

Thyroid Detox

Kickstart Your Thyroid in 12 Days



Recommended Resources

Wellness Websites

Thyroid Health: www.Thyroid.About.com

Thyroid Health: <http://www.thyroid-info.com> (covers how to find “better” doctors in your area)

Mercola: www.Mercola.com

Natural News: www.NaturalNews.com

Hormones Matter: www.HormonesMatter.com

Women to Women (hormonal health): <http://www.womentowomen.com>

Parasites and Cleansing: <http://www.drclarkstore.com>

Weston A. Price Foundation: <http://www.westonaprice.org>

Fasting and Eating for Health: <http://www.drfuhrman.com>

Josie’s Blog: <http://therealfoodcoach.blogspot.co.uk/>

Cooking and Recipes:

Thyroid Diet Coach: <http://thyroiddietcoach.com/foods-recipes/>

Nourished Kitchen: www.NourishedKitchen.com

Renegade Kitchen: <http://renegadekitchen.com/>

Cheese Slave: <http://www.cheeseslave.com/>

101 Cook Books: <http://101cookbooks.com>

Elena’s Pantry: <http://www.elanaspantry.com/almond-flour-recipes/> (for almond flour cooking)

Coconut Recipes: <http://www.freecoconutrecipes.com>