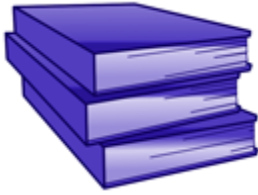


# Recommended Books



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## Thyroid Disease

- **The Thyroid Solution** (2007-2008)
  - Ridha Arem
  - Thyroid UK's Amazon Affiliate link <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>
  
- **What Your Doctor May Not Tell You About Hypothyroidism** (2004)
  - Dr Ken Blanchard & Marietta Abrams
  
  - Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkvetq>
  
- **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>
  
- **Fast Facts: Thyroid Disorders** (2006)
  - Gilbert H Daniels and Colin M Dayan
  
  - Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkvuIW>
  
- **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](#)

- **What Your Doctor May Not Tell You About Autoimmune Disorders** (2003)
  - Stephen Edelson and Deborah Mitchell

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMx73q>

- **Hypothyroidism - How Do You Know?** (2001)
  - Michelle Fenton

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMxj2H>

- **Coping with Thyroid Problems** (2001)
  - Dr Joan Gomez

Thyroid UK's Amazon Affiliate link <http://amzn.to/1nApcFt>

- **Tired of Being Tired** (2001)
  - Dr Jesse Lynn Hanley

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMxRFN>

- **Thyroid Disorders**
  - Dr Rowan Hillson

Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkwcG0>

- **Tears Behind Closed Doors** (2002)
  - Diana Holmes
  - [Available through Thyroid UK here](#)

- **Running on Empty** (2004)
  - 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>

- **Hypothyroidism in Childhood and Adulthood** (2006)
  - C Phillips and D Roach

[Available through Thyroid UK's Amazon Affiliate link http://amzn.to/1rafHnD](#)

- **The Thyroid Sourcebook** (2008)
  - M Sara Rosenthal

Thyroid UK's Amazon Affiliate link <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>

- **Feeling Fat, Fuzzy or Frazzled** (2005)  
- Richard L Shames and Karilee Halo Shames  
  
Thyroid UK's Amazon Affiliate link <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/1l83Fnz>
- **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>
- **Is Your Thyroid Making You Fat?** (2001)  
- Sanford Siegal  
  
Thyroid UK's Amazon Affiliate link <http://amzn.to/1l83ZCP>
- **Diagnosis and Management of Hypothyroidism** (2003)  
- Dr Gordon R B Skinner  
Available through Thyroid UK [here](#)
- **Hypothyroidism - Type 2: The Epidemic** (2007)  
- Dr Mark Starr  
  
Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkxe4K>
- **Understanding Thyroid Disorders** (2008)  
- Dr Anthony Toft  
Thyroid UK's Amazon Affiliate link <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>
- **Thyroid Problems** (1995)  
- Patsy Westcott  
  
Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkxv81>
- **The Healthy Thyroid** (2003)  
- Patsy Westcott  
  
Thyroid UK's Amazon Affiliate link <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>

- **Graves' Disease: A Practical Guide** (2001)  
- Elaine A Moore and Lisa Moore

Thyroid UK's Amazon Affiliate link <http://amzn.to/1nArK6l>

- **Why am I so Tired?**  
- Martin Budd

Thyroid UK's Amazon Affiliate link <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>

- **The Beat Fatigue handbook** (2000)  
- Erica White

Thyroid UK's Amazon Affiliate link <http://amzn.to/1l85Oj0>

- **Chronic Fatigue Unmasked**  
- Gerald Poesneker

Thyroid UK's Amazon Affiliate link <http://amzn.to/1mkygxR>

- **Journey through M.E.**  
- Janet Hurrell

Thyroid UK's Amazon Affiliate link <http://amzn.to/1mXOOjw>

- **Conquering Chronic Fatigue** (2003)  
- Dr Jonathan Forester

Thyroid UK's Amazon Affiliate link <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>

## Hormones

- **HRT - Licensed to Kill and Maim**  
- Martin J Walker

Thyroid UK's Amazon Affiliate link <http://amzn.to/1nOywdB>

- **Hormones, Health and Happiness** (2005)  
- Dr Steven F Hotze

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMBonz>

- **Passage to Power** - Natural Menopause Revolution  
- Leslie Kenton

Thyroid UK's Amazon Affiliate link <http://amzn.to/1nOz6YP>

- **The Hormone Solution** (2002)  
- Dr Thierry Hertoghe

Thyroid UK's Amazon Affiliate link <http://amzn.to/1l87E3o>

- **The Hormone Handbook**  
- Dr Thierry Hertoghe
- **Natural Progesterone** - The Multiple Roles of a Remarkable Hormone  
- Dr John R Lee
- **The DHEA Breakthrough**  
- Stephen Cherniske

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMBTOy>

## Miscellaneous

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

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

- **Candida Albicans** (1998)  
- Leon Chaitow

Thyroid UK's Amazon Affiliate link <http://amzn.to/1l883D2>

- **Candida Albicans: The Non-drug Approach** to the Treatment of Candida Infection  
- Leon Chaitow

Thyroid UK's Amazon Affiliate link <http://amzn.to/1l88aP1>

- **The Yeast Connection and The Woman** (1998)  
- Dr William G Crook

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMCkbF>

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

Thyroid UK's Amazon Affiliate link <http://amzn.to/1oMCoYT>

- **The Metabolic Treatment of Fibromyalgia** (2000)  
- Dr John Lowe, Jackie G Yellin, and Jackie Grosch Yellin  
(out of print but available second-hand)
- **Your Guide to Metabolic Health** (2003)  
- Dr John Lowe and Dr Gina Honeyman-Lowe  
(out of print but available second-hand)

- **Vitamins and Minerals**  
- Karen Sullivan

Thyroid UK's Amazon Affiliate link <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>

- **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>

- **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>

- **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/](http://www.drbrownstein.com/))

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

Thyroid UK's Amazon Affiliate link <http://amzn.to/1yPVGDV>

- **The Menopause Diet** (2003)  
- Dr Larrian Gillespie

Thyroid UK's Amazon Affiliate link <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>

- **The Thyroid Diet: Manage your Metabolism for Lasting Weight Loss** (2004)  
- Mary J Shomon

Thyroid UK's Amazon Affiliate link <http://amzn.to/1p7nJKY>

- **I Can Make you Thin System**  
- Paul McKenna

Thyroid UK's Amazon Affiliate link <http://amzn.to/1qWUAI8>

- **Lose Weight the Smart Low-Carb Way**  
- Bettina Newman, David Joachim

Thyroid UK's Amazon Affiliate link <http://amzn.to/WyvtMG>

- **Diet Cure: The 8-Step Programme to Rebalance Your Body Chem-istry**, End Food Cravings, Weight Problems and Mood Swings - Now! (2001)  
- Julia Ross
- **The Thyroid Diet** (2005)  
- Mary J Shomon

Thyroid UK's Amazon Affiliate link <http://amzn.to/1pvdzSR>

- **The New Sugar Busters!**: Revised and Updated Edition (2002)  
- H Leighton Steward, Dr Morrison C Bethea, Dr Sam Andrews, Dr Luis Balart (Low Glycemic Diet)

Thyroid UK's Amazon Affiliate link <http://amzn.to/WyvyQt>