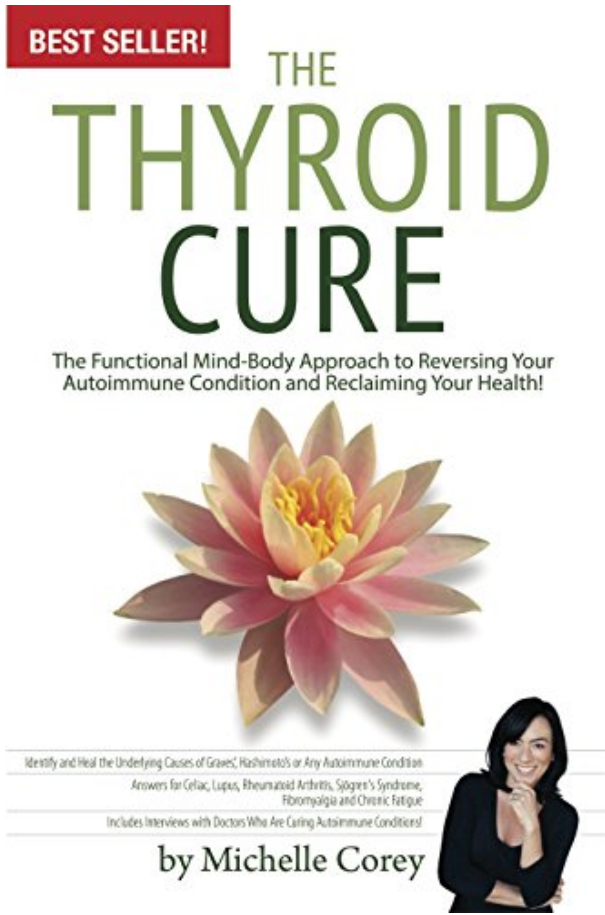


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Includes Interviews with Doctors Who Are Curing Autoimmune Conditions!

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Review

Autoimmunity can be reversed when the underlying burdens of allergens, microbes, toxins and stress are removed, allowing the body's natural healing capacity to prevail. Michelle Corey's comprehensive new book, **The Thyroid Cure**, is essential reading for anyone with any kind of autoimmune condition who wishes to reverse the autoimmune process and feel better fast!

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I recommend highly.

Susan S. Blum, MD, MPH

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Autoimmune conditions can be resolved by removing the root causes. In "The Thyroid Cure," Michelle Corey outlines just how to uncover and remove the factors that incite the immune system to attack our own tissues. Everyone suffering with an autoimmune condition could do themselves no greater service than reading this book, taking its wisdom to heart and putting its recommendations into action.

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Founder of the Academy of Functional Medicine and Genomics

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In my research into the many factors underlying the autoimmune process, I was genuinely surprised at the vast amount of existing information. My intuition about why we're getting sick is substantiated by thousands of scholarly articles. When you begin to review the science, it becomes clear that the many faces of stress: emotional, gastrointestinal, toxic, infectious, and so on, ALL tax our health and immune system in measurable ways. I realized that science knows all these stresses are bad for us, but they're hesitant to point to these factors as causal because they don't cause autoimmunity in everyone.

When I stopped doing everything that was bad for me and starting doing things that were good for me, I got better.

When I started writing this book, there were very few people writing about the connection between leaky gut, gluten, toxins and infections; and autoimmunity. Today, there are several. In fact, hundreds, if not thousands of their readers are taking the message to heart and reversing, not only autoimmune conditions, but other chronic illness as well.

You don't have to "believe" in this book for it to work. If you optimize your nutrition, reduce stress, sleep, heal your gut, improve your detoxification and clear infections, **YOU WILL GET BETTER!** This is not philosophy - this is biology!

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The Thyroid Cure is action-oriented. You take control of your healing process. You will discover what you can do on your own to restore your and health, and how to find and work with a practitioner if necessary.

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In The Thyroid Cure, Michelle Corey outlines the exact steps that anyone can take to reverse ANY kind of chronic, inflammatory autoimmune condition. You will learn how to become empowered in health, navigate the broken medical system and get the right care, so that you can uncover the roots of your illness and heal for good. You will discover what you can do on your own to restore your and health, and how to find and work with a practitioner if necessary.

The book comes with online companions such as: A letter to your doctor explaining the rationale; a test request so you can have a baseline for where you stand at the beginning of the program; mind-body assessments so that you and your doctor can get closer to identifying the roots of your condition; a 14-day detox program to kick start your recovery and help you become aware of any foods that might be triggering your condition.

Chronic inflammatory conditions such as autoimmunity can be successfully and quantifiably reversed when the underlying splinters are uncovered and removed, and the core systems of the body are restored to balance.

The Thyroid Cure is based on cutting-edge science and combines ancient healing principals with the current advances in functional and integrative medicine

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Most helpful customer reviews

27 of 28 people found the following review helpful.

A MUST read for anyone that has thyroid or auto-immune issues!

