

Resources

Thyroid Disease	
www.thyroidscience.com	An electronic journal coordinated by Dr. John Lowe and publishing the latest thoughts and research by various eminent contributors. (USA)
www.stophethyroidmadness.com/	Support and information group. (USA)
www.magicfoundation.org	Deals with thyroid disease in children and symptoms often missed or misdiagnosed by doctors. (USA)
www.thyroid-disease.org.uk/	Information and thyroid forum.
www.thyroidpower.com	Information by authors Dr Richard and Sharilee Shames. (USA)
www.thyca.org/	A site maintained by former sufferers of thyroid cancer. (USA)
http://livingwithoutathyroid.blogspot.co.uk/	The Campaign for Thyroid Transplants was formed in 2011 by Brian O'Connor who had a thyroidectomy as a precaution against the reoccurrence of cancer in the future. He afterwards suffered chronic health problems due to not having a thyroid. He believes that there is a lack of understanding by the medical profession and general public, about the difficulties experienced by people who have to live without a thyroid gland.
http://www.thyroid-info.com/	Thyroid news, books and support. (USA)
www.brodabarnes.org	Broda Barnes, M.D. Research Foundation Inc. PO Box 110098, Trumbull, CT 06611, USA Tel: 00 120 3261 2101 Fax: 00 120 3261 3017 A brilliant organisation where you can obtain information, audios and videotapes. Inspired by the thyroid pioneer, Dr. Broda Barnes. (USA)

<p>www.tedct.co.uk/</p>	<p>Thyroid Eye Disease Charitable Trust (TEDct)</p> <p>PO Box 1928, Bristol, BS37 OAX Tel: 08448 008133 Email: ted@tedct.co.uk</p> <p>A charity that aims to provide information, care and support to those affected by thyroid eye disease.</p>
<p>www.btf-thyroid.org</p>	<p>The British Thyroid Foundation (BTF) 2nd floor, 3 Devonshire Place, Harrogate, HG1 4AA</p> <p>Tel: 01423 709707 Fax: 01423 709448</p> <p>If you want any information from the BTF you will need to join. They have a newsletter, which gives insight into some of the problems we have to contend with. Endocrinologists are among their trustees and they therefore disagree with some of our points of view.</p> <p>The BTF has a very close association with The British Thyroid Association (BTA), the association for doctors and endocrinologists, who also disagree with some of our points of view. www.british-thyroid-association.org</p>
<p>www.endobible.com</p>	<p>This website is actually intended for use by health professionals, but it is interesting to see the advice they are given on the diagnosis, treatment and management of thyroid disease and related disorders.</p>
<p>http://hypothyroidmom.com</p>	<p>A blog site to inform mothers suffering from hypothyroidism and raise awareness.</p>
<p>http://www.thyromind.info/</p>	<p>Thyromind is funded by a grant from the UK's Millennium Commission through Mind's Real People Real Lives scheme. The Thyromind Project aims to raise awareness of the importance of thyroid testing for all people with any symptom or diagnosis of mental illness and stimulate research into thyroid disease in people with psychiatric symptoms.</p>
<p>http://wilsonhealth360.wix.com/wilsonhealth360-old</p>	<p>A website which provides tools and expert consultations to help you track your symptoms and find practical ways to feel better.</p> <p>They work alongside the medical profession offering support and a sense of community while you figure out what works best for you.</p>

