

executive health

the report that briefs you on what to watch

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ON "THE UNSUSPECTED ILLNESS" — HYPOTHYROIDISM

How it can subtly sap health - physical or mental, or both -
in a remarkable variety of ways . . . and a simple test you
can use to help uncover it.

Of all the problems that can affect health, none, it now appears, may be more common, more easily corrected, yet more often untreated and unsuspected than hypothyroidism, or low thyroid gland functioning.

It's hardly a new story that severe thyroid deficiency can have its obvious and devastating effects. But evidence has been mustered now that hypothyroidism in mild or moderate form can be responsible for any or many of an astonishingly large number of diverse problems, ranging from low energy and excessive fatigue to repetitive infections and chronic headaches, and from circulatory disturbances and stubborn skin disorders to difficulties with memory and concentration, and even mental depression, to name just a few.

Moreover, thyroid deficiency—with startlingly high incidence, affecting, according to one estimate, 40% of the population to some degree—may have much to do with blood cholesterol elevation, atherosclerotic disease of the arteries, and heart attacks.

Yet it commonly escapes diagnosis—for one reason, because of the failure of many physicians as well as lay people to recognize that low thyroid function can

have effects that vary considerably from one victim to another; and, for another reason, because commonly used tests are not always reliable.

The controller and the confusion

It's almost impossible to exaggerate the importance of the thyroid, a small butterfly-shaped gland in the neck that weighs less than an ounce.

It is the thyroid which controls metabolism—the process by which nutrients are transformed into energy and many essential chemical reactions in the body are carried out.

Minute secretions of the gland—less than a spoonful a year—are responsible for much of the body's heat production; they help maintain blood volume and the vital flow of the circulatory system; are essential for muscle health; and heighten the sensitivity of nerves. Every organ, tissue and cell in the body is affected by the hormone secretions of the thyroid.

Both the cretin child and the myxedematous adult demonstrate the all-pervading influence of the thyroid.

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Dr. Alton Ochsner, "On the Role of Vitamins C and E in Medicine."

James Greenwood, Jr., M.D. On Vitamin C in the Treatment of Back Pain.

Mark D. Altschule, M.D.: On the Much Maligned Egg. Are we taking a lot of pleasure out of eating unnecessarily?

Mark D. Altschule, M.D.: What Causes Your Arteries to Harden.

On Fatigue, the Great Deceiver: Why most men never get their "second wind."

If You Sit At a Desk All Day, how to avoid a pot-belly and double-chin.

Never Take a Chance. Never Ignore Any Sign of a TIA (Transient Ischemic Attack) such as a sudden temporary weakness of an arm or leg.

The Anatomy of Courage. Some truths a man must learn to accept about life.

120/80 or what? High blood pressure: the hidden hazard of your executive job.

The executive's dilemma: "Now I lay me down to sleep" (I hope!).

On "The Horizontal Exercise." New research findings about sex and how to keep your middle age young!

Professor John Yudkin: On "This Slimming Business" . . . The truth about the prevention and cure of overweight!

Dr. Linus Pauling: What About Vitamin E? Eminent investigators now suspect it may be one of the key factors to help resist disease and slow the aging process.

Go easy gentlemen, too much social drinking damages your liver (even though you may feel well, eat well, and never get tight!)

Nothing to fool with: It's that dangerous old devil, your prostate.

"The non-dieting diet." Walking is magic to keep or win back a strong, lean body (and that is just the first of its great health benefits.)

On how to live 90 to 100 healthy years! (The syndrome of longevity . . . its 7 great "constants").

On The Arthritis Mystery. Can what you eat—or don't eat—make you arthritis-prone or arthritis-resistant?

Alton Ochsner, M.D.: On "The Chair Disease" . . . Why blood clots in your veins are a little-realized occupational hazard of desk-bound executives.

Trace Minerals . . . Part I. On chromium deficiency and atherosclerosis.

Trace Minerals . . . Part II: On your danger from cadmium in the water you drink and the food you eat—and how to protect yourself!

Dr. Hans Selye: On Stress Without Distress. Your mind can make or break you!

The B Vitamins . . . Part I. On B₁₂ . . . When to suspect a deficiency of this remarkable vitamin in your diet.

Stephen R. Elek, M.D. On "The Hurry-up Disease." Why it may be a key factor that triggers heart attacks at 40.

