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Thyroid Educational Resources

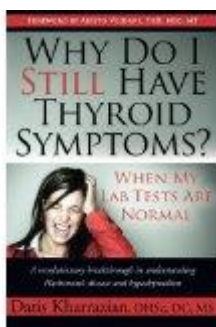
When trying to address thyroid functioning, consider understanding the role of stress and adrenals on the thyroid, along with how lifestyle, habit, diet and detox modifications can help. The following book titles have been shared with me over the years by clients and may be helpful... along with other books. The few listed below can be explored by clicking on the book title, as each is a link to the book at Amazon. Be patient: It takes a minute for each link to open in Amazon.



[Ctl+click to follow link to Amazon's:](#)

[Adrenal Fatigue: The 21st Century Stress Syndrome \[Paperback\]](#)

by James L. Wilson (Author) Johnathan V. Wright

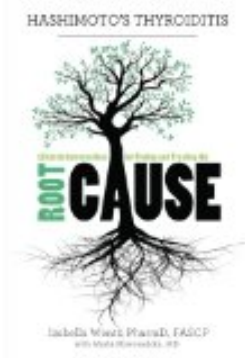


[Ctl+click to follow link to Amazon's:](#)

[Why Do I Still Have Thyroid Symptoms? when My Lab Tests Are Normal: a Revolutionary Breakthrough in Understanding...](#)

by Dr. Datis Kharrazian

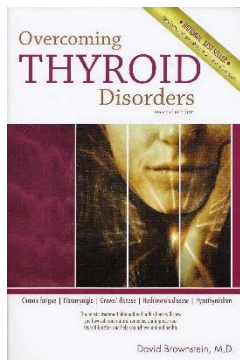
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[Ctl+click to follow link to Amazon's:](#)

[Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause](#)

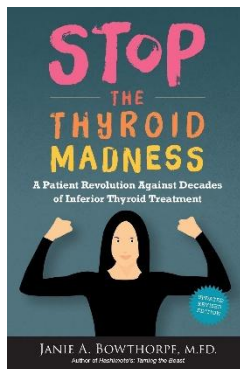
by Izabella Wentz PharmD and Marta Nowosadzka MD



[Ctl+click to follow link to Amazon's:](#)

[Overcoming Thyroid Disorders](#)

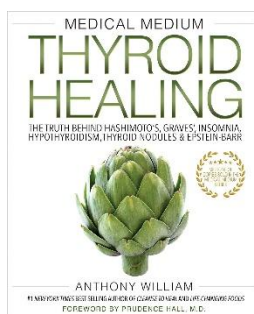
by David Brownstein (Apr 2002)



[Ctl+click to follow link to Amazon's:](#)

[Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment 2nd Edition](#)

by Janie A. Bowthorpe



[Ctl+click to follow link to Amazon's:](#)

[Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr](#)

by Anthony William