<p>www.thyroidea.no</p>	<p>Thyroidea Norge (Thyroid Norway) is a newly formed organization for thyroid sufferers in Norway. Their aim is to educate the thyroid patient so they may have the tools necessary to have an informed dialog with their GP. They believe knowledge is power, and hope to have a position in which they educate the population in general. They also want to work towards an international co-operation as the problems we suffer with bad diagnostic tools, inferior research and inadequate treatment is world-wide. They want to work with lobbying towards politicians to improve patient rights in the Norwegian social security system and to promote more and better research in this area. They also hope to have a dialogue with endocrinologists and GPs so that they may work together towards improving the situation for thyroid sufferers.</p> <p>Their slogan is 'We believe improvement is possible.'</p>
<p>www.thyroidchange.org</p>	<p>Thyroid Change</p> <p>PO Box 368, Hawthorne, NJ 07507 Tel: (201)485-6036 Email: thyroidchange@gmail.com</p> <p>ThyroidChange is a non-profit organization which began as a grass-roots, patient effort to assemble thyroid patients, organizations, groups, blogs and physicians into a global community with a unified voice for change in thyroid health care. Their community has a shared understanding that the current guidelines regarding the diagnosis and treatment of thyroid disease leave too many patients symptomatic. ThyroidChange exists through the contributions and passion of our community.</p>
<p>Fibromyalgia and ME/CFS</p>	
<p>www.fmauk.org</p>	<p>Fibromyalgia Association UK</p> <p>Head Office, FMA UK, Studio 3013, Mile End Mill, 12 Seedhill Road, Paisley, PA1 1JS Tel: 08448 872444 Fax: 08448 879033 Email: charity@fmauk.org</p> <p>This group has a quarterly newsletter that you can subscribe to and support groups across the country. They do not believe that thyroid disease plays any part in fibromyalgia.</p>

<p>www.fibrocoalition.org</p>	<p>Fibromyalgia Coalition International 5201 Johnson Dr Ste 210, Mission, Kansas, 66205-2920 Tel: 00 191 3384 4673 Fax: 00 191 3384 8998 Email: info@fibrocoalition.org</p>
<p>www.actionforme.org.uk</p>	<p>Action for M.E. 42 Temple Street, Keynsham, Bristol BS31 1EH Support and Welfare Rights Line: 08451 228648 General Enquiries: 01179 279551 Fax: 01179 861152 Email: admin@actionforme.org.uk</p>
<p>www.25megroup.org</p>	<p>25% M.E. Group 21 Church Street, Troon, Ayrshire, KA10 6SQ Tel/Fax: 01292 318611 Email: enquiry@25megroup.org Founded and run by Simon Lawrence especially for the estimated 25% of severely affected.</p>
<p>www.tymestrust.org</p>	<p>Tymes Trust (The Young M.E. Sufferers Trust) PO Box 4347, Stock, Ingatestone, Essex, CM4 9TE Tel : 08450 039002 (11am-1pm and 5pm-7pm) Newsletter for young people. Advice and information.</p>
<p>www.EndFatigue.com</p>	<p>Dr. Jacob Teitelbaum's site. Important work on hypothalamus/pituitary. Email newsletter. (USA)</p>
<p>www.ukfibromyalgia.com</p>	<p>This organisation has support groups and a monthly magazine. Tel: 01202 259155 Email: info@ukfibromyalgia.com</p>
<p>www.investinme.org</p>	<p>Invest in M.E. PO Box 561, Eastleigh, SO50 0GQ Tel: 02380 251719 or 07759 349743 Fax: 02380 000040 Email: Info@investinme.org Independent group in Hampshire campaigning for biomedical research into M.E. Seeking support and funding.</p>
<p>www.brame.org</p>	<p>BRAME (Blue Ribbon for the Awareness of M.E.) 30 Winmer Avenue, Winterton-on-Sea, Great Yarmouth, Norfolk, NR29 4BA Tel/Fax: 01493 393717 Email: info@brame.org</p>

www.meassociation.org.uk	<p>The M.E. Association 7 Apollo Office Court, Radclive Road, Gawcott, Buckinghamshire, MK18 4DF ME Connect Helpline: 0844 576 5326 Email: meconnect@meassociation.org.uk</p> <p>Provides information, support and practical advice for people who are affected by ME/CFS/PVFS (Myalgic Encephalopathy/Chronic Fatigue Syndrome/Post Viral Fatigue Syndrome), their families and carers. Also funds and supports research, and offers education and training.</p>
nmec.org.uk	<p>The National M.E. Centre Disablement Services Centre, Old Harold Wood Hospital Site, Gubbins Lane, Harold Wood, Romford, Essex, RM3 0AR Tel/Fax: 01708 796250 Email: nmecent@aol.com</p>
www.ayme.org.uk	<p>AYME (Association for Young People with M.E.) 10 Vermont Place, Tongwell, Milton Keynes, MK15 8JA Tel: 08451 232389 (10am-2pm) Email: info@ayme.org.uk</p> <p>Newsletter for young people. Advice and information.</p>
meresearch.org.uk	<p>M.E. Research UK The Gateway, North Methven Street, Perth, PH1 5PP Tel: 01738 451234 Email: meruk@pkavs.org.uk</p> <p>A national charity funding biomedical research into Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (also known as ME/CFS)</p>
Adrenal	
www.adrenalfatiguesolution.com/	<p>This site aims to address some of the misconceptions around Adrenal Fatigue. Although excellent books have been written by Dr James Wilson and others, there is very little trustworthy information online regarding this under-diagnosed condition.</p>
www.addisons-network.co.uk	<p>Addison's Disease Network Email: addisons.mlw@btinternet.com</p> <p>An information site for those with low adrenal</p>

