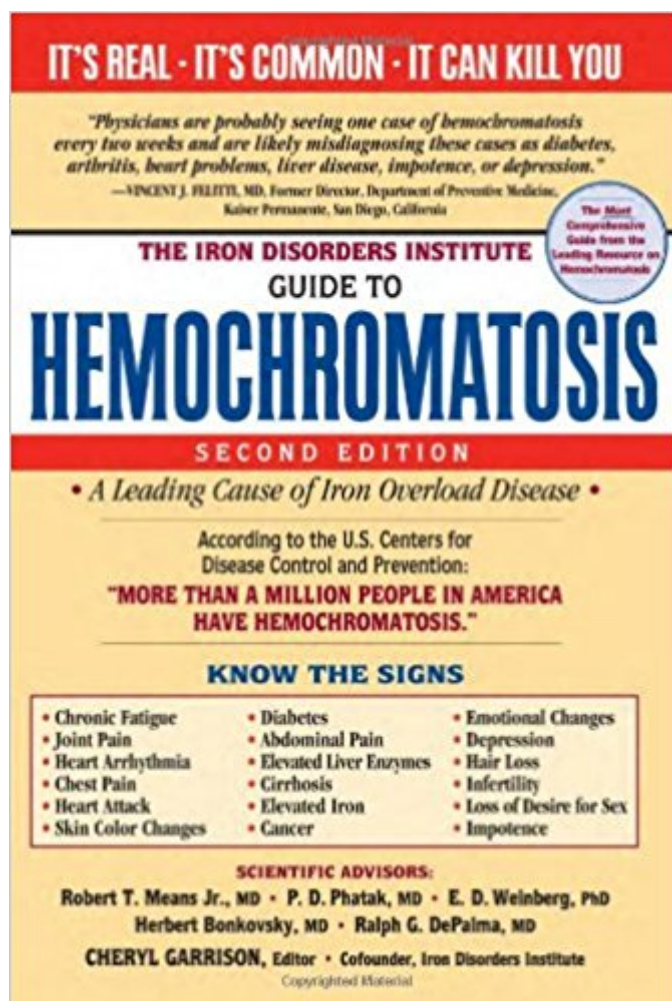


The book was found

# The Iron Disorders Institute Guide To Hemochromatosis



## Synopsis

More than one million Americans suffer from Hemochromatosis, and most have to suffer through misdiagnoses and multiple doctor visits before finding the right treatment. If left untreated, Hemochromatosis can lead to heart attack, diabetes, cirrhosis, or cancer. Written by top medical researchers and experts, this comprehensive and reliable guide dispels the myths, explains the basic science behind the disease, and provides clues for diagnosis. It also includes inspiring case studies, treatment options, common questions, advocacy resources, and more. The number-one bestselling and most comprehensive guide, now updated with the latest scientific research. The popular first edition has net sales of more than 11,000 copies; second edition is updated with the latest research. More than one million Americans suffer from classic Hemochromatosis. The CDC estimates people with Hemochromatosis are misdiagnosed 67% of the time and see an average of three doctors before a successful diagnosis.

## Book Information

Paperback: 368 pages

Publisher: Cumberland House; 2 edition (November 1, 2009)

Language: English

ISBN-10: 1402229437

ISBN-13: 978-1402229435

Product Dimensions: 5.5 x 1 x 7.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 91 customer reviews

Best Sellers Rank: #114,167 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference](#) #144 in [Books > Health, Fitness & Dieting > Reference](#) #417 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

"Garrison (cofounder, Iron Disorders Institute) and a team of medical advisors present a layperson's overview of a common but under-diagnosed genetic disorder of iron metabolism. Following an explanation of why hemochromatosis has frequently been overlooked, they discuss the symptoms of iron overload, diagnostic tests, genetic testing, treatment and diet. Updated from the 2001 edition, the guide includes patients' stories, checklists for physicians and patients, resources, a glossary, and bibliography." - BOOK NEWS

Cheryl Garrison was instrumental in her son's diagnosis and treatment for iron overload in 1997 and is now the founding director of the Iron Disorders Institute where she developed the institute's publications, including idInsight Magazine and the books Guide to Hemochromatosis, Guide to Anemia, and The Hemochromatosis Cookbook.