By Howard Jamison

This is a wonderful story on how Michelle Corey healed herself and she does a fantastic job of laying out all the areas of how anyone can 'heal' their own body from the inside out!

Doctors could even learn from this well written book that outlines how to get to the 'root cause' of what is causing thyroid or auto-immune disorders.

Major sections:

1- Awareness - The Autoimmune Condition.

This section includes: different medical approaches, immune system basics, autoimmune thyroid conditions, and the affects of stress on your health.

2- Transformation - The Thyroid Cure Repair Program.

This section includes: important thyroid tests, detoxing, nutrition, healing your gut and more.

3- The Mind-Body Connection.

This section includes connecting emotions and your health.

4- Interviews with Doctors Who are Curing Autoimmune Conditions

Includes interviews with 3 doctors as well as extensive resources.

This is definitely one of the best 'resource' health books to hit the market!

35 of 38 people found the following review helpful.

Very extensive book about how to help the body heal from Thyroid Disease--It has helped me on my journey for a healthier thyroid

By Daisy S

This book has much information in it about Thyroid Disease. Since I have had problems with a low thyroid for years and taken Synthroid, I was wanting to learn what caused this to happen to me, what I could do holistically and more. So after I read this book, I am amazed that this book is so helpful explaining the causes of Thyroid Disease, traditional treatment for it, alternative treatment (this is the best info I have found).

***The best thing in this book I found is the info on the holistic approach. Ms. Corey explains that severe stress can cause one to eat too much sugar, too many carbs, and so many other bad for you additions. In my case, when my low thyroid came about, I pinpointed to one month before stress (loss of loved one). Then I overate sweets and carbs. Two months later I found out that my thyroid was very low. This book inspired me to eat healthy and I am now taking IODINE (Kelp tablets) twice a day and they are helping. This book I am keeping as a reference so I will continue my journey to heal my thyroid naturally.

This book was provided to me for a fair and honest review. I am happy to report this it is the BEST and more helpful book about the thyroid that I have read so far!

Highly recommend this book.

46 of 55 people found the following review helpful.

Not a cure, but maybe some useful information if you sort it carefully

By Ian J. Miller

This book is nominally for people (mainly women) the thyroid problems, however, it expands across to just about any autoimmune disease, and then to problems with the environment. It starts with Michelle's health history, then moves along to diagnosis and advocated cures. There are various statements on the science behind the diseases, and the advocated cures tend to be along the lines: go to your health professional, preferably one belonging to "functional medicine", get tests, preferably from nominated labs, then change your diet first to "detoxify" and then eliminate nasties. There are a number of anecdotal stories, then interviews with some designated health professionals in the "functional medicine" area. Consider detox. Michelle had a history where she maintains she had mercury poisoning. This may well have been the case, as she had worked in a dental practice making amalgams. Hardly anyone else has this history, but she infers

that amalgam in your teeth will give the same effect. This is not the case. Once the amalgam "sets", we have an alloy in which the mercury is chemically bonded. Further, if you eat anything with S-H bonds, you get a coating on the amalgam that prevents mercury escaping. So, we have a problem: Michelle makes statements that seem "scientific", but are merely assertions without data, and in my opinion, many are false.

Some of the statements I found hard to believe, such as she led an active life and only ate 1500 calories a day, and got fat. Fat is stored surplus energy, and I simply don't believe this. In the scientific statements, there are some clear errors. Michelle correctly points out the role of oxidation of iodide in the thyroxine loop, but then warns against the other halogens. Sorry, but fluorine, chlorine and bromine have higher oxidation potentials so there is no problem. Worse, your sodium/potassium system would go haywire with no chloride, and the amount of fluoride in a system is negligible in the presence of calcium. Worse, later she talks of methylation being a key part of metabolism, and lists a number of important methylating agents. They are not, although what she lists are necessary for the body to function. Actually, methylating agents are highly carcinogenic because they methylate DNA. My problem now is when I see a number of statements I know are wrong, what about the rest where I have no idea? My next problem lies in the area of diagnosis. Michelle lists a huge number of symptoms, and anyone who has had any stress in their life is going to find some there. My problem is, while these symptoms may be present when there is an autoimmune problem, they may also arise from relatively harmless problems. Michelle correctly says, "See a doctor", but then goes on to say, keep seeing different ones until you find one sympathetic to your problems. For me, this encourages hypochondriacs to waste an awful lot of money, particularly since the recommended professionals are apparently not supported by insurance companies.

Buried in all this there is a lot of good advice, but the list of what you should avoid is so encyclopedic I believe that following it will lead most people on an unnecessarily stark life. Some may thrive on this, but others will not. Most of the "badness" is by assertion. To summarize, I feel that some will feel enabled and thrive on this advice, but I am far from convinced that all will, or that the rigorous following of this advice will improve your health.

Declaration of Interest: My wife had a deficient thyroid, and the problem was treated successfully with levothyroxine. My wife also found a book like this about cancer, and followed what I believe was an unnecessary "healthy diet". She has since died of cancer. Equally, conventional medicine had no answer to this cancer.

See all 84 customer reviews...

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