	reserve and Addison's Disease.
www.adrenalfatiguecoach.com	This website hopes to assist in your quest for information on the Adrenal Fatigue Syndrome, deepen your knowledge and provide you with the tools to take control of your recovery.
Pituitary	
www.pituitary.org.uk	<p>The Pituitary Foundation PO Box 1944, Bristol, BS99 2UB Tel: 08454 500376 Email: enquiries@pituitary.org.uk</p> <p>This is a national UK charity working to provide information and support to those suffering from pituitary disorders, their relatives, friends and carers. They have no literature on thyroid disorders, but they can offer information to patients who are on pituitary replacement therapy, which includes thyroxine.</p>
Parathyroid	
www.parathyroid.com	USA based site with comprehensive information on parathyroid glands and parathyroid disease. Hyperparathyroidism, parathyroid mini-surgery, parathyroid tumours, parathyroid hormone problems, and high blood calcium are all discussed.
http://hpth.org.uk/home.php	<p>Hypoparathyroidism UK</p> <p>Organisation dedicated to improving the diagnosis, prevention and treatment of hypoparathyroidism and other parathyroid conditions in the UK.</p>
http://hyperparathyroid.forumotion.co.uk/	Support Forum for people with Hyperparathyroid disease.
B12	
www.b12d.org	Charity supporting people with B12 Deficiency.
www.b12deficiency.info	An information hub site which brings together all the key sites for B12 deficiency.
www.pernicious-anaemia-society.org	Charity that exists to provide Information, Help and Support to sufferers of Pernicious Anaemia and B12 Deficiency, their families and friends.
Weight Loss	

http://uk.atkins.com/	Information about weight loss with the Atkins diet. (USA)
Coeliac Disease	
www.coeliac.org.uk	National Charity supporting people with coeliac disease in the UK.
www.glutenfreeguerrillas.tumblr.com	Website for people with Coeliac Disease. 'Campaigning for a better GF future for us, our friends and families. Together we can share tips and encourage organisations to offer more GF services and products.'
Iodine	
www.drbrownstein.com/	Breakthrough information about the importance of iodine. (USA)
Low Dose Naltrexone	
www.ldnresearchtrust.org/	LDN Research Trust website. All you need to know about low dose naltrexone and how it has helped so many people with all kinds of conditions.
Progesterone	
www.npis.info	Information service based on work by Dr. John Lee. Benefits of natural progesterone. (USA)
Irritable Bowel Syndrome	
www.ibstales.com	This website has more than 600 personal stories from IBS sufferers and more than 1000 reviews of different treatments.
Other useful information websites on hormonal issues and other related conditions	
www.drrind.com	Information by a holistic physician. (USA)
http://nahypothyroidism.org/	The National Academy of Hypothyroidism is a non-profit, multidisciplinary medical society dedicated to the dissemination of new information on the diagnosis and treatment of hypothyroidism. They are a group of thyroidologists, headed by Kent Holtorf, M.D., who are dedicated to the promotion of scientifically sound and medically validated concepts and information pertaining to the diagnosis and treatment of hypothyroidism.

