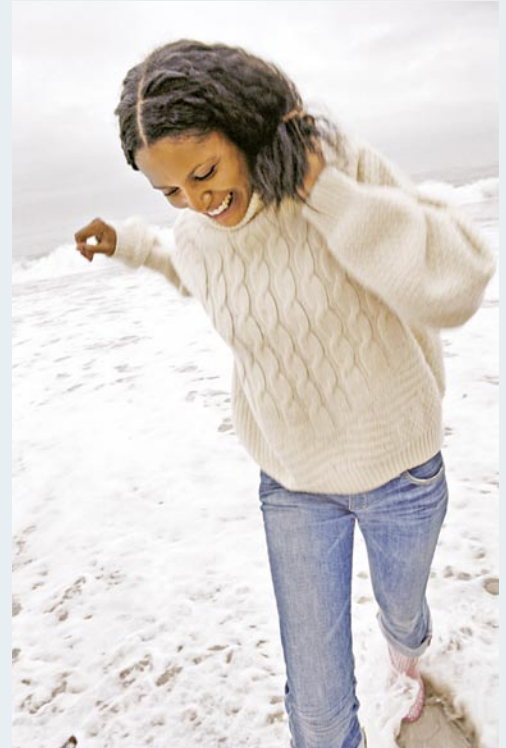
# THYROID SOLUTION SUCCESS STORY

## Four Years of Fibromyalgia RESOLVED in Weeks

Michelle suffered from fibromyalgia for more than 4 years. She was 37 when she started feeling tired and noticed hair loss and brittle nails. She gained weight and always felt sleepy. Gradually she began suffering pains in her shoulders, back, and arms.

Michelle had been receiving treatment for an underactive thyroid for 4 years, yet she continued to suffer symptoms. Then she went to see Dr. Arem, who prescribed his breakthrough thyroid treatment. Not only did the lingering symptoms disappear, but her fibromyalgia improved dramatically.

“Within a few weeks of starting on Dr. Arem’s treatment, I began to recognize a remarkable difference in the way I felt. I no longer wanted to sleep 24 hours a day. I could get up and function like a normal person. I no longer suffered from joint pain and body aches. That was exciting to me because I had felt so bad for so many years, I didn’t think I would ever feel good again.” **See Michelle’s story on page 310.**



## THYROID SOLUTION SUCCESS STORY

### Insomnia GONE, Energy RESTORED!

Melissa tried several antidepressants, but none of them cured her depression. As she tells it: “My mind had a dullness. I didn’t really experience life. Sometimes I couldn’t get out of bed. I went to counseling, but gradually I was not able to cope with anything.”

Finally, when she took the thyroid treatment described on page 106, her depression went away. “The thyroid pill was a miracle for me,” she said. “Now I’m like a new person. I started having energy. In the mornings I feel good when I get up. My self-esteem is back. I’m sleeping better. The anxiety went down and the mood swings are better.” See page 106.

# Before you rely on antidepressants, discover the brain-thyroid breakthrough

**S**cientists now consider thyroid hormone one of the major players in brain chemistry disorders. A minimal thyroid imbalance is enough to trigger a vicious cycle that ultimately leads to a major depression.

Evidence suggests that the thyroid hormone is also a brain chemical. It's critical for concentration, memory, attention, mood, and emotions. Thyroid hormone can be used as an antidepressant. It can provide blessed relief for people who have not fully responded to conventional antidepressant medications.

## Antidepressants Often Don't Work

Research has shown that antidepressants don't work for 40 percent of patients with depression, even when high doses are used. But half of those patients who fail to respond do improve when this type of thyroid hormone is added to their treatment. See page 106. That's why if you are suffering from depression, you should be tested for a thyroid imbalance. See page 89.



Women with low-grade hypothyroidism are more than TWICE as likely to suffer from depression.

## Tiny Imbalance, HUGE IMPACT

Even very minor deficits of thyroid hormone can have a big effect on how you feel. When hypothyroidism lingers untreated for years, minor depression can evolve into major depression. This can leave people with severe feelings of disconnection and even suicidal thoughts. See page 85.



