



# Tired of Being Sick and Tired: The Overlooked Keys to a Healthy Thyroid

*Michael Berglund*

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## **Tired of Being Sick and Tired: The Overlooked Keys to a Healthy Thyroid** Michael Berglund

So many people wonder why they constantly deal with a lack of energy. The answer could be a low-functioning thyroid--even when blood tests say otherwise.

In *Tired of Being Sick and Tired*, Dr. Michael Berglund addresses the surprising hidden reasons why you, like so many other people, may be struggling to overcome exhaustion, depression, and weight gain.

If your thyroid isn't working properly, you can eat perfectly, take your vitamins, and still feel sick. What's worse, the typical blood test to determine low-functioning thyroid doesn't always give you the whole picture. Dr. Berglund explains the truth that your doctor may not be telling you, including:

- What tests you should ask for if you suspect your thyroid is the culprit behind your fatigue
- How traditional thyroid treatments can lead to the thyroid gland becoming even less productive
- How healthy eating and a new approach to nutrition can put you back on the path to great health

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