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Thyroid Disease

- **The Thyroid Solution** (2007-2008)
  - Ridha Arem
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1rlnooB](http://amzn.to/1rlnooB)

- **Thyroid Disease - The facts**
  - Richard Bayliss

- **Hypothyroidism - The Unsuspected Illness** (1976)
  - Dr Broda O Barnes
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nAo7xl](http://amzn.to/1nAo7xl)

  - Dr Ken Blanchard & Marietta Abrams
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkvetg](http://amzn.to/1mkvetg)

- **Overcoming Thyroid Disorders** (2008)
  - Dr David Brownstein
  (available from [www.drbrownstein.com](http://www.drbrownstein.com))

- **Is Your Thyroid Making You Ill?** (2000)
  - Martin Budd
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMwPK6](http://amzn.to/1oMwPK6)

- **Fast Facts: Thyroid Disorders** (2006)
  - Gilbert H Daniels and Colin M Dayan
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkvu1W](http://amzn.to/1mkvu1W)

- **The Great Thyroid Scandal and How to Survive It** (2002)
  - Dr Barry Durrant-peatfield
  (Out of print - but try your library, or ask us)
- **Your Thyroid and How to Keep it Healthy** (2006)
  - Dr Barry Durrant-Peatfield
  (Revised version of the above) available through Thyroid UK [here](http://amzn.to/1oMx73q)

  - Stephen Edelson and Deborah Mitchell
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMxj2H](http://amzn.to/1oMxj2H)

- **Hypothyroidism - How Do You Know?** (2001)
  - Michelle Fenton
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nApCFl](http://amzn.to/1nApCFl)

- **Coping with Thyroid Problems** (2001)
  - Dr Joan Gomez
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nApcFt](http://amzn.to/1nApcFt)

- **Tired of Being Tired** (2001)
  - Dr Jesse Lynn Hanley
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMxRFN](http://amzn.to/1oMxRFN)

- **Thyroid Disorders**
  - Dr Rowan Hillson
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkwcG0](http://amzn.to/1mkwcG0)

- **Tears Behind Closed Doors** (2002)
  - Diana Holmes
  Available through Thyroid UK [here](http://amzn.to/1rafHnD)

  - Robyn Koumourou

- **Solved: The Riddle of Illness** (2000)
  - Dr Steven Langer and James F Scheer
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMykru](http://amzn.to/1oMykru)

- **Hypothyroidism in Childhood and Adulthood** (2006)
  - C Phillips and D Roach
  Available through Thyroid UK's Amazon Affiliate link [http://amzn.to/1rafHnD](http://amzn.to/1rafHnD)

- **The Thyroid Sourcebook** (2008)
  - M Sara Rosenthal
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMywap](http://amzn.to/1oMywap)

- **Thyroid Power: 10 Steps to Total Health** (2001)
  - Richard L Shames and Karilee Halo Shames
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nAqkso](http://amzn.to/1nAqkso)
- **Feeling Fat, Fuzzy or Frazzled** (2005) - Richard L Shames and Karilee Halo Shames
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nAqyQi](http://amzn.to/1nAqyQi)

- **Living Well with Hypothyroidism** - What Your Doctor Doesn't Tell You That You Need to Know (2000) - Mary J Shomon
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1I83Fnz](http://amzn.to/1I83Fnz)

- **The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age** (2006) - Mary J Shomon
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkx2m0](http://amzn.to/1mkx2m0)

- **Is Your Thyroid Making You Fat?** (2001) - Sanford Siegal
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1I83ZCP](http://amzn.to/1I83ZCP)

- **Diagnosis and Management of Hypothyroidism** (2003) - Dr Gordon R B Skinner
  Available through Thyroid UK [here](http://amzn.to/1I83ZCP)

- **Hypothyroidism - Type 2: The Epidemic** (2007) - Dr Mark Starr
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkxe4K](http://amzn.to/1mkxe4K)

- **Understanding Thyroid Disorders** (2008) - Dr Anthony Toft
  Thyroid UK's Amazon Affiliate link [http://amzn.to/xHvAJR](http://amzn.to/xHvAJR)

- **Screaming to be Heard** - Hormone Connections Women Suspect and Doctors Still Ignore (2001) - Dr. Elizabeth Lee Vliet
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1l84yMM](http://amzn.to/1l84yMM)

- **Thyroid Problems** (1995) - Patsy Westcott
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkxv81](http://amzn.to/1mkxv81)

- **The Healthy Thyroid** (2003) - Patsy Westcott
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMzJ1q](http://amzn.to/1oMzJ1q)

- **Healing Options: A Report on Graves' Disease Treatment** (2001) - Kate Flax
  (out of print now but available second-hand)

- **Living Well with Autoimmune Disease** (2002) - Mary J Shomon
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMzWS4](http://amzn.to/1oMzWS4)
- **Graves' Disease: A Practical Guide** (2001)  
  - Elaine A Moore and Lisa Moore
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nArK6l](http://amzn.to/1nArK6l)

- **Why am I so Tired?**
  - Martin Budd
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMAd7C](http://amzn.to/1oMAd7C)

