

# Download The Menopause Thyroid Solution

The symptoms of thyroid disease and menopause can be similar. We know that menopause is not an illness but it can feel that way if your thyroid is low or borderline. Read an Excerpt. Could you have an overactive or underactive thyroid and not even know it? Millions of Americans--and a high percentage of women in menopause and ... Adrenal fatigue is characterized by relentless, debilitating fatigue. The adrenal glands are your body's primary "shock absorbers." These two little thumb-sized ... Looking for books about menopause? Check out our collection of book reviews to find the perfect resource. The North American Menopause Society (NAMS) provides ...