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In 2005 het Huisgenoot/YOU 'n artikel geplaas waarin Mariëtte Chippindall vertel het van die pad wat sy gestap het van 'n depressiewe, oorgewig vrou met 'n ongediagnoseerde skildklierprobleem na 'n Mevrouw Suid-Afrika 2005-finalis. Die lesers se reaksie was oorweldigend: meer as 6 000 mense het Mariëtte geskakel binne die eerste drie weke nadat die artikel gepubliseer is. Dit was letterlik die hulpkreet van so baie mense met skildklierverwante probleme. En Mariëtte het besef dat sy afgekom het op iets waaroor so min van ons praat, maar waarmee so baie van ons saamleef ... iets wat gegroei het tot 'n stille epidemie. In hierdie boek vertel Mariëtte van die gebrek aan die regte inligting en gepaardgaande frustrasie, desperaatheid en hartseer wat sy ervaar het op haar pad terug na 'n gesonde skildklier. Sy skryf ook oor die roem, glans en geluk wat sy teruggekry het as gesonde vrou en skoonheidskoningin. Dit wat sy nou as haar lewenstaak beskou, lê haar na aan die hart: om ander skildklierlyers te help om by die regte diagnose en behandeling vir hul probleem uit te kom. Verskeie dokters, aptekers en navorsers het bygedra daartoe om aan haar hierdie inligting kennis en insig in skildklierprobleme te gee. Dis 'n stryd wat so baie van ons so lank al in stilte stry – waarlik 'n stille epidemie waaraan daar uiteindelik nou 'n stem gegee word.

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Baie geleer!

By ILSE SCHON

Het baie geleer met die lees van hierdie boek. Het self my skildklier gaan laat toets. Ek beveel die boek aan vir enige vrou wat voel daar is iets fout maar kan nie 'n vinnger daarop le nie.

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