<p>www.amend.org.uk</p>	<p>Association for Multiple Endocrine Neoplasia Disorders (AMEND) The Warehouse, No 1 Draper Street, Royal Tunbridge Wells, Kent, TN4 0PG Tel/Fax: 01892 516076</p> <p>AMEND is here to help anyone affected by Multiple Endocrine Neoplasia (MEN) type 1 or 2 or associated endocrine tumours by providing accurate and easy-to-understand information and to offer you and your family the support you need.</p>
<p>www.drmyhill.co.uk</p>	<p>A wonderful site, loaded with information. Well worth a look.</p>
<p>www.johndommissemd.com</p>	<p>Dr. Domnisse has a refreshing, integrated approach to nutritional and metabolic treatment of his patients. Like some of our UK doctors he has been hounded by the medical establishment in the USA for his ideas. (USA)</p>
<p>Nutrition</p>	
<p>www.nutrition.org.uk</p>	<p>The British Nutrition Association was established over 40 years ago and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle.</p>
<p>www.bant.org.uk/</p>	<p>British Association for Applied Nutrition & Nutritional Therapy (BANT) Tel: 08706 061284 Email: theadministrator@bant.org.uk</p> <p>Professional body for Nutritional Therapists. Its primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice, in order to protect the client's interests, nutritional therapy and the Nutritional Therapist.</p>
<p>www.nutritionist-resource.org.uk</p>	<p>Nutritionist Resource Coliseum, Riverside Way, Camberley, Surrey, GU15 3YL Tel: 08448 030244</p> <p>Online directory advertising qualified and/or registered nutritionists in the UK and Northern Ireland. If you are looking for a knowledgeable, trustworthy nutritionist to help you make positive changes to your diet, then Nutritionist Resource is the perfect place to begin your search.</p>
<p>www.ion.ac.uk</p>	<p>The Institute For Optimum Nutrition (ION) is an independent, not for profit educational charity whose purposes are: To advance education of the public and health professionals in all matters</p>

	relating to nutrition. To preserve and protect the health of the general public by giving advice, assistance and where necessary treatment through nutritional therapy.
www.vitamins-nutrition.org	Information on vitamins, the latest vitamins research, expert knowledge on vitamins and tips for proper supplementation with vitamins.
www.patrickholford.com	Browse for information on health & nutrition, receive tailor-made health advice, shop for health products & books & discover events and workshops with Patrick Holford.
www.bdaweightwise.com	An independent site, with unbiased, easy-to-follow hints and tips - based on the latest evidence - to help you manage your weight for good. It will help you take a look at your current eating habits and physical activity levels, and offer a practical approach to setting your own goals for lifestyle change
General	
http://www.alliance-scotland.org.uk/	The Health and Social Care Alliance Scotland (the ALLIANCE) vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well. The ALLIANCE is the national third sector intermediary for a range of health and social care organisations. Email: info@alliance-scotland.org.uk
www.patients-association.org.uk	The Patients Association PO Box 935, Harrow, Middlesex, HA1 3YJ Tel: 08456 084455 Fax: 02084 239119 Email: helpline@patients-association.com The Patients Association listens to the concerns of patients and focuses its work on what matters to them.
www.carersuk.org	Carers UK 20 Great Dover Street, London, SE1 4LX Tel: 02073 784999 Fax: 02073 789781 Email: info@carersuk.org Carers UK is the voice of carers. Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.
www.carers.org	Crossroads Care Tel: 08448 004361 Crossroads Care provides services through their

	network of local providers across England and Wales. Each offers a variety of support services for carers including their core service where a trained carer support worker comes into the home to take over the caring responsibilities, enabling the carer to take a break.
www.nhs.uk	NHS Choices website where you can find health information; NHS service information, medical advice and much, much more. NHS 111 Service This service is for non-emergency help or advice. Tel: 111
www.nhs24.com (Scotland)	Tel: 111
www.samaritans.org	Samaritans PO Box 9090, Stirling, FK8 2SA Tel: 08457 909090 Tel: 18506 09090 (ROI) Email: jo@samaritans.org
www.specialistinfo.com	Website where you can find information about the NHS specialists in your area. Some information is free but you need to pay to get all their information. Tel: 01423 562003 Email: info@specialistinfo.com
http://wwwcf.nlm.nih.gov/hsr_project/home_proj.cfm	A medical library. (USA)
www.dlf.org.uk	Disabled Living Foundation 380-384 Harrow Road, London, W9 2HU A national charity providing independent advice on mobility aids, disability aids, daily living equipment. Email: info@dlf.org.uk
www.scope.org.uk	Scope is a charity that exists to make this country a place where disabled people have the same opportunities as everyone else.
http://disabilityrightsuk.org/	Disability Rights UK Ground Floor, CAN Mezzanine, 49-51 East Road, London N1 6AH Tel: 02072 508181 Email: enquiries@disabilityrightsuk.org Disability rights UK works to create a society where everyone with lived experience of disability or health conditions can participate equally as full citizens.
www.thebls.org	British Longevity Society PO Box 4202, Dunstable, LU5 5WU

