**Graves Disease - Resource List**

*Please Note: This list of resources has been compiled for information by someone who is a thyroid patient but who is not medically qualified.*

*The inclusion of an article, book or website in this list should not be taken as an official endorsement of the content or its author by The Thyroid Trust.*

*You are strongly recommended to consult your doctor before making any changes to your lifestyle, diet or treatment regime. The information included in this reading list is not meant to substitute the clinical guidance provided by a healthcare professional.*

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# **General**

* [Nancy Patterson](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&field-author=Nancy+Patterson+Ph+D&text=Nancy+Patterson+Ph+D&sort=relevancerank&search-alias=books-uk), [Jake George](https://www.amazon.co.uk/Jake-George/e/B00929SDHW/ref%3Ddp_byline_cont_book_2). ***Graves' Disease In Our Own Words.*** Sage Words Services, 2011
* Dr Amy Myers: ***The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight - and How to Get Your Life Back.*** United States: Little Brown, 2016.

***(***Provides an understanding of Graves, its symptoms, and related disease.

* Elaine Moore - **Graves Disease and Auto-Immune Education** website - [**https://www.elaine-moore.com/**](https://www.elaine-moore.com/).

Includes a searchable database of all sorts of studies on Graves.

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* Janie Alexander Bowthorpe: ***Stop the Thyroid Madness: A Patient Revolution Against Decades of Inferior Treatment.*** US: Laughing Grape Publishing, 2019

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* Adriana Rojas-Villarraga et al. ***Introducing Polyautoimmunity: Secondary Autoimmune Diseases No Longer Exist.*** Autoimmune Diseases, Volume 2012 <http://www.hindawi.com/journals/ad/2012/254319/>
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