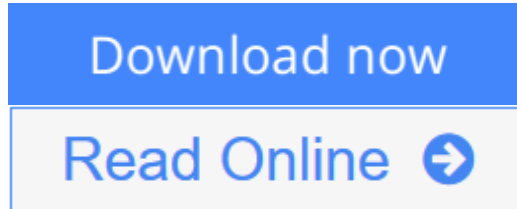


Feeling Fat, Fuzzy, or Frazzled?: A 3-Step Program to: Restore Thyroid, Adrenal, and Reproductive Balance, Beat Hormone Havoc, and Feel Better Fast!

By Richard Shames, Karilee Shames



Feeling Fat, Fuzzy, or Frazzled?: A 3-Step Program to: Restore Thyroid, Adrenal, and Reproductive Balance, Beat Hormone Havoc, and Feel Better Fast! By Richard Shames, Karilee Shames

For the 33 million Americans who feel sluggish, spacey, and stressed out daily, **Feeling Fat, Fuzzy, or Frazzled?** is the first book to address the delicate balance among the thyroid, adrenal, and reproductive glands—which can make the day-to-day difference between feeling awful and feeling good. Long-term, if left untreated, this imbalance can cause heart disease, diabetes, arthritis, infertility, and severe menopause.

Authored by an expert physician/nurse team, the book offers readers: an innovative program to identify their particular hormone-related metabolic disorder; a “5-day jumpstart program” to help alleviate weight gain, low energy, or frayed nerves fast; and a long-term plan to achieve optimal health.

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Editorial Review

From Publishers Weekly

Readers whose chronic health conditions are due to, or worsened by, glandular imbalances may find this informative guide to pinpointing and healing hormone-related illness helpful in improving their functioning. Physician Richard Shames is a founding member of the American Holistic Medical Association, while his wife, Karilee Shames, is certified in psychiatric and holistic nursing. Their holistic view makes clear how hormonal imbalance in any one glandular system disturbs every other system. According to the Shameses, patients and their health-care providers must address each system, first targeting the areas of major disturbance, then looking at the other systems to correct secondary problems. They provide a framework that includes three different patient "Endo-Types" (the "feeling fat" thyroid-driven type; "fuzzy-thinking" sex-gland-driven type; and "fried and frazzled" adrenal-driven type) and questionnaires for readers to understand the cause of problems like unexplained weight gain, exhaustion, lack of mental focus and clarity, irritability and impatience. A three-step program then teaches readers how to address and correct glandular imbalances. Although many readers might be drawn to the book for the authors' promise of greater vitality, they may be more gratified to learn that, by restoring hormonal and glandular balance, they may be mitigating many serious health conditions, too.

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Review

"A must-read for anyone with a thyroid or other hormone problem."—**Christiane Northrup, MD, bestselling author of *Women's Bodies, Women's Wisdom***

"A clear, comprehensive, and integrated road map to restore and rebalance our hormones."—**Mary J. Shomon, author of *The Thyroid Diet* and *Living Well with Hypothyroidism***

From the Back Cover

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Matthew Gregg:

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