In *The Thyroid Solution*, you'll discover:

- **The Single Biggest Myth About Depression**—Depression doesn't necessarily mean you are "sad." Could you be depressed and not realize it? Take the simple self-quiz on page 78.
- **The Link between Alcoholism and Thyroid Disorders.** The root of the problem may be a thyroid imbalance or a disturbance in the way thyroid hormone works in the brain. See page 115.
- **Help for Women with SAD**—80 percent of patients with seasonal affective disorder (SAD) are women. Research suggests that patients with SAD have low thyroid levels. This treatment is shown to be effective. See page 109.
- **The Best Mood Boosters**—The 13 top mood-stabilizing medications, including their trade names and potential side effects. See page 111.



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**THE THYROID SOLUTION**  
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The Doctor-Developed, Clinically Proven Plan to Diagnose Thyroid Imbalance and Reverse Thyroid Symptoms  
Tired? Forgetful? Depressed or Anxious? Can't Lose Weight? You Could Be at Risk!  
**RIDHA AREM, MD**

Just You Lose Weight  
Boost Your Energy  
Daily Stress Reducers

## THYROID SOLUTION SUCCESS STORY

# DEPRESSION SOLVED! Patient Finally Gets the Correct Diagnosis



Nina, a 39-year-old wife of a surgeon, found herself constantly tired. As she tells it: "I wanted to go to sleep at seven in the evening. I was always feeling down. I couldn't concentrate and I could not work. I had anxiety. Often, for no reason, when I was by myself, I would cry. I didn't care to do much, and I withdrew. I knew that weight problems are related to thyroid disorders, so I went to see an experienced endocrinologist. He said, 'Don't worry. This is nothing. I don't want to put you on medication.'"

A year later, because her symptoms had persisted, Nina went to see Dr. Areem. He diagnosed her with low-grade hypothyroidism and low-grade depression. She had "thyroid shadow syndrome" caused by a tiny deficit of thyroid hormone in her system.

Soon after treatment began, Nina showed dramatic improvement. Her tiredness, sadness, anger, and other symptoms went away. Her energy came back and her body started cooperating with her instead of being her enemy. **See how Nina made her amazing recovery on page 80.**

# No, it's not “all in your head”

## THYROID SOLUTION SUCCESS STORY

### PMS Gone!

Martha was a 32-year-old manager who had never had PMS until 2 years before her gynecologist diagnosed hypothyroidism. “I was happy most of the time. Then 2 years ago, I started getting tired and depressed and having headaches before my period. I became very emotional and couldn't get out of bed.

“For several months, my periods would last 2 weeks, so it was basically like the whole month on PMS. I would be irritable the whole time. When I was diagnosed with hypothyroidism and started thyroid treatment, my symptoms started decreasing. My headaches started decreasing and then my symptoms went away.”

Martha's case is not unique. Many women visit their doctors for PMS and turn out to have a thyroid disorder. **See Martha's story on page 198.**



**P**remenstrual syndrome is one of the least-understood syndromes in medicine. Doctors are often baffled.

Thyroid hormone directly affects the levels of sex hormones in the body. Thyroid hormone imbalance frequently causes either heavy or prolonged menstrual periods. Research shows that thyroid hormone relieves symptoms in women with PMS. These results suggest that thyroid imbalance plays a role in causing PMS. See page 198 for details on this exciting finding.

