



## Thyroid Resources and References

### Resources and References:

- Wilson's Temperature Syndrome Website - Dr. Denis Wilson  
<http://www.drritamarie.com/go/WilsonsSyndrome>
- Dr. Wilson's Practitioner Page and Resources  
<http://www.drritamarie.com/go/WilsonsSyndromeDoctors>
- Simplified Wilson's T3 Protocol  
<http://www.drritamarie.com/go/WilsonsSyndromeSimplifiedT3>
- Wilson's Basic T3 Protocol Guidelines  
<http://www.drritamarie.com/go/WilsonsSyndromeBasicT3>
- Dr. Rind's Thyroid and Adrenal Information  
<http://www.drritamarie.com/go/DrRindThyroidAdrenalInfo>
- Dr. Rind's Adrenal and Thyroid Comparison Chart  
<http://www.drritamarie.com/go/DrRindAdrenalThyroidComparisonChart>
- Dr. Kharrazian Thyroid Information - Website and Video  
<http://www.drritamarie.com/go/ThyroidBookWebsite>  
<http://www.drritamarie.com/go/ThyroidBook> (book on Amazon)
- Diet and Lifestyle Interventions for Thyroid:  
A detailed paper that appears to have been written as a student thesis. Lots of good information, some conventional and some controversial.  
<http://www.drritamarie.com/go/HypoThyroidismProtocolsSPAJournal>
- Free T3/rT3 Ratio Calculator  
<http://www.drritamarie.com/go/Rt3RatioCalculator>



## Thyroid Videos:

- How Thyroid Hormones Are Made  
<http://www.drritamarie.com/go/YouTubeHowThyroidHormonesAreMade>
- Hypothalamus-Pituitary Stimulation of Thyroid  
<http://www.drritamarie.com/go/YouTubeHPStimulationOfThyroid>
- Thyroid Hormone Feedback Mechanism  
<http://www.drritamarie.com/go/YouTubeThyroidHormoneFeedback>
- Thyroid Hormone Production  
<http://www.drritamarie.com/go/YouTubeThyroidHormoneProduction>
- Thyroid Examination  
<http://www.drritamarie.com/go/YouTubeThyroidExamination>

## Adrenal Videos:

- Adrenal Overview  
<http://www.drritamarie.com/go/YouTubeAdrenalOverview>
- How Adrenals Work - Part 1  
<http://www.drritamarie.com/go/YouTubeHowAdrenalsWorkPart1>
- How Adrenals Work - Part 2  
<http://www.drritamarie.com/go/YouTubeHowAdrenalsWorkPart2>
- Fight/Flight Physiology  
<http://www.drritamarie.com/go/YouTubeFightFlightPhysiology>