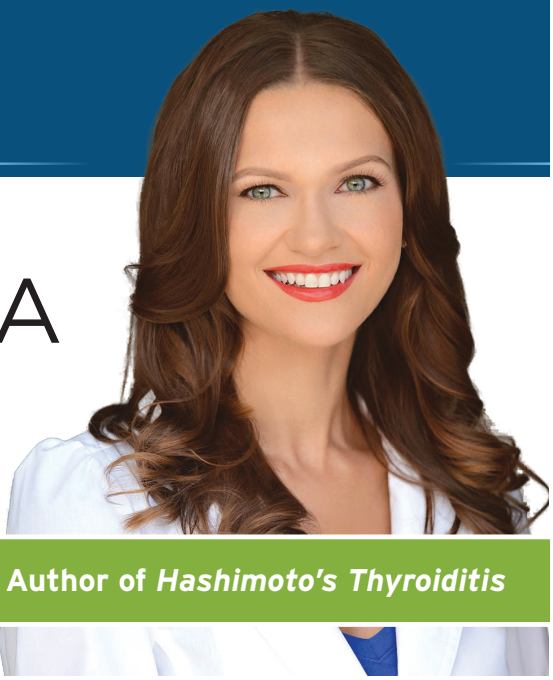
HASHIMOTO'S PROTOCOL

A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back



IZABELLA WENTZ
PharmD, FASCP

New York Times Bestselling Author of *Hashimoto's Thyroiditis*

BIBLIOGRAPHY

ABOUT ME

Izabella Wentz, PharmD, FASCP is an internationally acclaimed thyroid specialist and licensed pharmacist who has dedicated her career to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's Thyroiditis in 2009.

Dr. Wentz is the author of the New York Times best-selling patient guide *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause* and the protocol-based book *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back*.

As a patient advocate, researcher, clinician and educator, Dr. Wentz is committed to raising awareness on how to overcome autoimmune thyroid disease through The Thyroid Secret Documentary Series, the Hashimoto's Institute Practitioner Training, and her international consulting and speaking services offered to both patients and healthcare professionals.

Izabella Wentz, PharmD, FASCP

Aghili R, Jafarzadeh F, Bhorbani R, et al. The association of Helicobacter pylori infection with Hashimoto's thyroiditis. *Acta Med Iran*. 2013;51(5):293-6.

Ajjan R, Weetman A. The Pathogenesis of Hashimoto's Thyroiditis: Further Developments in our Understanding. *Hormone and Metabolic Research*. 2015;47(10):702-710. doi:10.1055/s-0035-1548832.

Arena S, Latina A, Baratta R, Burgio G, Gullo D, Benvenga S. Chronic lymphocytic thyroiditis: could it be influenced by a petrochemical complex? Data from a cytological study in South-Eastern Sicily. *European Journal of Endocrinology*. 2015;172(4):383-389. doi:10.1530/eje-14-0864.

Bajaj J, Salwan P, Salwan S. Various Possible Toxicants Involved in Thyroid Dysfunction: A Review. *JCDR*. 2016. doi:10.7860/jcdr/2016/15195.7092.

Balázs C, Kaczur V. Effect of selenium on HLA-DR expression of thyrocytes. *Autoimmune Diseases*. 2012:5. doi:10.1155/2012/374635.

Baldini M, Colasanti A, Orsatti A, et al. Neuropsychological functions and metabolic aspects in subclinical hypothyroidism: The effects of l-thyroxine. *Prog in Neuropsychopharmacol Biol Psychiatry*. 2009;33(5):854-859. doi:10.1016/j.pnpbp.2009.04.009.

Bellis M, Burke L, Trickett P, Putnam F. Antinuclear antibodies and thyroid function in sexually abused girls. *Journal of Traumatic Stress*. 1996;9(2):369-378. doi:10.1007/bf02110669.

Benvenga S, Bartelone L, Parralardo, M, et al. (03/2008). Altered intestinal absorption of L-thyroxine caused by coffee. *Thyroid*. 2008;18(3), 293-301. doi: 10.1089/thy.2007.0222.

Benvenga S, Santarpia L, Trimarchi F, Guarneri F. 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*. 2006;16(3):225-236. doi:10.1089/thy.2006.16.225.

Betesh A, Santa Ana C, Cole J, Fordtran J. Is achlorhydria a cause of iron deficiency anemia? *Am J Clin Nutr*. 2015;102(1):9-19. doi:10.3945/ajcn.114.097394.

Bertalot G, Montresor G, Tampieri M et al. Decrease in thyroid autoantibodies after eradication of Helicobacter pylori infection. *Clinical Endocrinology*. 2004;61(5):650-652. doi:10.1111/j.1365-2265.2004.02137.x.

Bonner M, Amard V, Bar-Pinatel C et al. Detection of the amoeba Entamoeba gingivalis in periodontal pockets. *Parasite*. 2014;21:30. doi:10.1051/parasite/2014029.

Bozkurt N, Karbek B, Cakal E, Firat H, Ozbek M, Delibasi T. The association between severity of obstructive sleep apnea and prevalence of Hashimoto's thyroiditis. *Endocrine Journal*. 2012;59(11):981-988. doi:10.1507/endocrj.ej12-0106.

