

Barnaby Kalan**From:** Women's Health [WHNews@rodalenews.com]**Sent:** Monday, October 25, 2010 7:45 PM**To:** BARNABYKALAN@ROGERS.COM**Subject:** Teach your thyroid to burn more fat!

Prevention

The HIDDEN REASON
why YOU can't
LOSE WEIGHT...

FREE 21-DAY PREVIEW!

Find out what you can do! Absolutely FREE!

Dear Friend,

You've probably heard the advice to "eat less and exercise". And you may have tried many different diets at one time or another.

But sometimes no matter how hard you try to lose weight, it still doesn't work.
Why?

Because you may be suffering from a hidden and underlying cause of weight gain ... fatigue ... stress ... mood swings ... and many other health problems. *What is it?*

It's low thyroid. You see, your thyroid is the "switch" that controls your metabolism. It regulates how fast you burn food for energy. So if you have too little thyroid hormone, your metabolism can slow to a crawl.

And no matter how many diets you try ... no matter how many hours you spend at the gym ... you still won't be able to shed the extra pounds and feel energized. Not only that ...

- Your body will store more calories as fat
- Your mood can be so bad that you have more intense cravings for food
- You may feel so tired that you're unwilling or unable to exercise

Why your thyroid could be the HIDDEN CAUSE OF YOUR HEALTH PROBLEMS

Low thyroid is often called *The Great*

Hot Flashes, Fatigue, Depression — Vanish

Nora, a 49-year-old woman, told Dr. Arem about the mix of symptoms she'd experienced when she became menopausal a year earlier. "I had hot flashes of increasing intensity. I would want to cry when I felt them coming on, because I knew that for the next 20 minutes or so, I wouldn't be able to think of anything but cooling off. I was lethargic and taking 3-hour naps, sometimes two times a day."

It was only after Dr. Arem diagnosed and treated her thyroid gland problem that she felt normal again. See Nora's story on page 203. [CLICK HERE](#)

Masquerader because it disguises itself as a whole range of other symptoms and conditions.

If you suffer from weight gain ... fatigue ... joint and muscle pain ... PMS ... depression ... hair and skin problems ... high cholesterol ... menopause symptoms ... and many other "mystery" ailments, low thyroid may be to blame.

In fact, you could have low thyroid levels and not even know it. Even if your tests come back normal. The majority of people who suffer from low thyroid have "normal" T3 and T4 tests!

That's why getting a proper diagnosis for low thyroid can be so tricky. Many doctors are mystified and end up prescribing the wrong treatments. Until you find the right guidance and right doctor, you could suffer for years.

But now there's good news ...

A BREAKTHROUGH APPROACH from a Pioneering Medical Doctor

You may be able to solve many of these long-term health problems by finally getting an accurate diagnosis and correcting even a mild thyroid imbalance.

Ridha Arem, MD, one of the world's leading experts on thyroid conditions, has proof. Dr. Arem has put all the details of his breakthrough approach in a new edition of his book, ***The Thyroid Solution***.

The Thyroid Solution gives you the critical information you need to resolve the many health conditions that thyroid problems can cause. It's a practical guide with the latest research. But it's also an easy-to-use guide written for people like you and me. ***The Thyroid Solution*** shows you

...

- How to tell if a thyroid imbalance is causing your weight gain or other health problems
- The best tests for a more accurate diagnosis
- How to find the right doctor to treat your thyroid issues
- The right questions to ask your doctor

The Thyroid Solution is the key to helping YOU ...

- ✓ LOSE WEIGHT WITHOUT DIETING
- ✓ BREAK FREE FROM FATIGUE
- ✓ CONQUER DEPRESSION
- ✓ REDUCE STRESS
- ✓ SLEEP BETTER
- ✓ CURE PMS
- ✓ RELIEVE MENOPAUSAL SYMPTOMS
- ✓ SLOW THE AGING PROCESS
- ✓ SOLVE FIBROMYALGIA AND CHRONIC FATIGUE
- ✓ STOP HAIR LOSS
- ✓ ENJOY YOUNG-LOOKING SKIN
- ✓ LOWER YOUR CHOLESTEROL AND BLOOD PRESSURE
- ✓ AND MUCH MORE

Feel the difference in as little as 7 days!

[click here](#)

- **Why fixing your thyroid can trigger effortless weight loss!**
- **How to get natural relief from hot flashes, night sweats, and other menopause symptoms**
- **Ways to put an end to chronic stress and panic attacks, without drugs**
- **And much, much more**

It's packed with real-life examples that can help you understand and cure your thyroid imbalance once and for all. And what's more, you can ...

Put ***The Thyroid Solution*** to the test for 3 whole weeks. If you're not surprised and delighted, simply return it. You'll owe nothing. And you get to keep your **3 Free Gifts!** That's how sure we are that you'll love what ***The Thyroid Solution*** will do for you or a loved one. So please [click here](#) for full details and reserve your **21-Day Free Preview**.

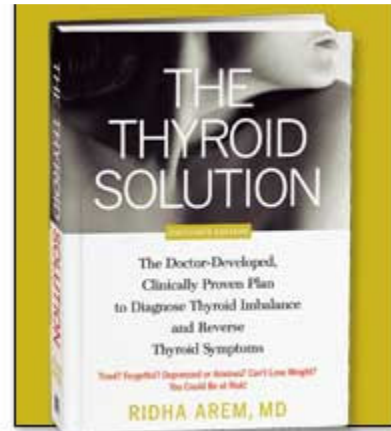
This book has changed the lives of so many people. Now it's your turn. If you're ready to lose weight, break free from fatigue, solve depression, and conquer many other health problems, then [click here](#) now!

Sincerely,

Kelly Jennings

Kelly Jennings
Editor
Prevention

P.S. There's no cost to preview ***The Thyroid Solution***. So why not look it over and see if it helps? **Plus you'll get 3 FREE GIFTS** just for looking! [Click here now](#).



Preview the book for 21 days

FREE

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PLUS get 3 FREE gifts!**



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