

Credible Health Resources

Wellness Websites

Mercola: www.Mercola.com

Chris Kresser: <http://chriskresser.com>

Natural News: www.NaturalNews.com

Thyroid Lifestyle, Dr Izabella Wentz: <http://www.thyroidlifestyle.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>

Hormones Balance: www.HormonesBalance.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>