Brown A, Surcel H, Hinkka-Yli-Salomäki S, et al. Maternal thyroid autoantibody and elevated risk of autism in a national birth cohort. *Prog Neuropsychopharmacol Biol Psychiatry*. 2015;3(57)86-92. doi:10.1016/j.pnpbp.2014.10.010.

Bugdaci M, Zuhur S, Sokmen M, Toksoy B, Albayrak B, Altuntas Y. The Role of Helicobacter pylori in Patients with Hypothyroidism in Whom Could Not be Achieved Normal Thyrotropin Levels Despite Treatment with High Doses of Thyroxine. *Helicobacter*. 2011;16(2):124-130. doi:10.1111/j.1523-5378.2011.00830.x.

Bunevicius A, Leserman J, Girdler S. Hypothalamic-Pituitary-Thyroid Axis Function in Women With a Menstrually Related Mood Disorder. *Psychosomatic Medicine*. 2012;74(8):810-816. doi:10.1097/psy.0b013e31826c3397.

Carta M, Loviselli A, Hardoy M, et al. The link between thyroid autoimmunity (antithyroid peroxidase autoantibodies) with anxiety and mood disorders in the community: a field of interest for public health in the future. *BMC Psychiatry*. 2004;4(1). doi:10.1186/1471-244x-4-25.

Chang Y, Kuo Y, Wu P, Yeh Y, Chen H. The Misdiagnosis of Steroid-Responsive Encephalopathy Associated with Autoimmune Thyroiditis as Masked Depression in an Elderly Euthyroid Woman. *Psychosomatics*. 2013;54(6):599-603. doi:10.1016/j.psym.2013.01.009.

Chao C, Klein N, Velicer C et al. Surveillance of autoimmune conditions following routine use of quadrivalent human papillomavirus vaccine. *Journal of Internal Medicine*. 2011;271(2):193-203. doi:10.1111/j.1365-2796.2011.02467.x.

Chiba Y, Katsuse O, Takahashi Y et al. Anti-glutamate receptor □2 antibodies in psychiatric patients with anti-thyroid autoantibodies – A prevalence study in Japan. *Neuroscience Letters*. 2013;534:217-222. doi:10.1016/j.neulet.2012.10.060.

Colucci R, Lotti F, Arunachalam M et al. Correlation of Serum Thyroid Hormones Autoantibodies with Self-Reported Exposure to Thyroid Disruptors in a Group of Nonsegmental Vitiligo Patients. *Arch Environ Contam Toxicol*. 2015;69(2):181-190. doi:10.1007/s00244-015-0138-7.

Contempre B, Dumont J, Ngo B, et al. Effect of selenium supplementation in hypothyroid subjects of an iodine and selenium deficient area: the possible danger of indiscriminate supplementation of iodine-deficient subjects with selenium. *J Clin Endocrinol Metab*. 1991;73(1):213-215. doi:10.1210/jcem-73-1-213.

Contis G, Foley T. Depression, Suicide Ideation, and Thyroid Tumors Among Ukrainian Adolescents Exposed as Children to Chernobyl Radiation. *J Clin Med Res*. 2015;7(5):332-338. doi:10.14740/jocmr2018w.

Costantini A, Pala MI. Thiamine and Hashimoto's Thyroiditis: A Report of Three Cases. *The Journal of Alternative and Complementary Medicine*. 2014;20(3):208-211. doi:10.1089/acm.2012.0612.

Couvaras J. Hashimoto's Disease and Reproduction: Is there a link? *IVF Phoenix AZ | Fertility Treatment Center & Clinic*. Available at: http://www.ivfphoenix.com/hashimoto-s---infertility. Accessed October 21, 2016.

Czarnocka B. Thyroperoxidase, thyroglobulin, Na+/I- symporter, pendrin in thyroid autoimmunity. *Frontiers in Bioscience*. 2011;16(1):783. doi:10.2741/3720.

Daher R. Consequences of dysthyroidism on the digestive tract and viscera. *World J Gastroenterol*. 2009;15(23):2834. doi:10.3748/wjg.15.2834.

Davies T. Pathogenesis of Hashimoto's thyroiditis (chronic autoimmune thyroiditis). *Uptodate.com*. 2016. Available at: http://www.uptodate.com/contents/pathogenesis-of-hashimotos-thyroiditis-chronic-autoimmune-thyroiditis. Accessed August 30, 2016.

Downey M. Natural Support for Stomach Health. *Life Extension*. 2015:58-65. Available at: http://viewer.zmags.com/publication/8c4386ab#/8c4386ab/60. Accessed October 19, 2016.

Draborg A, Duus K, Houen G. Epstein-Barr Virus in systemic autoimmune diseases. *Clin Dev Immunol*. 2013;2013:1-9. doi:10.1155/2013/535738.

Drutel A, Archambeaud F, Caron P. Selenium and the thyroid gland: more good news for clinicians. *Clin Endocrinol*. 2013;78(2):155-164. doi:10.1111/cen.12066.

Duntas L. Autoimmunity: Does celiac disease trigger autoimmune thyroiditis?. *Nature Reviews Endocrinology*. 2009;5(4):190-191. doi:10.1038/nrendo.2009.46.

Eglite M, Zvagule T, Rainsford K, Reste J, Čurbakova E, Kurjane N. Clinical aspects of the health disturbances in Chernobyl Nuclear Power Plant accident clean-up workers (liquidators) from Latvia. *Inflammopharmacology*. 2009;17(3):163-169. doi:10.1007/s10787-009-0001-4.

