

# THE ADRENAL THYROID REVOLUTION

## Complete References

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

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

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

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