There are many articles on the subject online but all of them only go so far. I needed more than a summary. Found this book referenced on 23andme discussion thread and am VERY GLAD I did. This book delves deeply into the subject and provides the depth needed to understand the condition, it's risks, degrees, symptoms and coping/treatment options. Knowledge is strength. Worth every penny it cost!

It has a LOT of information on Hemochromatosis (Iron Loading) the genetics (different genetic marker types) gives a list of illnesses linked to high iron problems. Many are not caught as being related to high iron and much suffering and even death can happen with undiagnosed Hemochromatosis related illnesses (Heart Arrhythmia for instance and heart attacks) plus a LOT more info about it. what tests to get and some problems with testing and health insurance in the USA. In Canada getting a doctor to understand or even test for it can also be a problem for them to see the relationship to some illnesses (say joint pains) and how serious it can get as the body loads iron because it is missed. Many think it is only an old mans disease and miss womens complaints, say about infertility, Depression and chronic fatigue. Louise

The book is very good. In the meantime, I found out I don't have Hereditary Hemachromosis. I just have high iron, which isn't good either. But the book is chock full of information. I ordered it on Kindle.

It took me 15 years to find this guide and I learned or confirmed more in 15 minutes than I have learned through 15 years of medical treatment. The Iron Disorders Institute Guide to Hemochromatosis offers a step by step guide to understanding this disease from its genetic beginnings through treatment to how to control the course of the illness. Detailed descriptions of the testing required and how to put that information together is provided in easy to understand language. I have changed doctors because my former physician did not understand the critical importance of pretesting prior to phlebotomy. After reading the book, I feel more in control of my

body than I have ever felt. I know what I am doing with diet is scientifically accurate and has positive consequences and that my current course of treatment is the best possible for me. I highly recommend this book for both patient and physician.

A lot of reading....but it's worth it. Answered questions I have. It informed me more than my doctor did, but it would take any doctor a long time to tell you everything. Plus this is so new, even all doctors don't know it all. You have to learn as much as you can on your own when you have a health issue. This book should be given to a person when treated for Hemochromatosis and told to read it from cover to cover!!!! This book saved me from having too much blood being drawn because I read someone else's experience and it related to me!! I have heard people have had great success with the Hemochromatosis Cookbook too....bought it, but haven't tried any of the recipes yet. It too has a lot of information in the front of the book.

An excellent book for people with hemochromatosis. It summarizes research from all over the world.

As described

Very informative book.

[Download to continue reading...](#)

The Iron Disorders Institute Guide to Hemochromatosis Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook The Iron Man Collection: Marvel's Iron Man, Marvel's Iron Man 2, and Marvel's Iron Man 3 The Hemochromatosis Cookbook: Recipes and Meals for Reducing the Absorption of Iron in Your Diet American National Standard for Safe Use of Lasers: ANSI Z136.1-2000 (ANSI (Laser Institute of America)) (ANSI (Laser Institute of America)) (ANSI (Laser Institute of America)) The Iron Disorders Institute Guide to Anemia My Lodge Cast Iron Skillet Cookbook: 101 Popular & Delicious Cast Iron Skillet Recipes (Cast Iron Recipes) (Volume 1) Cast

Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need  
CAST IRON SKILLET COOKBOOK: Cast Iron Recipes For Delicious One Skillet Meals (Cast Iron Cookbooks and One Skillet Meals)  
Cast Iron Cookbook: A Cast Iron Skillet Book Filled With Delicious Cast Iron Recipes  
The Simple Skillet Cookbook: 15 Elegant and Easy Recipes for Your Cast Iron or Electric Skillet  
(Cast Iron Cooking - Skillet Recipes - Cast Iron Skillet Cookbook)  
Cast Iron Skillet Cookbook: Easy And Delicious Cast Iron Recipes (Cast Iron Cookbook)  
Texas Seashells: A Field Guide (Harte Research Institute for Gulf of Mexico Studies Series, Sponsored by the Harte Research Institute for Gulf of Mexico Studies, Texas A&M University-Corpus Christi)  
Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Glaucoma (Wills Eye Institute Atlas Series)  
Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Retina (Wills Eye Institute Atlas Series)  
Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Neuro-Ophthalmology (Wills Eye Institute Atlas Series)  
Pie Iron Cookbook : The Ultimate Guide To Simple And Easy Pie Iron Recipes For Campfire Cooking

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)