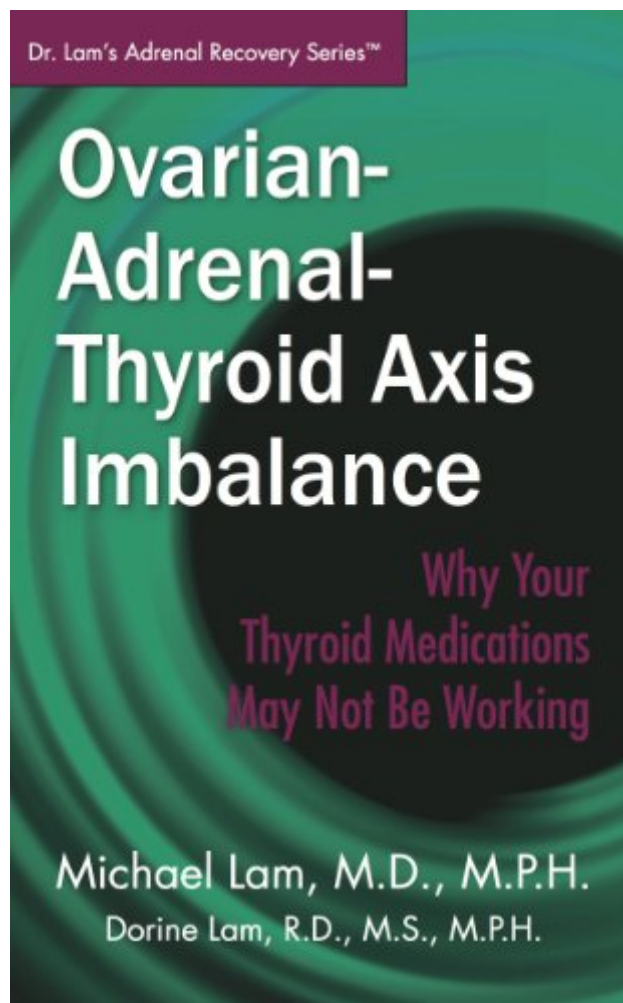




Ebook Directory
the best source of ebook

The book was found

Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series)



Synopsis

Part of Dr. Lam's Adrenal recovery series of books, min-books, singles, dvd, and cd, THIS SINGLE CHAPTER IS AN EXCERPT OF THE LANDMARK 504 PAGE 7 X 10 INCH REFERENCE TEXTBOOK: "ADRENAL FATIGUE SYNDROME: RECLAIM YOUR ENERGY AND VITALITY WITH CLINICALLY PROVEN NATURAL PROGRAMS" BY SAME THE AUTHORS The body's hormonal organs are closely tied together through various axes. Though lesser known than the HPA (hypothalamic-pituitary-adrenal) axis, the ovarian-adrenal-thyroid (OAT) hormonal axis is extremely important. When the OAT axis is disrupted, there is an imbalance of hormones that leads to symptoms of estrogen dominance, low energy, and hypothyroidism. Each component of the OAT axis affects the others. Imbalance of one will worsen the other and vice versa. Dr. Lam explains the clinical significance of Ovarian-Adrenal-Thyroid Axis Imbalance in this publication.

Book Information

File Size: 572 KB

Print Length: 33 pages

Publisher: Adrenal Institute (July 29, 2012)

Publication Date: July 29, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008QQF9MY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #373,114 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #129

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #484

in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #860

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Alternative Therapies

Customer Reviews

Thank you so much for writing this book! I have been to 5 different specialists and MAYO said they

couldn't do anything for me either. My adrenal gland is producing excess cortisol and low ATCH(I don't have Cushing Syndrome), I also have PCOS and have been on anti depressants since 2009. I live a stressful life. I have an autistic son and a husband that travels. We have no family support. So every doctor blames my stress for my symptoms and say "reduce your stress" ! As if I can wave a magic wand and do that. Just 2 weeks ago my general practitioner asked me to just try something for him, for one week. A restrictive diet. FODMAP. I'm willing to try anything! After week 1 I was feeling a ton better! I couldn't believe it! I just had a blood draw yesterday to 're check my cortisol and my TSH. Btw, I scored 14 on the test in this book. So, I feel like I now have hope and am going to try to find the right doctor to help me. This book has taught me so much. I'm 40 years old and am way to young to be living this way for a year. EVERY WOMAN SHOULD BUY THIS BOOK and at least educate yourself on this topic...PERIOD! So, just in case you have any of these symptoms now or In the future, you don't have to lose a year of your life to something treatable!!

Thanks dr. Lam for your books and sharing your knowledge! In the past I've bought some of your books about AFS. This week I've learned that my TSH is way is to high. Yesterday I remembered your books about AFS and bought also this one. Your're books are a must read for every woman!

Easy read. I'm not a medical practitioner... It's very interesting to read about the oat axis too. Definitely recommend to everyone interested in gaining knowledge about thyroid and adrenal problems

Book gives me a clear picture of why I am unable to lose the weight. This book is specifically written for the ovarian body type who wants to lose weight and manage PMS better

not written in layman's term, too complicated for the average reader looking for direct answers and solutions without all the medical jargon

If you have adrenal issues, this book will answer questons for you that you may not be aware of. Recommend it.

Awful. Kept repeating itself.

Very helpful

[Download to continue reading...](#)

Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series) Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Adrenal Fatigue: Overcome Adrenal Fatigue 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,) What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic ... Doctor May Not Tell You About...(Paperback)) Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Ovarian Cysts and PCOS Miracle: How to Cure Ovarian Cysts and PCOS Naturally! 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) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) Clinical experience of Irritable Bowel Syndrome: Brain-gut axis versus gut-brain axis What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Glaucoma: The Essential Treatments and Advances That Could Save Your Sight (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Prostate Cancer: The Breakthrough Information and Treatments That Can Help Save Your Life (What Your Doctor May Not Tell You About...) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) What Your Doctor May Not Tell You About(TM) Colorectal Cancer: New Tests, New Treatments, New Hope (What Your Doctor May Not Tell You

About...(Paperback)) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)