### How to Cure Your PMS

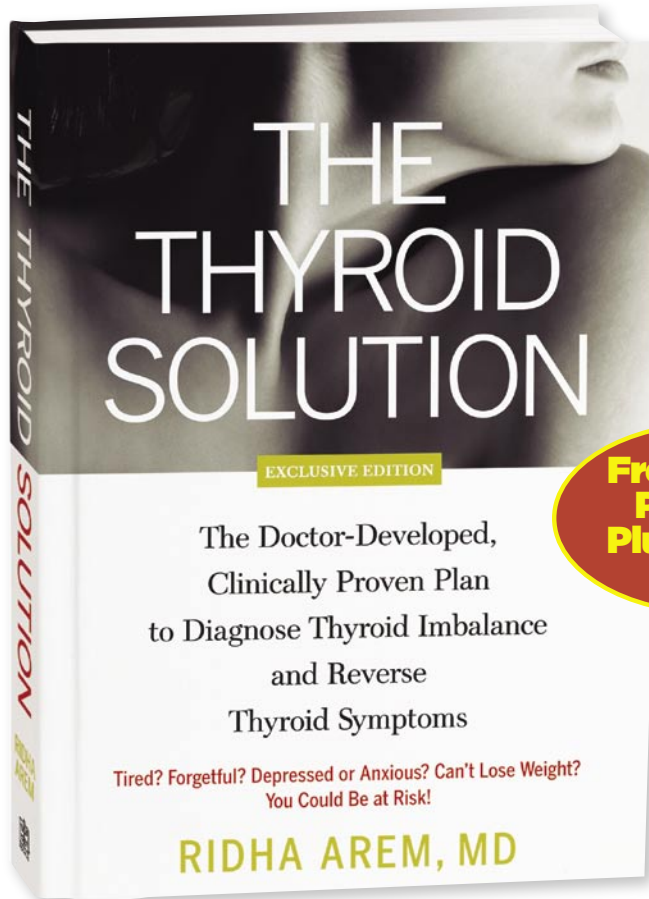
*The Thyroid Solution* will show you treatments that will help alleviate the mood-related symptoms, prevent the hormonal swings related to ovulation, reduce the bloating, and relieve headaches. See page 200.

• **Best Foods and Supplements for PMS Relief:** These foods boost the brain chemicals that will improve your moods and reduce hormone swings. See page 201.

• **Proven Help for PMS:** Research shows that these two therapies significantly improve PMS symptoms. In one study, 77.8 percent of patients improved compared with just 5.9 percent of women treated with a placebo. See page 201.



# ad.” It’s in your thyroid...



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Praise for  
*The Thyroid Solution*

“Quite simply the best thyroid book on the market.”

—Elizabeth V., MD

“The best thyroid resource I have ever read.”

—Kathleen D., PhD

## THYROID SOLUTION SUCCESS STORY

### Years of Infertility SOLVED in 2 Months

Maria, age 33, had gone through fertility protocols for almost 2 years. She was outraged when she learned that she’d had symptoms of hypothyroidism for some time, but that her gynecologist had not checked her thyroid at the outset of treatment.

She told Dr. Arem, “I had a hard time getting my weight off, and there were some other telltale thyroid signs

that my doctor, who was knowledgeable in this area, should have been able to see.”

After a long period of trying to conceive and nearly 2 years of infertility treatments, Maria became pregnant in just 2 months after beginning thyroid hormone treatment. See page 213.

**ALL 3-FREE!**

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# The amazing healing accurate diagnosis a

**A**s you've seen, thyroid disorders have a huge impact on your health. They can masquerade as other illnesses, leaving doctors baffled. Patients may suffer for years without realizing that a thyroid imbalance was causing their problems.

Yet once a thyroid condition is spotted and correctly treated, you can begin to resolve emotional and physical symptoms including depression. Patients can make miraculous recoveries with results in as little as 7 days.

The public and medical professionals have received

*The Thyroid Solution* gives you the information you need to understand your diagnosis and treatment options



conflicting information on how to diagnose thyroid disorders properly. You need the full picture to avoid the pitfalls that leave people either undiagnosed or subject to inappropriate treatments. *The Thyroid Solution* brings it all together for you. You'll discover:

- **How to Find the Right Doctor.** If you are receiving thyroid treatment from your primary care physician, make sure your doctor is able to handle these aspects of the condition. See page 252.

- **Could a Reading Problem Reveal a Thyroid Disorder?** The surprising link between dyslexia and thyroid imbalance. See page 247.

## Breakthrough Treatments Many Doctors Don't Yet Know

As you've seen in the case histories in this report, some patients still struggle with thyroid disorders even after diagnosis and treatment. That's often because the most commonly prescribed thyroid treatments don't work for many patients. And many doctors don't know the most effective treatments and the best ways to use them. That's why it's critical you read *The Thyroid Solution* and share this information with your doctor.

*The Thyroid Solution* will show you breakthrough new treatments such as:

- **Dr. Arem's Exciting New Thyroid Protocol-- Remarkable results!** See page 300.

