Thank you for your purchase of *The Adrenal Thyroid Revolution*. Editorial decisions required me to choose between more content in the book and providing the references separately, or cutting content out of the book to make room for the references. I made the decision to pull the bulk of the references out and provide them to you as an additional document, at no charge. You will find them here, organized by book chapter, as initially intended. Thank you for your understanding, and I hope you have been inspired by the book and are joining the revolution for yourself, clients, or patients.

AVIVA ROMM, M.D.
Introduction: Feel Like Yourself Again


**Chapter 1: Your Body and Brain Are Sending Out an SOS**


McDermott, M. T., and E. C. Ridgway. 2001. “Subclinical hypothyroidism is mild thyroid failure and should be treated.” *Journal of Clinical Endocrinology & Metabolism* 86 (10): 4585-90.


Chapter 2: The Five Root Causes of Adrenal and Thyroid Dysfunction


Benvenga, S., L. Santarpia, F. Trimarchi, and F. Guarneri. 2006. “Human thyroid autoantigens and proteins of *Yersinia* and *Borrelia* share amino acid sequence homology that includes binding motifs to HLA-DR molecules and T-cell receptor.” *Thyroid* 16 (3): 225-236.


**Chapter 3: What’s Your Type? Decoding Your Root Causes**


Chapter 4: Reboot


Chapter 5: Reframe


Chapter 6: Repair


The Adrenal Thyroid Revolution Complete References


Chapter 7: Recharge


McDermott, M. T., and E. C. Ridgway. 2001. “Subclinical hypothyroidism is mild thyroid failure and should be treated.” *Journal of Clinical Endocrinology & Metabolism* 86 (10): 4585-90. doi:10.1210/jcem.86.10.7959.


Chapter 8: Replenish


Appendix 2: Working with Your Health Practitioner—or Finding Another