### Fatigue/CFS/ME

- **From Fatigued to Fantastic** (Revised edition 2007)  
  - Jacob Teitelbaum
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/yY6fAw](http://amzn.to/yY6fAw)

- **The Beat Fatigue handbook** (2000)  
  - Erica White
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1l85Oj0](http://amzn.to/1l85Oj0)

- **Chronic Fatigue Unmasked**
  - Gerald Poesneker
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mkygxR](http://amzn.to/1mkygxR)

- **Journey through M.E.**
  - Janet Hurrell
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mX0Ojw](http://amzn.to/1mX0Ojw)

- **Conquering Chronic Fatigue** (2003)  
  - Dr Jonathan Forester
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1l86zbT](http://amzn.to/1l86zbT)

- **Recovery from CFS** (2008) - a collection of 50 personal stories of recovery  
  - Alex Barton.
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMB748](http://amzn.to/1oMB748)

### Hormones

- **HRT - Licensed to Kill and Maim**
  - Martin J Walker
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1nOywdB](http://amzn.to/1nOywdB)

- **Hormones, Health and Happiness** (2005)  
  - Dr Steven F Hotze
  
  Thyroid UK's Amazon Affiliate link [http://amzn.to/1oMBonz](http://amzn.to/1oMBonz)

- **Passage to Power** - Natural Menopause Revolution  
  - Leslie Kenton
- **The Hormone Solution** (2002)  
  - Dr Thierry Hertoghe
  
- **The Hormone Handbook**  
  - Dr Thierry Hertoghe

- **Natural Progesterone** - The Multiple Roles of a Remarkable Hormone  
  - Dr John R Lee

- **The DHEA Breakthrough**  
  - Stephen Cherniske

**Miscellaneous**

- **Iodine - Why You Need it - Why You Can't Live Without it**  
  - Dr David Brownstein  
  (available from www.drbrownstein.com/)

- **The guide to a Gluten Free Diet**  
  - Dr David Brownstein  
  (available from www.drbrownstein.com/)

- **Candida Albicans** (1998)  
  - Leon Chaitow
  
- **Candida Albicans: The Non-drug Approach** to the Treatment of Candida Infection  
  - Leon Chaitow
  
- **The Yeast Connection and The Woman** (1998)  
  - Dr William G Crook

- **Safe Uses of Cortisol** (2004)  
  - William Jeffries

- **The Metabolic Treatment of Fibromyalgia** (2000)  
  - Dr John Lowe, Jackie G Yellin, and Jackie Grosch Yellin  
  (out of print but available second-hand)

  - Dr John Lowe and Dr Gina Honeyman-Lowe  
  (out of print but available second-hand)
Diet Related Books

- **Vitamins and Minerals**  
  - Karen Sullivan

  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mXQj1b](http://amzn.to/1mXQj1b)

**Diet Related Books**

- **Dr. Atkins New Diet Revolution** (2003)  
  - Dr Robert C Atkins

  Thyroid UK's Amazon Affiliate link [http://amzn.to/Wyv7Wv](http://amzn.to/Wyv7Wv)

- **The Illustrated Atkins New Diet Cookbook**: Over 200 Mouthwatering Recipes to Help You Follow the International Number One Weight-Loss Programme (2004)  
  - Dr Robert C Atkins

  Thyroid UK's Amazon Affiliate link [http://amzn.to/Wyv90s](http://amzn.to/Wyv90s)

- **Atkins for Life**  
  - Dr Robert C Atkins

- **Atkins for Life Low Carb Cookbook** (2004)  
  - Veronica Atkins and Stephanie Nathanson

  Thyroid UK's Amazon Affiliate link [http://amzn.to/WyvgsJ](http://amzn.to/WyvgsJ)

- **Bodywise**: 10 Steps to Permanent Weight Loss and Well-being (1999)  
  - Dr John Briffa

- **The True You Diet**: The revolutionary diet programme that identifies your unique body chemistry and reveals the foods that are right for YOU (2007)  
  - Dr John Briffa

- **The guide to a Gluten Free Diet**  
  - Dr David Brownstein

  (Available from www.drbrownstein.com/)

- **The New High Protein Diet**  
  - Dr Charles Clark

  Thyroid UK's Amazon Affiliate link [http://amzn.to/1yPVGDV](http://amzn.to/1yPVGDV)

  - Dr Larrian Gillespie

  Thyroid UK's Amazon Affiliate link [http://amzn.to/1mw9SJC](http://amzn.to/1mw9SJC)

- **Natural Alternatives to Dieting** (1999)  
  - Marilyn Glenville

- **Eat Fat, Get Thin** (2000)  
  - Barry Groves

  Thyroid UK's Amazon Affiliate link [http://amzn.to/Wyvnoc](http://amzn.to/Wyvnoc)

- **The Thyroid Diet: Manage your Metabolism for Lasting Weight Loss** (2004)  
  - Mary J Shomon
- **I Can Make you Thin System**  
  - Paul McKenna
- **Lose Weight the Smart Low-Carb Way**  
  - Bettina Newman, David Joachim
  - Julia Ross
- **The Thyroid Diet** (2005)  
  - Mary J Shomon
  - H Leighton Steward, Dr Morrison C Bethea, Dr Sam Andrews, Dr Luis Balart (Low Glycemic Diet)