Ekinci E, Chiu W, Lu Z et al. A longitudinal study of thyroid autoantibodies in pregnancy: the importance of test timing. *Clinical Endocrinology*. 2014;82(4):604-610. doi:10.1111/cen.12571.

Eleftheriou P, Kynigopoulos S, Giovou A et al. Prevalence of Anti-Neu5Gc Antibodies in Patients with Hypothyroidism. *BioMed Research International*. 2014;2014:1-9. doi:10.1155/2014/963230.

Eramo S, Urbani G, Sfasciotti GL, Brugnoletti O, Bossù M, Polimeni A. Estrogenicity of bisphenol A released from sealants and composites: a review of the literature. *Annali di Stomatologia*. 2010;1(3-4):14-21.

Fan A, Kizer K. Selenium. Nutritional , toxicologic, and clinical aspects. *West J Med*. 1990;153(2):160-7.

Farahid O, Khawaja N, Shennak M, et al. Prevalence of coeliac disease among adult patients with autoimmune hypothyroidism in Jordan. *East Mediterr Health J*. 2014;20(1):51-5.

Faria A, Weiner H. Oral Tolerance: Therapeutic Implications for Autoimmune Diseases. *Clinical and Developmental Immunology*. 2006;13(2-4):143-157. doi:10.1080/17402520600876804.

Fasano A. Leaky gut and autoimmune diseases. *Clin Rev Allergy Immunol*. 2012;42(1):71-78. doi:10.1007/s12016-011-8291-x.

Fasano A. Zonulin and its regulation of intestinal barrier function: the biological door to inflammation, autoimmunity, and cancer. *Physiol Rev*. 2011;91(1):151-175. doi:10.1152/physrev.00003.2008.

Franceschi F, Satta M, Mentella M, et al. Helicobacter pylori infection in patients with hashimoto's thyroiditis. *Helicobacter*. 2004;9(4):369-369. doi:10.1111/j.1083-4389.2004.00241.x.

Friedman M, Wang S, Jalowiec J, McHugo G, McDonagh-Coyle A. Thyroid Hormone Alterations Among Women with Posttraumatic Stress Disorder Due to Childhood Sexual Abuse. *Biological Psychiatry*. 2005;57(10):1186-1192. doi:10.1016/j.biopsych.2005.01.019.

Galletti P, Joyet G. Effect of fluorine on thyroidal iodine metabolism in hyperthyroidism. *J Clin Endocrinol Metab*. 1958;18(10):1102-1110. doi:10.1210/jcem-18-10-1102.

Garber J, Cobin R, Gharib H, et al. Clinical practice guidelines for hypothyroidism in adults: cosponsored by the American Association of Clinical Endocrinologists and the American Thyroid Association. *Thyroid*. 2012;22(12):1200-1235. doi:10.1089/thy.2012.0205.

Gartner R. Selenium supplementation in patients with autoimmune thyroiditis decreases thyroid peroxidase antibodies concentrations. *J Clin Endocrinol Metab*. 2002;87(4):1687-1691. doi:10.1210/jc.87.4.1687.

Gattullo C, Barboza Cunha B, Rosa A, Loffredo E. Removal of a combination of endocrine disruptors from aqueous systems by seedlings of radish and ryegrass. *Environmental Technology*. 2013;34(24):3129-3136. doi:10.1080/09593330.2013.807854.

Geracioti T, Kling M, Post R, Gold P. Antithyroid Antibody-Linked Symptoms in Borderline Personality Disorder. *Endocrine*. 2003;21(2):153-158. doi:10.1385/endo:21:2:153.

Gerenova J, Manolova I, Tzoneva V. Clinical significance of autoantibodies to parietal cells in patients with autoimmune thyroid diseases. *Folia Medica*. 2013;55(2). doi:10.2478/folmed-2013-0014.

Gierach M, Gierach J, Skowrońska A, et al. Hashimoto's thyroiditis and carbohydrate metabolism disorders in patients hospitalised in the Department of Endocrinology and Diabetology of Ludwik Rydygier Collegium Medicum in Bydgoszcz between 2001 and 2010. *Endokrynol Pol*. 2012;63(1):14-7.

Girdler S, et al. Historical Sexual Abuse and Current Thyroid Axis Profiles in Women With Premenstrual Dysphoric Disorder. *Psychosomatic Medicine*. 2004;66(3):403-410. doi:10.1097/01.psy.0000127690.38525.ab.

Giynas Ayhan M, Uguz F, Askin R, Gonen M. The prevalence of depression and anxiety disorders in patients with euthyroid Hashimoto's thyroiditis: a comparative study. *General Hospital Psychiatry*. 2014;36(1):95-98. doi:10.1016/j.genhosppsych.2013.10.002.

Gorini P, Koshikawa H, Falk R. The stimulating effect of a cytosol extract from regenerating liver on isolated hepatocytes and the positive role of insulin. *Ital J Surg Sci*. 1988;18(3):201-5.

Guarneri F, Carlotta D, Saraceno G, Trimarchi F, Benvenga S. Bioinformatics support the possible triggering of autoimmune thyroid diseases by Yersinia enterocolitica outer membrane proteins homologous to the human thyrotropin receptor. *Thyroid*. 2011;21(11):1283-1284. doi:10.1089/thy.2010.0364.