- **Revolutionary Treatment for Graves' Disease.** This treatment is shown to be effective for 86.1 percent of



# g power of nd treatment

## The At-Home Test for Overactive Thyroid

The heart is extremely sensitive to changes in thyroid level. Here's how to use your pulse to look for hyperthyroidism. See page 240.

hyperthyroid patients. Results of a clinical study on page 267.

- **The “Graduated Dosage” Method.** Make sure your doctor knows this protocol to avoid the common pitfalls of thyroid treatment. See page 255.

- **Side Effects of Common Medications and How to Avoid Them.** See page 265.

- **How to Make the Right Decision on Treatment.** Special considerations for Graves' disease. See page 269.

## Simple Thyroid Health Secrets You Use at Home

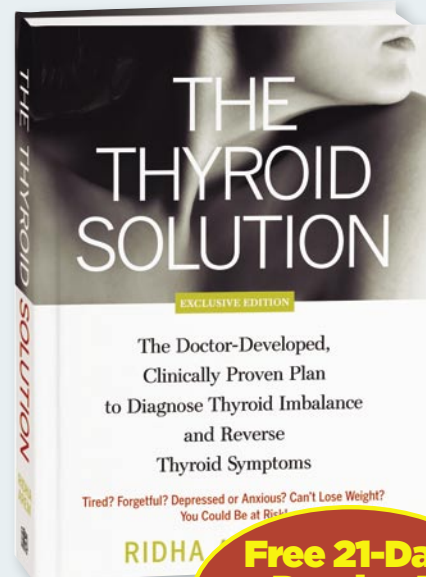
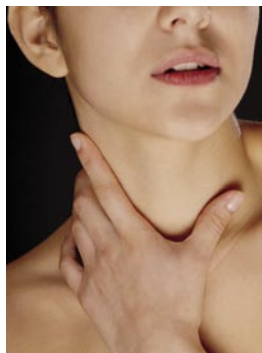
*The Thyroid Solution* makes it easy for you to take control of your thyroid condition and your treatment. You'll also discover simple everyday things you can do, such as:

- **The Thyroid Neck Check.** This easy self-examination can help you uncover low- and high-thyroid conditions. You can do it yourself just by examining your neck in front of a mirror. See complete instructions on page 240.

- **How to Get Good Thyroid Treatment in Managed Care Plans.** Some HMOs won't allow thyroid treatment by specialists. If you're in an HMO, be sure to see this advice to ensure you get the best treatment. See page 374.

- **Extensive Resources, Web Sites, and Support Groups.** All the information you need to support your full recovery. See page 417.

- **The Vitamin Deficiency Linked to Thyroid Disorders.** See page 19.



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## Set yourself FREE in as little as 7 days!

In as little as 1 week, effective thyroid treatment can begin to resolve emotional and physical symptoms you may have endured for years. This book has changed the lives of so many people. Now it's your turn.

*The Thyroid Solution* is the key that can help you do all this:

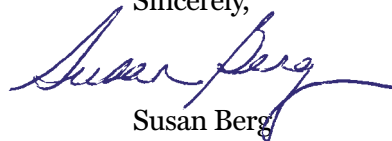
- Lose weight without cutting calories
- Break free from fatigue
- Conquer depression
- Reduce stress
- Sleep better
- Cure PMS
- Relieve menopausal symptoms
- Slow the aging process
- Solve fibromyalgia and chronic fatigue
- Reverse hair loss
- Enjoy younger-looking skin
- Lower your cholesterol and blood pressure
- End infertility
- And much more...

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You can put *The Thyroid Solution* to work for you for a full 3 weeks. If you're not amazed and delighted, simply return it. You'll owe nothing and have our sincere thanks for giving this remarkable new book a test drive. So...if you're ready to lose weight, break free from fatigue, solve depression, and conquer the many other health problems discussed in this report...

Then by all means, mail the enclosed FREE-PREVIEW CARD and see *The Thyroid Solution* for yourself. Just drop the enclosed card in the nearest mailbox today!

