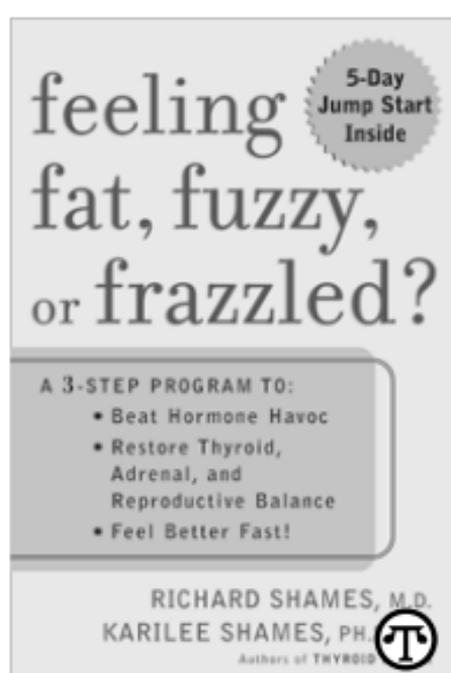




# BOOK NEWS & NOTES

## Fat, Fuzzy, Frazzled

(NAPSA)—If you're feeling fat, fuzzy and frazzled, you may be one of the 33 million Americans suffering from hormone-related metabolic problems. Despite running a battery of tests, many doctors may not be able to tell you the cause of your weight gain, mental confusion and inability to handle stress.



Fortunately, important clues are available in a new book, “Feeling Fat, Fuzzy or Frazzled?” by Richard Shames, M.D. and Karilee Shames, PhD, RN (Hudson

Street Press, \$24.95).

The book addresses the delicate, life-altering balance among the thyroid, adrenal and reproductive hormones. This type of multi-gland approach can make the day-to-day difference between feeling awful and feeling good. If left untreated, this imbalance can cause heart disease, diabetes, arthritis, infertility and severe menopause.

The practical, hands-on book offers readers an integrated self-care program to identify their thyroid-, adrenal- or reproductive-related metabolic disorder through easy, noninvasive diagnostic tests and questionnaires. It includes a five-day jump-start program to help alleviate the symptoms of weight gain, low energy and frayed nerves, plus a long-term plan to achieve optimal health, complete with advice for finding and working with the right doctor.