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The B Vitamins, Part IV . . . On Folic Acid: The most commonly deficient B vitamin.

George C. Griffith, M.D.: On those irregular heart beats (arrhythmias). Some mean little or nothing, but others warn your heart is in trouble. All call for a doctor's immediate examination.

Ross Hume Hall, Ph.D.: Beware of those fabricated foods. There is still too much we do not know about all the chemical additives that are hidden away in the fine print on the labels of processed foods.

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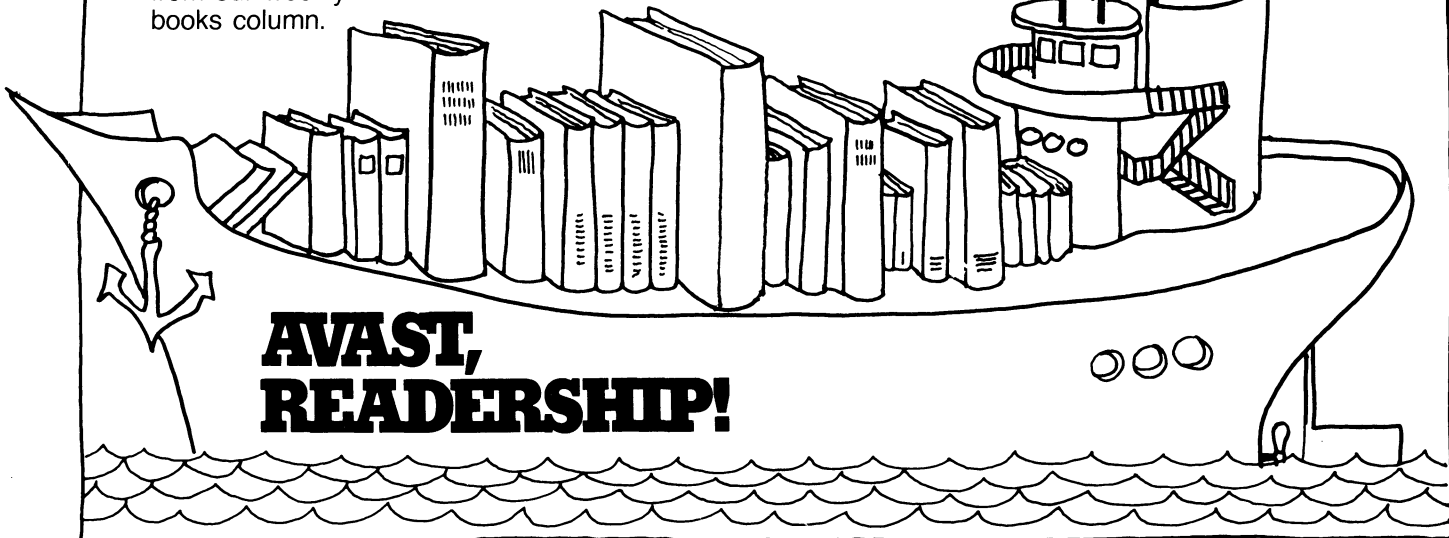
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THE COMPLETE BOOK OF KITES AND KITE FLYING—Will Yolen—S&S, 1976, 9x11, 256 p., photographs, drawings, \$9.95. International authority on kite flying covers every aspect of this age-old, world-wide outdoor pastime, the skills involved, tips on construction; includes contest, organizational source materials and records data. [B]

DR. FINNISON ON LOW BACK PAIN—Bernard E. Finneson, M.D. and Arthur S. Freese—Putnam, 1975, 254 p., drawings, \$7.95. Neurosurgeon provides full discussion of the human back, and what brings about low back dysfunction; discusses each back problem and evaluates each of the various methods of treatment. Up to date and readable. [C]

ELECTRONIC MUSIC CIRCUIT GUIDEBOOK—Brice Ward—TAB Bks, 1975, 223 p., diagrams, \$9.95; paper, \$6.95. Practical working circuits, from simple wind and surf simulators to complete music synthesizers and sequencers. [D]

ENERGY: The Solar-Hydrogen Alternative—J. O'M. Bockris—Wiley, 1976, 383 p., illus., maps, tables, \$27.50. Deals with the time available for development of a new energy base, the hydrogen economy, solar energy technology, methods of transmission, hydrogen fuel production, energy storage, alternative economies, and stages in the development of a solar-hydrogen economy. [E]