Sincerely,



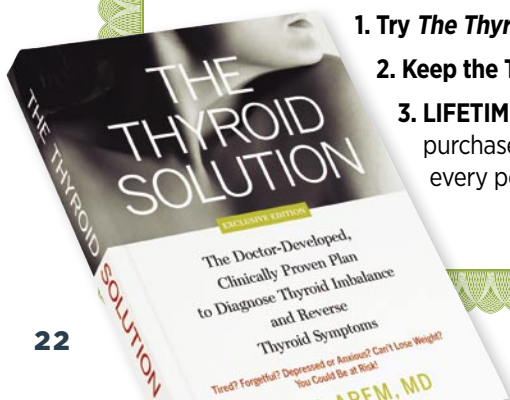
Susan Berg  
Editor

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## Make Tension and Anxiety Melt Away

Your metabolism is the key to permanent weight loss. These tips will show you how to turn up your metabolism to both lose weight and boost your energy.

- **Beat the Roadblocks.** Don't feel like exercising? Like to indulge your sweet tooth instead? Here's the place to turn to stay on track.
- **The Metabolism Makeover.** These practical tips will keep you going strong all day.
- **30-Second Exercise Tips.** These brief bursts of activity help burn fat and build muscle.
- **5 Great Strength-Building Moves.** These simple, do-anywhere exercise tips can help you build muscle and burn fat.
- **Outsmart Your Cravings.** Forget willpower. Use these practical solutions to keep your appetite satisfied.



## More "OOMPH" to Sail through Your Day

Stress can damage hormones, nerves, and the immune system. So try these simple tips to relax, unwind, and get healthy. You'll discover how to:

- **Find Inner Peace.** Survive and thrive no matter what comes your way.
- **Calm Your Mind like a Zen Master.** These de-stressors will bring you to a new level of calm.
- **Take Mini-Vacations.** These tips will help you unwind in just 5 minutes.
- **Relieve Tension in Your Neck and Head.** A "cool" way to de-stress.
- **Organize Your Appointments.** This new Web-based calendar will keep your entire family's appointments on schedule.
- **Become "Mindful."** This technique is incredibly relaxing and heals the effects of stress on the body.



## Secrets for Automatic Weight Loss

Energy is the spark of life—the "juice" that makes you want to enjoy life and do everything you can for those you love. These practical tips will help you:

- **Eat for Energy.** Here are some delicious dishes that will nourish your body to optimum vitality.
- **Discover the Secret of Qigong.** This technique of "energy work" is a form of active meditation that reduces stress and helps you stay focused.
- **Build Strength and Stamina with Tai Chi.** Used for thousands of years to strengthen the body, tai chi also eases the mind.
- **Boost Your Oxygen Levels.** This technique boosts fatigue-fighting oxygen to your cells.
- **Raise Your Endorphins.** Just do this to release mood-boosting endorphins.

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## **INSIDE:**

# Discover the secret of these amazing health turnarounds

- **Excess Weight VANISHES without Cutting Calories.** See page 7.
- **Panic Attacks and Rapid Heartbeat CURED.** See page 11.
- **High Cholesterol REVERSED!** See page 12.
- **Hair Loss REVERSED.** See page 13.
- **Crippling Anxiety HALTED.** See page 13.
- **Chronic Fatigue CONQUERED.** See page 14.
- **Long-Term Depression DEFEATED.** See page 17.
- **Infertility SOLVED.** See page 19.

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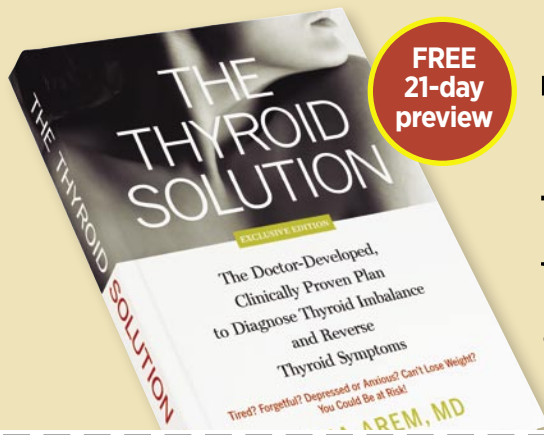
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## Prevention

# Could you have a thyroid imbalance even if your tests are normal?

Dear Friend and Valued Customer,

For millions of Americans, the answer is yes.

