

The Guys' Guide to
HASHIMOTO'S
(Preview Version)

ROCK ROBBINS
of Married to Hashimoto's

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Praise for The Guys' Guide to Hashimoto's

"Thank you Rock for writing this much – needed book. You will help save marriages around the world."

Dana Trentini a.k.a. Hypothyroid Mom
Thyroid Advocate and Author

"The Guy's Guide to Hashimoto's is a must read for any man in relationship with a woman diagnosed with Hashimoto's. Rock does an outstanding job of simplifying this complex autoimmune disease by explaining – in easy to understand terms – its impact on a woman, man, and their relationship and what to do about it. Rock is masterful at pulling the veil off one of the most hidden aspects of this much misunderstood disease – that the courageous women who are fighting mightily against this dreadful disorder frequently appear to be perfectly well. I am left smarter, wiser, and more compassionate for having read this book. Thank you, Rock, for this much needed work."

Stephen Conenna, PE
Guy, and author of Use Your Mind to Heal Your Body

"I really do appreciate the work you are doing, my wife has suffered for many years with Hashimoto's and it really has destroyed our lives and marriage. I am desperately trying to support my wife but I'm really struggling myself. It has taken me a long time to realize I have been part of the problem, i.e. I have been causing my wife stress by trying to fix things all of the time, instead of just supporting and loving her, giving her time and space, and just believing in her own instincts - that's why your writing really hit a nerve! Thank you for everything you are doing to help others."

Craig Thorpe
Guy

"I bought this book with the full intention of reading the whole thing myself first before passing it on to my partner to read. I must admit I was a little apprehensive about what would be in it and the advice given.

By one third of the way through I felt very safe in giving it to my partner to read. Rock writes from a place of loving support, decades of experience and a genuine desire to help others support their partner through Hashimoto's.

This is the only book on the market that explains how a couple can best deal with the major health and emotional challenges that can arise from this dis-ease.

My partner found this book to be very informative and full of great links and information that is set out in an easy to understand way.

This is a positive and refreshing look at Hashimoto's from a partner's perspective and provides helpful information to fast track your partner to be the most helpful they can be.

Well done Rock for writing about your insight and experience in a loving and supporting way."

Danielle Pearsall
Thyroid Advocate (Australia)

"Thank you for your many words of wisdom and hope. I am one of those husbands you talk about. I stay in the fight because I know my wife is in there fighting to get out. She is my whole world and I will not let her be beaten by this. Thanks to you we finally have hope."

Brandon Duncan
Guy

The Guys' Guide to Hashimoto's

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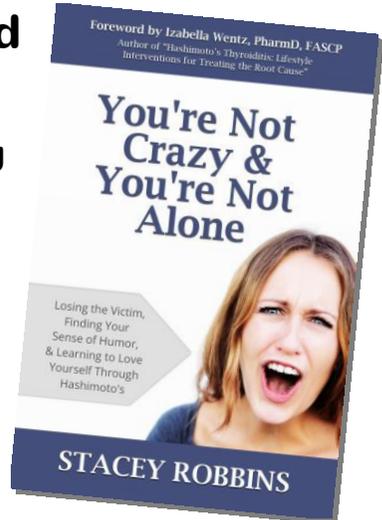
Hey guys,

Want to get bonus points with your woman?

Get her a copy of the award winning...

**You're Not Crazy And
You're Not Alone:
Losing the Victim, Finding
Your Sense of Humor,
and Learning to Love
Yourself Through
Hashimoto's**

by my amazing and inspiring
wife, **Stacey Robbins**



This book is unlike anything out there in that it helps her to get her Hashi mind game in order. If you know sports, you know your mind game is as big a part of winning as is how you train your body.

Help give her the emotional edge she needs to navigate this challenging diagnosis.

Available now in paperback and E-book at [Amazon.com](https://www.amazon.com)

Rock's Disclaimer

This book is my journey as a husband of my Hashimoto's wife. My book is for inspiring and educating men on how to be their best and most informed partner to their Hashimoto's / hypothyroid women. All content is informational only and should not be considered a substitute for consulting your physician regarding medical advice pertaining to your, or anyone else's, health.

I am not responsible for any loss, injury, or damage that allegedly arises from any information in this book. You are responsible for your own health and relationship journey and any actions you take regarding your medical care and your relationships.

All external references represent the views and opinions of those individuals or organizations.

FYI - in this book I often make reference to "your woman", "your girlfriend", or "your partner". These are not to be construed as ownership, as in some kind of non-politically correct cartoon caveman version where you drag "your woman" around by her hair.

I use "your woman" so I don't have to write "your wife/girlfriend/partner" every time – which is just aggravating and tedious to read over and over and over and over.

She is "your woman" the same way you are "her man" in "your relationship."

