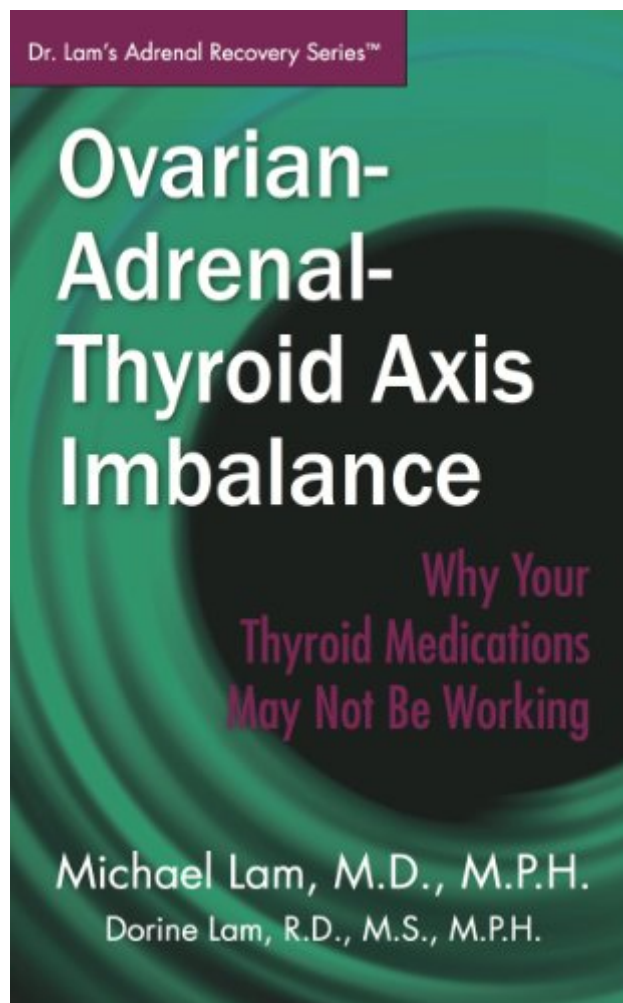




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Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series)



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.

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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

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