Gujral N, Freeman H, Thomson A. Celiac disease: Prevalence, diagnosis, pathogenesis and treatment. *World Journal of Gastroenterology*. 2012;18(42):6036. doi:10.3748/wjg.v18.i42.6036.

Guzzi G, Grandi M, Cattaneo C et al. Dental Amalgam and Mercury Levels in Autopsy Tissues. *The American Journal of Forensic Medicine and Pathology*. 2006;27(1):42-45. doi:10.1097/01.paf.0000201177.62921.c8.

Hadithi M. Coeliac disease in Dutch patients with Hashimoto's thyroiditis and vice versa. *World J Gastroenterol*. 2007;13(11):1715. doi:10.3748/wjg.v13.i11.1715.

Haugen B. Drugs that suppress TSH or cause central hypothyroidism. *Best Practice & Research Clinical Endocrinology & Metabolism*. 2009;23(6):793-800. doi:10.1016/j.beem.2009.08.003.

Haviland M, Sonne J, Anderson D et al. Thyroid hormone levels and psychological symptoms in sexually abused adolescent girls. *Child Abuse & Neglect*. 2006;30(6):589-598. doi:10.1016/j.chiabu.2005.11.011.

Heckl S, Reiners C, Buck A, Schäfer A, Dick A, Scheurlen M. Evidence of impaired carbohydrate assimilation in euthyroid patients with Hashimoto's thyroiditis. *European Journal of Clinical Nutrition*. 2015;70(2):222-228. doi:10.1038/ejcn.2015.167.

Hoang T, Olsen C, Mai V, Clyde P, Shakir M. Desiccated thyroid extract compared with levothyroxine in the treatment of hypothyroidism: a randomized, double-blind, crossover study. *J Clin Endocrinol Metab*. 2013;98(5):1982-1990. doi:10.1210/jc.2012-4107.

Höfling D, Chavantes M, Acencio M et al. Effects of Low-Level Laser Therapy on the Serum TGF-β1 Concentrations in Individuals with Autoimmune Thyroiditis. *Photomedicine and Laser Surgery*. 2014;32(8):444-449. doi:10.1089/pho.2014.3716.

Höfling D, Chavantes M, Juliano A et al. Low-level laser therapy in chronic autoimmune thyroiditis: A pilot study. *Lasers in Surgery and Medicine*. 2010;42(6):589-596. doi:10.1002/lsm.20941.

Hybenova M, Hrda P, Procházková J, Stejskal V, Sterzl I. The role of environmental factors in autoimmune thyroiditis. *Neuro Endocrinol Lett*. 2010;31(3):283-9.

Jack A, Dawson A, Begany K et al. fMRI reveals reciprocal inhibition between social and physical cognitive domains. *NeuroImage*. 2013;66:385-401. doi:10.1016/j.neuroimage.2012.10.061.

Jagodzinska J, Polaniak R, Birkner E, Kasperska-Zajac A. Analysis of Circulating Vascular Endothelial Growth Factor and Its Soluble Receptors in Patients with Different Forms of Chronic Urticaria. *BioMed Research International*. 2015;2015:1-6. doi:10.1155/2015/578383.

Janegova A, Janega P, Rychly B, Kuracinova K, Babal P. The role of Epstein-Barr virus infection in the development of autoimmune thyroid diseases. *Endokrynol Pol*. 2015;66(2):132-6. doi:10.5603/EP.2015.0020.

Jensen R. Consequences of long-term proton pump blockade: insights from studies of patients with gastrinomas. *Basic Clin Pharmacol Toxicol*. 2006;98(1):4-19. doi:10.1111/j.1742-7843.2006.pto_378.x.

Joung J, Cho Y, Park S, et al. Effect of iodine restriction on thyroid function in subclinical hypothyroid patients in an iodine-replete area: a long period observation in a large-scale cohort. *Thyroid*. 2014;24(9):1361-1368. doi:10.1089/thy.2014.0046.

Juby A, Hanly M, Lukaczer D. Clinical challenges in thyroid disease: Time for a new approach?. *Maturitas*. 2016;87:72-78. doi:10.1016/j.maturitas.2016.02.001.

Katarzyna K, Jarosz C, Agnieszka S et al. L-thyroxine Stabilizes Autoimmune Inflammatory Process in Euthyroid Nongoitrous Children with Hashimoto's Thyroiditis and Type 1 Diabetes Mellitus. *Journal of Clinical Research in Pediatric Endocrinology*. 2013;5(4):240-244. doi:10.4274/jcrpe.1136.

Kawashima, Akira et al. "Demonstration Of Innate Immune Responses In The Thyroid Gland: Potential To Sense Danger And A Possible Trigger For Autoimmune Reactions". *Thyroid* 23.4 (2013): 477-487.

Kibirige D, Luzinda K, Ssekitoleko R. Spectrum of lithium induced thyroid abnormalities: a current perspective. *Thyroid Research*. 2013;6(1):3. doi:10.1186/1756-6614-6-3.

Keogh M, Wittert G. Effect of cabergoline on thyroid function in hyperprolactinaemia.*Clinical Endocrinology*. 2002;57(5):699-699. doi:10.1046/j.1365-2265.2002.16351.x.

