



Ovarian-Adrenal-Thyroid Axis Imbalance: Why Your Thyroid Medications May Not Be Working (Dr. Lam's Adrenal Recovery Series)

Michael Lam, Dorine Lam

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Part of Dr. Lam's Adrenal recovery series of books, min-books, singles, dvd, and cd, THIS SINGLE CHAPTER IS AN EXCERPT OF THE LANDMARK 504 PAGE 7 X 10 INCH REFERENCE TEXTBOOK: "ADRENAL FATIGUE SYNDROME: RECLAIM YOUR ENERGY AND VITALITY WITH CLINICALLY PROVEN NATURAL PROGRAMS" BY SAME THE AUTHORS

The body's hormonal organs are closely tied together through various axes. Though lesser known than the HPA (hypothalamic-pituitary-adrenal) axis, the ovarian-adrenal-thyroid (OAT) hormonal axis is extremely important. When the OAT axis is disrupted, there is an imbalance of hormones that leads to symptoms of estrogen dominance, low energy, and hypothyroidism. Each component of the OAT axis affects the others. Imbalance of one will worsen the other and vice versa. Dr. Lam explains the clinical significance of Ovarian-Adrenal-Thyroid Axis Imbalance in this publication.



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