At least 24 million Americans have a low-grade underactive thyroid. And many of them don't know it—even if they've had their thyroids tested. That's because they have borderline conditions or haven't received the proper thyroid tests. New research shows that undiagnosed low-thyroid conditions are...

### THE HIDDEN CAUSE of a wide range of chronic health problems

If you're enduring long-term conditions such as weight gain... fatigue... joint and muscle pain... PMS... depression... hair and skin problems... high cholesterol... menopause symptoms... and many others... the cause may be a thyroid imbalance.

But there's GREAT NEWS! You can SOLVE many long-term health problems simply by correcting thyroid imbalances. So says Ridha Areem, MD, one of the world's most-renowned experts in thyroid conditions. Dr. Areem has put all the details of his breakthrough thyroid treatments in the new edition of his landmark book, *The Thyroid Solution*.

If you've lived for years with a nagging health problem, a real answer could be just days away. *The Thyroid Solution* shows you how to tell if thyroid imbalance may be the real cause of your symptoms. And if thyroid is your problem, *The Thyroid Solution* shows you how to get the best diagnosis and treatment. It's packed with real-life case histories of amazing healing.

As a *Prevention* customer, you can preview this exclusive, new edition of *The Thyroid Solution* for 21 days FREE!

That's how sure we are you'll love what *The Thyroid Solution* will do for you and all your loved ones. So please take a moment to read through this special report. Then simply detach the Free-Preview & Free-Gifts Card located between pages 22 and 23 and drop it in the nearest mailbox today.

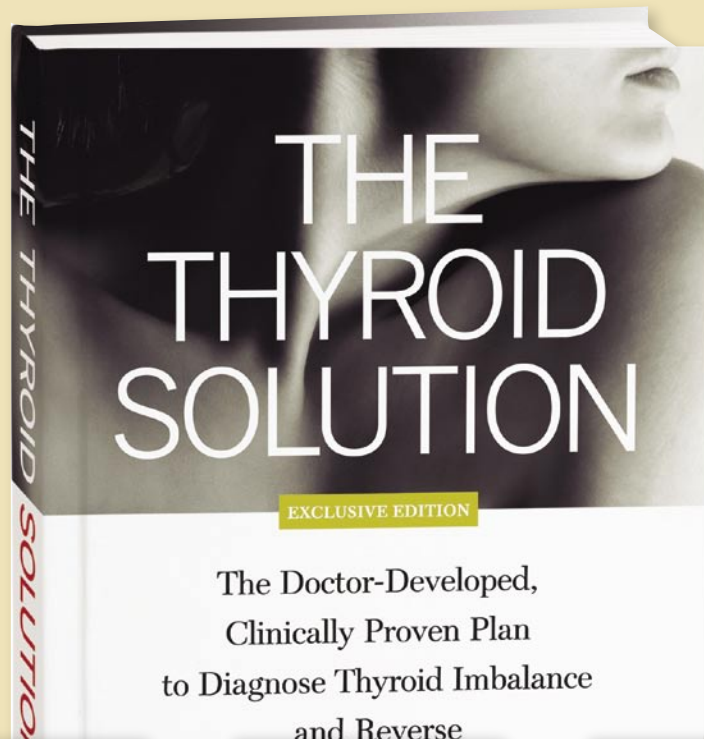
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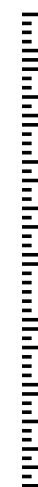
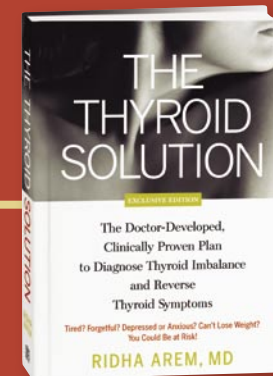
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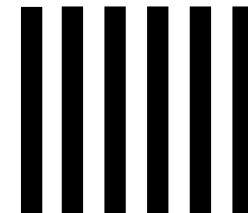
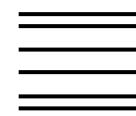
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