Kogelnik A, Loomis K, Hoegh-Petersen M, Rosso F, Hischier C, Montoya J. Use of valganciclovir in patients with elevated antibody titers against Human Herpesvirus-6 (HHV-6) and Epstein—Barr Virus (EBV) who were experiencing central nervous system dysfunction including long-standing fatigue. *Journal of Clinical Virology*. 2006;37:S33-S38. doi:10.1016/s1386-6532(06)70009-9.

Kvantchakhadze R. Wobenzym in the complex treatment of autoimmune thyroiditis. *Int J Immunorehab*. 2002;4(1):114.

Lauritano E, Bilotta A, Gabrielli M, et al. Association between hypothyroidism and small intestinal bacterial overgrowth. *J Clin Endocrinol Metab*. 2007;92(11):4180-4184. doi:10.1210/jc.2007-0606.

Lee H, Hwang J. The natural course of Hashimoto's thyroiditis in children and adolescents. *J Pediatr Endocrinol Metab*. 2014;27(9-10). doi:10.1515/jpem-2013-0373.

Lee T, Chiang B. Sex differences in spontaneous versus induced animal models of autoimmunity. *Autoimmunity Reviews*. 2012;11(6-7):A422-A429. doi:10.1016/j.autrev.2011.11.020.

Leyhe T, Müssig K. Cognitive and affective dysfunctions in autoimmune thyroiditis. *Brain, Behavior, and Immunity*. 2014;41:261-266. doi:10.1016/j.bbi.2014.03.008.

Liponis M, Geyer C, Hubkova T. Successful Eradication of Helicobacter pylori With Over-the-counter Products. *Natural Medicine Journal*. 2015;7(5). Available at: http://www.naturalmedicinejournal.com/journal/2015-05/successful-eradication-helicobacter-pylori-over-counter-products. Accessed October 19, 2016.

Longnecker M, Taylor P, Levander O. Selenium in diet, blood, and toenails in relation to human health in a seleniferous area. *Am J Clin Nutr*. 1991;53(5):1288-94.

Luiz H, Gonçalves D, Silva T, et al. IgG4-related Hashimoto's thyroiditis ; A new variant of a well known disease. *Arq Bras Endocrinol Metabol*. 2014;58(8):862-868. doi:10.1590/0004-2730000003283.

Magrini A, Pietroiusti A, Coppeta L et al. Shift Work and Autoimmune Thyroid Disorders. *International Journal of Immunopathology and Pharmacology*. 2006;19(4):31-35.

Mansournia N, Mansournia M, Saeedi S, Dehghan J. The association between serum 25OHD levels and hypothyroid Hashimoto's thyroiditis. *J Endocrinol Invest*. 2014;37(5):473-476. doi:10.1007/s40618-014-0064-y.

Mariani M, Palpacelli A, Mussoni A, Rossodivita A. Hashimoto's thyroiditis: an accidental discovery of a lingual thyroid in a 7-year-old child. *Case Reports*. 2013;2013(aug21 1):bcr2013200247-bcr2013200247. doi:10.1136/bcr-2013-200247.

McCracken J, Hanna G. Elevated Thyroid Indices in Children and Adolescents with Obsessive-Compulsive Disorder: Effects of Clomipramine Treatment. *Journal of Child and Adolescent Psychopharmacology*. 2005;15(4):581-587. doi:10.1089/cap.2005.15.581.

Mehrdad M, Mansour-Ghanaei F, Mohammadi F, Joukar F, Dodangeh S, Mansour-Ghanaei R. Frequency of Celiac Disease in Patients with Hypothyroidism. *Journal of Thyroid Research*. 2012;2012:1-6. doi:10.1155/2012/201538.

Messina G, Esposito T, Lobaccaro J et al. Effects of low-carbohydrate diet therapy in overweight subject with autoimmune thyroiditis: possible synergism with ChREBP. *Drug Design, Development and Therapy*. 2016;14(10):2939-46. doi:10.2147/dddt.s106440.

Moncayo R, Moncayo H. Proof of concept of the WOMED model of benign thyroid disease: Restitution of thyroid morphology after correction of physical and psychological stressors and magnesium supplementation. *BBA Clinical*. 2015;3:113-122. doi:10.1016/j.bbacli.2014.12.005.

Moncayo R, Moncayo H. The WOMED model of benign thyroid disease: Acquired magnesium deficiency due to physical and psychological stressors relates to dysfunction of oxidative phosphorylation. *BBA Clinical*. 2015;3:44-64. doi:10.1016/j.bbacli.2014.11.002.

Mori K, Nakagawa Y, Ozaki H. Does the Gut Microbiota Trigger Hashimoto's Thyroiditis?.*Discovery Medicine*. 2012;14(78):321-326. Available at: http://www.discoverymedicine.com/Kouki-Mori/2012/11/27/does-the-gut-microbiota-trigger-hashimotos-thyroiditis/. Accessed October 19, 2016.

Müssig K, Künle A, Säuberlich A, et al. Thyroid peroxidase antibody positivity is associated with symptomatic distress in patients with Hashimoto's thyroiditis. *Brain Behav Immun*. 2012;26(4):559-563. doi:10.1016/j.bbi.2012.01.006.