FORECASTS, FAMINES AND FREEZES: Climate and Man's Future—John Gribbin—Walker, 1976, 140 p., diagrams, \$8.95. The former geophysics editor of *NATURE* examines the global dimensions of climatic change, shows how the climate is changing and why, and describes research done in the application of forecasting techniques. [F]

HORMONE ACTION—A. M. Malkinson—Halsted Pr, 1976, 64 p., illus., tables, paper, \$3.75. Concerned with the initial events which occur following the interaction of a hormone with a cell; describes peptide hormones and catecholamines, steroid and thyroid hormones. [G]

THE HOT-BLOODED DINOSAURS: A Revolution in Paleontology—Adrian J. Desmond—Dial, 1976, 238 p., 65 illus., diagrams, \$12.95. A thoroughly researched historical-analytical survey, revises many outdated ideas concerning the form, structure and ways of life of the successful and complex order Dinosauria that dominated the earth for some 140 million years. Glossary, notes, bibliography and detailed index. [H]

IMMUNITY: How Our Bodies Resist Disease—Joan Arehart-Treichel—Holiday, 1976, 160 p., photographs, drawings, \$6.95. Addressing the young adult, book tells what research has discovered about the immune system, B and T cells, embryos and antibodies, macrophages, transfer factor, organ transplants, and viral vaccines. [I]

IMPROVING YOUR MEMORY—Laird S. Cermak—Norton, 1975, 123 p., \$6.95. Research psychologist's nontechnical book explains techniques of attention, organization, mediation, imagery and mnemonics, designed to aid immediate, short-term and long-term memory. [J]

MAKING SCIENTIFIC TOYS—Carson I. A. Ritchie—Nelson, 1976, 170 p., illus., \$6.50. Describes how to make safe and inexpensive optical, acoustical, flying, balance, meteorological, chemical and electric toys. [K]

MAYA: The Riddle and Rediscovery of a Lost Civilization—Charles Gallenkamp—McKay, 1976, rev. & expand. ed., 236 p., plates, drawings by Dolona Roberts, map, \$12.95. Completely re-set edition incorporates significant new information gleaned from scholarly research of Mayan ruins in Mexico, Guatemala and Honduras. [L]

MODERN HOME DICTIONARY OF MEDICAL WORDS—Morris Fishbein, M.D.—Doubleday, 267 p., paper, \$1.95. Clear definitions of medical terms, from *abasia* to *zymosis*; describes uses and standards of commonly made tests; explains the routine tests of a complete physical examination. [M]

THE NEXT FIFTY YEARS IN SPACE—Patrick Moore—Taplinger, 1976, 144 p., color and b&w photographs, drawings by Andrew Farmer, \$12.95. Discerning and informed speculations about probable developments in space satellites, shuttles, planetary probes, bases on moon and Mars, and beyond. [N]

NUTRITION AND AGING—Myron Winick, Ed.—Wiley-Interscience, 1976, 220 p., diagrams, tables, \$17.95. Addressed to physicians and nutritionists, presents latest findings on how old age can affect the nutritional status of individuals, and how nutrition can affect these problems. Suggests approaches to treatment and prevention. [O]

QUASARS, PULSARS AND BLACK HOLES—Frederic Golden—Scribner, 1976, 220 p., photographs, \$7.95. Gives a readable broad outline of the spectacular discoveries made by radio and X-ray astronomy, and how they have affected theories about the universe. [P]

SOLAR HOMES AND SUN HEATING—George Daniels—HarRow, 1976, 184 p., photographs, diagrams, \$8.95. Explains the basics of sun-heating, describes the use of windows in heating a house, 14 different sun-heating systems, how to hold on to

stored heat, and tells how to build a flat-plate solar-heating system. [Q]

THE STRESS OF LIFE—Hans Selye, M.D.—McGraw, 1976, rev. ed., 524 p. illus., \$8.95. The author's original work on his research findings of the body's nonspecific response to stress, called *general adaptation syndrome* (G.A.S.), expanded and updated with new research findings, glossary and annotated references. [R]

WHAT TO DO TILL THE VETERINARIAN COMES—Jean Pommery with Othilie Bailly; transl. from French by Glenn Weisfeld—Chilton, 1976, 314 p., \$7.95. Veterinarian's authoritative guide to giving first aid to a suffering dog, cat, bird, fish, rodent, and other domestic and wild animals. [S]

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