The Guys' Guide to HASHIMOTO'S ROCK ROBBINS

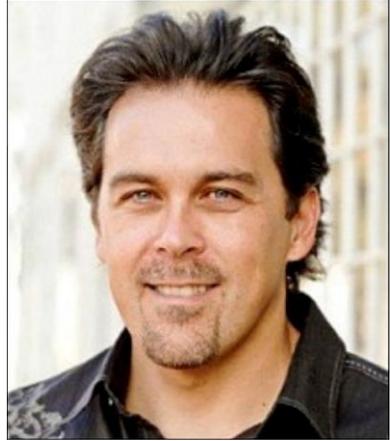
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Introduction

Welcome guys – this is **Rock Robbins**, your host to the adventure of what it's like to have a woman with Hashimoto's in your life.



So, if you're a guy and you're reading this – congratulations. That you're even looking at this puts you into the rare category of guys who are trying to understand what your woman is going through.

So, way to go.

May I say that I did not fall into this category until years later in my relationship with my girl, **Stacey**. And let's face it; the "average guy" is probably fine if his girl is going through some health issue, as long as...

1. **He doesn't have to do too much and...**
2. **He doesn't have to think about too much**

If you're like me, I leave a lot of the health issues to my wife as she's just more naturally nurturing than I am. As guys, we have many other things in our life vying for our attention – family, work, friends, finances, sports, cars, (insert yours here). If you're already active in the "help and support your woman" department – awesome for you, keep it up.

I got married to Stacey about 27 years ago. Seven years in she got sick and a few years later she was diagnosed with Hashimoto's. It changed our life, because it changed her life. Suddenly I was **Married to Hashimoto's**. (That's my blog, btw, www.marriedtohashimotos.com. Check it out)



Writing this book has been a pretty amazing adventure for me, literally, as I've been writing this from Florence, Italy on over to San Terenzo, Italy. Italy – a place that was a dream for my wife to bring me and our boys to.

Honestly, with how sick she was in years past with Hashimoto's, a trip like this would not have been possible. Thankfully, she's doing much better, so here we are!

We are by a wonderful ocean area, but I have not gone into the water much. I'm sitting on a built-in bench in the bottom level of a home looking at an internal wall, with a painting on it. It's just the way this crazy house is laid out; I can't even turn around and face the window. I get to take a look at this painting until I'm done with the book...



This painting is my inspiration to finish this book, so I can go be with my family and play in the ocean with them! Well, and help make a difference in relationships and families all over the world.

Until then – cats. This is my sacrifice for you.

Ciao,

Rock

Rock Robbins

(San Terenzo, Italy 6/2016)

How to Use the Guys' Guide to Hashimoto's

I'm a lot of things: I'm a deep researcher into whatever subject I'm studying. I'm also an exhausted father, husband, and co-provider who wants the cliff notes on life because, probably like you, I have a lot of other things going on.

So, even though the OCD part of me wants to give you every nook and cranny of my 20 years of experience and many hours of studying, I get it that you probably want the "info I can use now" version. That's what I've put together here.

The Guys' Guide to Hashimoto's is broken down this way:

Subject – What we're talking about regarding Hashimoto's. Whether it's her moods, energy, stomach, libido... I've got some of the basics subjects covered here to get you started.

Science – The science behind the topic. If you're anything like me, you want to know how the dots are connected between her symptoms and the science.

Suggestions – These are the suggestions that I put together to help you, based on my own Hashimoto's life experience, and accumulated wisdom.

This is not an exhaustive guide on all things Hashimoto's – that's the good news. You're likely already overwhelmed and just want to know what's going on and what you can do about it. I get it.

Yet, this is a little deeper than just a pamphlet too. But we'll talk about this more in the next chapters. If you want to zoom right over to a hot topic for you, go for it. The other chapters will be there for you when you need them.

In the meantime, this guide is here to encourage you and equip you with information you'll need to help this woman you care about who's struggling with a very legit autoimmune disease.

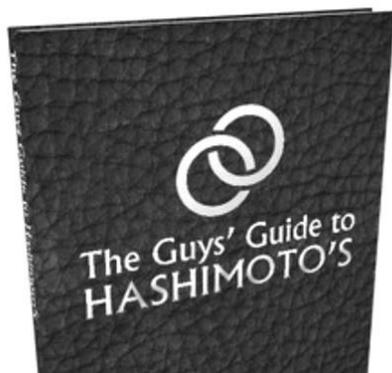
If you have any suggestions or comments about the book, email me at contact@marriedtohashimotos.com.

Ready? Let's go...

**Thanks for checking out
the preview of my book.**

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and Your Sex Life" emailed over to you and to get regular
updates, fun, insights, and encouragement and we work out
this health journey together.

Rock