Nagata K, Nakayama Y, Higaki K, et al. Reactivation of persistent Epstein–Barr virus (EBV) causes secretion of thyrotropin receptor antibodies (TRAbs) in EBV-infected B lymphocytes with TRAbs on their surface. *Autoimmunity*. 2015;48(5):328-335. doi:10.3109/08916934.2015.1022163.

Naiyer A, Shah J, Hernandez L et al. Tissue Transglutaminase Antibodies in Individuals with Celiac Disease Bind to Thyroid Follicles and Extracellular Matrix and May Contribute to Thyroid Dysfunction. *Thyroid*. 2008;18(11):1171-1178. doi:10.1089/thy.2008.0110.

Nanan R, Wall J. Remission of Hashimoto's thyroiditis in a twelve-year-old girl with thyroid changes documented by ultrasonography. *Thyroid*. 2010;20(10):1187-1190. doi:10.1089/thy.2010.0102.

National Institutes of Health. Office of Dietary Supplements. Selenium: Dietary Supplement Fact Sheet. *Odsodnihgov*. 2013. Available at: http://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/. Accessed August 30, 2016.

Negro R. Selenium and thyroid autoimmunity. *Biol: Targets Ther*. 2008;2(2):265-273 . doi:10.2147/btt.s2746.

Nexo M, Watt T, Cleal B, et al. Exploring the experiences of people with hypo- and hyperthyroidism. *Qual Health Res*. 2014;25(7):945-953. doi:10.1177/1049732314554093.

Nordio M, Pajalich R. Combined Treatment with Myo-Inositol and Selenium Ensures Euthyroidism in Subclinical Hypothyroidism Patients with Autoimmune Thyroiditis. *Journal of Thyroid Research*. 2013;2013:1-5. doi:10.1155/2013/424163.

Osborne D, Sobczyńska-Malefora A. Autoimmune mechanisms in pernicious anaemia & thyroid disease. *Autoimmun Rev*. 2015;14(9):763-768. doi:10.1016/j.autrev.2015.04.011.

Pacini F, Vorontsova T, Molinaro E et al. Prevalence of thyroid autoantibodies in children and adolescents from Belarus exposed to the Chernobyl radioactive fallout. *The Lancet*. 1998;352(9130):763-766. doi:10.1016/s0140-6736(97)11397-6.

Patil B, Giri G. A clinical case report of Hashimoto's thyroiditis and its impact on the treatment of chronic periodontitis. *Nigerian Journal of Clinical Practice*. 2012;15(1):112. doi:10.4103/1119-3077.94113.

Patil B, Gururaj T, Patil S. Probable autoimmune causal relationship between periodontitis and Hashimoto's thyroidits: A systemic review. *Nigerian Journal of Clinical Practice*. 2011;14(3):253. doi:10.4103/1119-3077.86763.

Peckham S, Lowery D, Spencer S. Are fluoride levels in drinking water associated with hypothyroidism prevalence in England? A large observational study of GP practice data and fluoride levels in drinking water. *J Epidemiol Community Health*. 2015;69(7):619-624. doi:10.1136/jech-2014-204971.

Plaza A, Garcia-Esteve L, Ascaso C et al. Childhood sexual abuse and hypothalamus-pituitary-thyroid axis in postpartum major depression. *Journal of Affective Disorders*. 2010;122(1-2):159-163. doi:10.1016/j.jad.2009.07.021.

Popławska-Kita A, Kościuszko-Zdrodowska M, Siewko K et al. High Serum IgG4 Concentrations in Patients with Hashimoto's Thyroiditis. *International Journal of Endocrinology*. 2015;2015:1-6. doi:10.1155/2015/706843.

Prummel M, Wiersinga W. Thyroid peroxidase autoantibodies in euthyroid subjects. *Best Prac Res Clin Endocrinol Metab*. 2005;19(1):1-15. doi:10.1016/j.beem.2004.11.003.

Rajič B, Arapović J, Raguž K, Bošković M, Babić S, Maslać S. Eradication of Blastocystis hominis prevents the development of symptomatic Hashimoto's thyroiditis: a case report. *J Infect Dev Ctries*. 2015;9(07). doi:10.3855/jidc.4851.

Renné C, Ramos Lopez E, Steimle-Grauer S et al. Thyroid Fetal Male Microchimerisms in Mothers with Thyroid Disorders: Presence of Y-Chromosomal Immunofluorescence in Thyroid-Infiltrating Lymphocytes Is More Prevalent in Hashimoto's Thyroiditis and Graves' Disease Than in Follicular Adenomas.*The Journal of Clinical Endocrinology & Metabolism*. 2004;89(11):5810-5814. doi:10.1210/jc.2004-1049.

Rink T, Schroth H, Holle L, Garth H. [Effect of iodine and thyroid hormones in the induction and therapy of Hashimoto's thyroiditis]. *Nuklearmedizin*. 2016;1999(38(5):144-9.

Robillon J, Sadoul J, Guerin P et al. Mycobacterium avium intracellulare suppurative thyroiditis in a patient with Hashimoto's thyroiditis. *Journal of Endocrinological Investigation*. 1994;17(2):133-134. doi:10.1007/bf03347702.

Rojas Hernandez C. Advances in mechanisms, diagnosis, and treatment of pernicious anemia. *Discov Med*. 2015;19(104):159-68.