	<p>Fax: 07092 350063 Email: info@thebls.org</p> <p>A non-profit society founded in 1992 created for people who want to live a longer, healthier life. The BLS highlights the advances in anti-ageing medicine to help prevent diseases and disorders to improve everyone's optimal health span.</p>
https://www.gov.uk/browse/benefits	<p>Benefit Information Provides a number of helplines available to help with benefits.</p>
<p>www.therapy-directory.org.uk www.hypnotherapy-directory.org.uk</p>	<p>Coliseum, Riverside Way, Camberley, Surrey, GU15 3YL</p> <p>Therapy Directory: 08448 030245 Hypnotherapy Directory: 08448 030242</p> <p>Therapy Directory is dedicated to putting individuals who are searching for a practitioner, in touch with a professional who is both qualified and suitable for their needs. In addition, we are also passionate about increasing awareness of the positive benefits of complementary and alternative therapies.</p>
www.nhs.uk/medicine-guides/pages/default.aspx	<p>NHS Medicine Guides Provide members of the public with up to date, reliable and understandable information about medicines. Medicines Guides are delivered in collaboration with NHS Choices.</p>
www.nhs.uk/carersdirect	<p>Carers Direct PO Box 27079, Glasgow, G3 9EJ Tel: 03001 231053</p> <p>A national information, advice and support service for carers in England. Available online and as a free, confidential helpline seven days a week, it provides accurate, relevant information for carers and those who support them.</p>
http://www.downsyndrometreatment.net/	<p>Down Syndrome Treatment Center of Oregon 2161 NE Broadway St. Portland, OR 97232, USA</p> <p><i>'Helping People with Down Syndrome reach their fullest potential.'</i> Specialise in treating children with hypothyroidism.</p>
http://www.hughes-syndrome.org/	<p>The Hughes Syndrome Foundation Conybeare House, Guy's Hospital, London, SE1 9RT</p> <p>Tel: 02071 888217</p>

	<p>Email: info@hughes-syndrome.org</p> <p>Founded in 2001, the Hughes Syndrome Foundation is the only UK registered charity dedicated to helping people affected by Hughes/antiphospholipid syndrome.</p>
<p>www.mercurymadness.org</p>	<p>This Website brings together information on sources of Mercury Toxicity and provides a “big picture”.</p> <p>Email: info@mercurymadness.org</p>
<p>http://www.homeopathy-soh.org/</p>	<p>The Society of Homeopaths is the largest organisation registering homeopaths in the UK. Its aim is high quality homeopathic health care for all.</p> <p>11 Brookfield, Duncan Close, Moulton Park, Northampton NN3 6WL Tel: 01604 817890 Fax: 01604 648848 Email: info@homeopathy-soh.org</p>
<p>http://www.britishhomeopathic.org/</p>	<p>The British Homeopathic Association is a registered charity founded in 1902. The principal objects of the charity are to promote and develop the study and practice of homeopathy and to advance education and research in the theory and practice of homeopathy provided that the useful results of such research shall be published.</p> <p>Hahnemann House, 29 Park Street, West Luton, LU1 3BE Tel: 01582 408675 Fax: 01582 723032 Email: info@britishhomeopathic.org</p>
<p>http://www.cnhc.org.uk/</p>	<p>The Complementary and Natural Healthcare Council (CNHC) was set up with government support to protect the public by providing a UK voluntary register of complementary therapists.</p> <p>Albert Buildings, 49 Queen Victoria Street, London, EC4N 4SA Tel: 02076 531971 Email: info@cnhc.org.uk</p>
<p>http://www.geneticalliance.org.uk/</p>	<p>Genetic Alliance UK is the national charity working to improve the lives of patients and families affected by all types of genetic conditions.</p> <p>Their aim is to ensure that high quality services, information and support are provided to all. They actively support research and innovation across the field of genetic medicine.</p>

	4D Leroy House, 436 Essex Road, London, N1 3QP Tel: 020 7704 3141 Email: contactus@geneticalliance.org.uk
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If you would like to confirm that this is the latest version of this document please contact us:

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