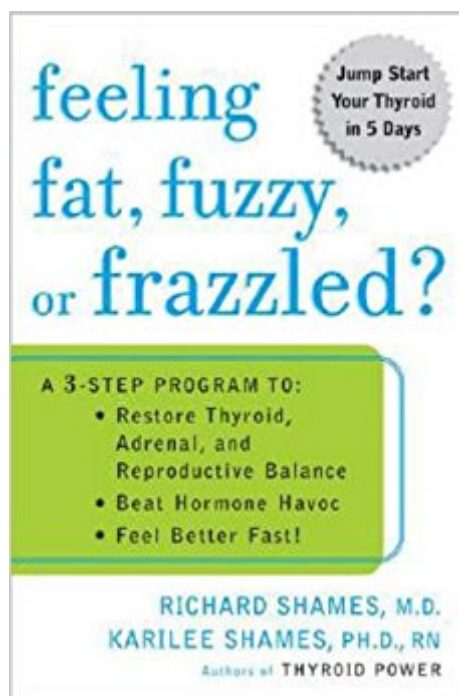




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# Feeling Fat, Fuzzy, Or Frazzled?: A 3-Step Program To: Restore Thyroid, Adrenal, And Reproductive Balance, Beat Ho Rmone Havoc, And Feel Better Fast!



## Synopsis

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.

## Book Information

Paperback: 336 pages

Publisher: Plume; Reprint edition (June 27, 2006)

Language: English

ISBN-10: 0452285569

ISBN-13: 978-0452285569

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 126 customer reviews

Best Sellers Rank: #459,941 in Books (See Top 100 in Books) #111 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions](#) #450 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #1282 in [Books > Self-Help > Stress Management](#)

## Customer Reviews

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. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“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*

TOO DEEP AND HARD TO READ FOR ME..

This book explains a lot of the questions you might have with this thyroid health issue.

I'm a mid 40s over-achiever who has had a hard life from childhood on. Holding my own and doing well after my graduation from the school hard knocks I found myself in a stressful relationship with my dreams disappearing but I was still plugging along because I had a promising career. I decided to make some changes to take back control in one aspect of my life and it seemed like someone was on the other end playing spin the bottle and poof, I was a complete and total stress-ball who could not function. I could barely get myself to work, wasn't sleeping and the doctors had me on sleeping pills at night, ADHD and anti-anxiety medications during the day, I could no longer tolerate breads, milk, aspartame, and other foods so I was on a strict healthy diet but the weight kept coming. It seems like I was sick with something every other week. I had my adrenals tested with saliva test through an alternative doctor at least a year before & they were flat lined and I brought the results to my doctor and then an endocrinologist and got laughed out of the office. Blood work was always on low end but still within that HUGE - NORMAL - range. I was getting by day by day reading, talking to my doctor trying to reduce my stress and in some ways I was getting better, some ways getting worse so I remembered that adrenal test and I stopped by my local health foods

store and I found a supplement and tried it and it worked. I went from barely having energy to get dressed to having energy to fold laundry. Hungry for more, I started looking for more information and then I found this book. It arrived in my mailbox and by the next day I had read it almost through. I was at the reference section. I love this book ... I bought more copies and gave them away to doctors and friends. It is the best baseline book for understanding what the heck has been going on for so long. It's layout could be a little more friendly for the frustrated but I believe it does point you where you need to go adequately. It talks in layman's terms and certainly empowers you to take back your life. I am reading Adrenal Fatigue now but I FFF has better resources and insight for each type so that you can focus on what you need to get better. This book is changing my life and helping me to take it back so that I can live once again.

Arrived quickly and the product worked as advertised.

The book has some good information but it is very repetitious and could have been condensed down to 1/3 the length, which I guess would make it more like an essay than a book.

I suffer from hypothyroid and recently my medication stopped working. I bought this book for a better understanding of my body's needs. I found it easy to understand and filled with useful and practical recommendations, all easy to find via or a local health food store.

This book identified so many of the problems I've been having. And had strategies to feel better. I can feel some improvements after only 2 weeks. Quick read but it could be a life changer.

A good read with good info, but somewhat out-dated. If you can only buy a few books on the thyroid, this isn't my first choice. However, it is a good addition for those of us with a "thyroid-adrenal-and everything related" library!

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Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Fuzzy Fuzzy Fuzzy! (Boynton Board Books) Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series) Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! Adrenal Fatigue: Cure it Naturally - A Fresh Approach to Reset Your Metabolism, Regain Energy & Balance Hormones through Diet, Lifestyle & Nutrition (Plus Bonus Adrenal Diet Recipes) Red Havoc Bad Bear (Red Havoc Panthers Book 5) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Fuzzy Sets and Fuzzy Logic: Theory and Applications Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Thyroid Diet : Thyroid Solution Diet & Natural Treatment Book For Thyroid Problems & Hypothyroidism Revealed!

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