Rotondi M, de Martinis L, Coperchini F, et al. Serum negative autoimmune thyroiditis displays a milder clinical picture compared with classic Hashimoto's thyroiditis. *Eur J Endocrinol*. 2014;171(1):31-36. doi:10.1530/eje-14-0147.

Ruiz-Pérez I, Plazaola-Castaño J, Cáliz-Cáliz R et al. Risk factors for fibromyalgia: the role of violence against women. *Clinical Rheumatology*. 2009;28(7):777-786. doi:10.1007/s10067-009-1147-6.

Sakellaropoulou A, Hatzistilianou M, Emporiadou M, Aivazis V, Rousso I, Athanasiadou-Piperopoulou F. Evaluation of thyroid gland function in children with obstructive apnea hypopnea syndrome. *International Journal of Immunopathology and Pharmacology*. 2011;24(2):377-386.

Samraj A, Pearce O, Läubli H et al. A red meat-derived glycan promotes inflammation and cancer progression. *Proceedings of the National Academy of Sciences*. 2014;112(2):542-547. doi:10.1073/pnas.1417508112.

Samraj A et al. A red meat-derived glycan promotes inflammation and cancer progression - Supporting Information. *Proceedings of the National Academy of Sciences*; 2015:1-4. Available at: http://www.pnas.org/content/suppl/2014/12/26/1417508112.DCSupplemental/pnas.201417508SI.pdf. Accessed October 21, 2016.

Sategna-Guidetti C. Prevalence of thyroid disorders in untreated adult celiac disease patients and effect of gluten withdrawal: an Italian multicenter study. *Am J Gastroenterol*. 2001;96(3):751-757. doi:10.1016/s0002-9270(00)02410-2.

Scientific Committee on Health and Environmental Risks (SCHER). *Critical review of any new evidence on the hazard profile, health effects, and human exposure to fluoride and the fluoridating agents of drinking water*. Brussels: European Commission; 2010.

Shenkman L. Antibodies to Yersinia enterocolitica in thyroid disease. *Ann Intern Med*. 1976;85(6):735. doi:10.7326/0003-4819-85-6-735.

Song F, Su H, Yang N et al. Myo-Inositol content determined by myo-inositol biosynthesis and oxidation in blueberry fruit. *Food Chemistry*. 2016;210:381-387. doi:10.1016/j.foodchem.2016.04.099.

Squibb M. *Natural Accelerated Healing And Growth*. Whole Health Research Alliance, LLC; 2007:1-10. Available at: http://ebooks.whnlive.com/TissueRegeneration/TissueRegeneration.pdf. Accessed October 20, 2016.

Staii A, Mirocha S, Todorova-Koteva K, Glinberg S, Jaume J. Hashimoto thyroiditis is more frequent than expected when diagnosed by cytology which uncovers a pre-clinical state. *Thyroid Research*. 2010;3(1):11. doi:10.1186/1756-6614-3-11.

Stein M, Barrett-Connor E. Sexual Assault and Physical Health: Findings From a Population-Based Study of Older Adults. *Psychosomatic Medicine*. 2000;62(6):838-843. doi:10.1097/00006842-200011000-00014.

Sterzl I , Procházková J, Hrda P. Removal of dental amalgam decreases anti-TPO and anti-Tg autoantibodies in patients with autoimmune thyroiditis. *Neuro Endocrinol Lett*. 2006;27(Suppl 1):25-30.

Strieder T. Prediction of progression to overt hypothyroidism or hyperthyroidism in female relatives of patients with autoimmune thyroid disease using the Thyroid Events Amsterdam (THEA) Score. *Arch Intern Med*. 2008;168(15):1657. doi:10.1001/archinte.168.15.1657.

Sugiyama A, Nishie H, Takeuchi S, Yoshinari M, Furue M. Hashimoto's disease is a frequent comorbidity and an exacerbating factor of chronic spontaneous urticaria. *Allergologia et Immunopathologia*. 2015;43(3):249-253. doi:10.1016/j.aller.2014.02.007.

Şükran D, Ömer B, Damla Gökşen Ş, Samim Ö. Clinical Course of Hashimoto's Thyroiditis and Effects of Levothyroxine Therapy on the Clinical Course of the Disease in Children and Adolescents. *Journal of Clinical Research in Pediatric Endocrinology*. 2011;3(4):192-197. doi:10.4274/jcrpe.425.

Teixeira L, Nisihara R, Utiyama S, et al. Screening of celiac disease in patients with autoimmune thyroid disease from Southern Brazil. *Arq Bras Endocrinol Metabol*. 2014;58(6):625-629. doi:10.1590/0004-2730000003003.

Tomasi P, Dore M, Fanciulli G, Sanciu F, Realdi G, Delitala G. Is There Anything to the Reported Association Between Helicobacter pylori Infection and Autoimmune Thyroiditis?. *Digestive Diseases and Sciences*. 2005;50(2):385-388. doi:10.1007/s10620-005-1615-z.

Tonstad S, Nathan E, Oda K, Fraser G. Vegan Diets and Hypothyroidism. *Nutrients*. 2013;5(11):4642-4652. doi:10.3390/nu5114642.

Toulis K, Anastasilakis A, Tzellos T, Goulis D, Kouvelas D. Selenium supplementation in the treatment of Hashimoto's Thyroiditis: A systematic review and a meta-analysis. *Thyroid*. 2010;20(10):1163-1173. doi:10.1089/thy.2009.0351.

US Public Health Services. Review of Fluoride Benefits and Risks, Table 11, p. 17. *Healthgov*. 1991. Available at: http://health.gov/environment/ReviewofFluoride/. Accessed August 30, 2016.

Valentino R, Savastano S, Maglio M et al. Markers of potential coeliac disease in patients with Hashimoto's thyroiditis. European Journal of *Endocrinology*. 2002;146(4):479-483. doi:10.1530/eje.0.1460479.

Van Zuuren E, Albusta A, Fedorowicz Z, Carter B, Pijl H. Selenium supplementation for Hashimoto's Thyroiditis: Summary of a Cochrane systematic review. *Eur Thyroid J*. 2014;3(1):25-31. doi:10.1159/000356040.

Vanderpump M, Tunbridge W, French J et al. The incidence of thyroid disorders in the community: a twenty-year follow-up of the Whickham Survey. *Clin Endocrinol*. 1995;43(1):55-68. doi:10.1111/j.1365-2265.1995.tb01894.x.

Vita, R. The administration of L-thyroxine as soft gel capsule or liquid solution. *Expert Opinion on Drug Delivery*. 2014;11(7):1103-11. doi: 10.1517/17425247.2014.918101.

Vita, R. A novel formulation of L-thyroxine (L-T4) reduces the problem of L-T4 malabsorption by coffee observed with traditional tablet formulations. *Endocrine*. 2013;43(1):154-60. doi: 10.1007/s12020-012-9772-2.

Vojdani A, Tarash I. Cross-Reaction between Gliadin and Different Food and Tissue Antigens. *FNS*. 2013;04(01):20-32. doi:10.4236/fns.2013.41005.

Vykhovanets E, Chernyshov V, Slukvin I et al. 131I Dose-Dependent Thyroid Autoimmune Disorders in Children Living around Chernobyl. *Clinical Immunology and Immunopathology*. 1997;84(3):251-259. doi:10.1006/clin.1997.4379.

Wang C, Crapo L. The epidemiology of thyroid disease and implications for screening. *Endocrinol Metab Clin North Am*. 1997;26(1):189-218. doi:10.1016/s0889-8529(05)70240-1.

Wang J, Lv S, Chen G, et al. Meta-Analysis of the association between vitamin D and autoimmune thyroid disease. *Nutrients*. 2015;7(4):2485-98. doi:10.3390/nu7042485.

Wentz I, Nowosadzka M. *Hashimoto's Thyroiditis*. Lexington, KY: Wentz, LLC; 2013.

Wentz I. Crystal's story: Hashimoto's remission. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/crystals-story-hashimotos-remission. Accessed August 30, 2016.

Wentz I. Dorthea's Hashimoto's healing journey. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/dortheas-healing-journey. Accessed August 30, 2016.

Wentz I. Jen's Hashimoto's remission story. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/jens-hashimotos-remission-story. Accessed August 30, 2016.

Wentz I. Lisa's Hashimoto's remission story; Autoimmune Disease: The Clean Eating Cookbook. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/lisas-hashimotos-remission-story. Accessed August 30, 2016.

Wentz I. Liz's Hashimoto's root cause. *Thyroid Pharmacist*. 2016. Available at: http://thyroidpharmacist.com/articles/lizs-hashimotos-root-cause. Accessed August 30, 2016.

Wentz I. Rebecca's Hashimoto's success story. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/rebeccas-hashimotos-success-story. Accessed August 30, 2016.

Wentz I. Stephanie's medication free Hashimoto's remission: A Root Cause Rebel success story. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/stephanies-medication-free-hashimotos-remission. Accessed August 30, 2016.

Wentz I. Top 9 takeaways from 2232 people with Hashimoto's. *Thyroid Pharmacist*. 2015. Available at: http://www.thyroidpharmacist.com/blog/top-10-takeaways-from-2232-people-with-hashimotos. Accessed August 30, 2016.

Wiersinga W. Paradigm shifts in thyroid hormone replacement therapies for hypothyroidism. *Nat Rev Endocrinol*. 2014;10(3):164-174. doi:10.1038/nrendo.2013.258.

Wraith D, Goldman M, Lambert P. Vaccination and autoimmune disease: what is the evidence?. *The Lancet*. 2003;362(9396):1659-1666. doi:10.1016/s0140-6736(03)14802-7.

Xu J, Liu X, Yang X, et al. Supplemental selenium alleviates the toxic effects of excessive iodine on thyroid. *Biol Trace Elem Res*. 2011;141(1-3):110-118. doi:10.1007/s12011-010-8728-8.

Yang S. Exposure to flame retardants linked to changes in thyroid hormones. *Berkeley News*. 2010. Available at: http://news.berkeley.edu/2010/06/21/pbde/. Accessed October 19, 2016.

Zaletel K, Gaberšček S, Pirnat E, Krhin B, Hojker S. Ten-year follow-up of thyroid epidemiology in Slovenia after increase in salt iodization. *Croat Med J*. 2011;52(5):615-621. doi:10.3325/cmj.2011.52.615.

Zhao H, Tian Y, Liu Z, et al. Correlation between iodine intake and thyroid disorders: a cross-sectional study from the south of China. *Biol Trace Elem Res*. 2014;162(1-3):87-94. doi:10.1007/s12011-014-0102-9.