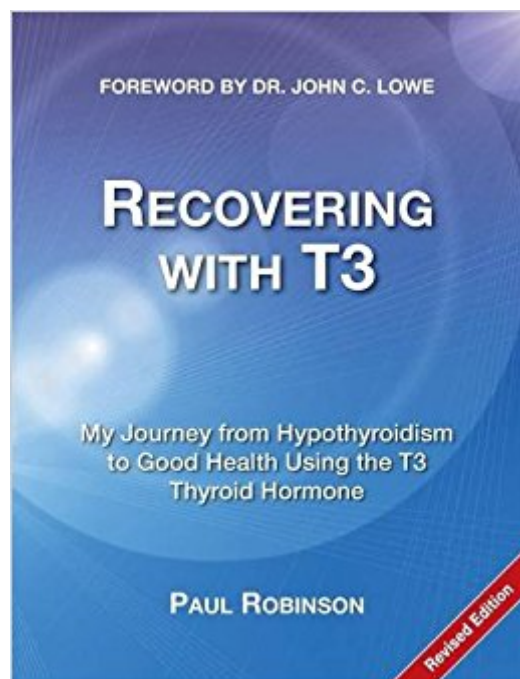




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# Recovering With T3: My Journey From Hypothyroidism To Good Health Using The T3 Thyroid Hormone



## Synopsis

There is growing awareness that some people do not appear to recover their former health using the standard levothyroxine (T4) thyroid medication and may remain with many of the symptoms of hypothyroidism that they first went to their doctor with. The author describes his struggle with hypothyroidism and how eventually he regained his health using a medication called liothyronine sodium, which is a synthetic equivalent of the thyroid hormone T3. The use of T3 finally enabled the author to make a complete recovery, although there were many lessons that he needed to learn about T3 in order to regain his health. This book covers a vast amount of technical and practical information relating to T3 medication and details how the author applied this information in order to get well. The book has a foreword by Dr. John C. Lowe, who has this to say about the book: "Paul Robinson has written a book chock-full of information on T3 that is vitally important to many people. I believe that reading 'Recovering with T3 My Journey from Hypothyroidism to Good Health Using the T3 Thyroid Hormone' will be a splendid experience for thousands of people, whether clinicians, patients, patient advocates, or patients' loved ones." 'Recovering with T3' is quite simply essential reading for any patient and their doctor if they are considering the use of the T3 thyroid hormone. This revised edition contains many enhancements and improvements over the original Recovering with T3 book released at the end of 2011. Enhancements were made due to some valuable patient feedback and the experience of thousands of thyroid patients with the T3 dosage management process and the highly effective circadian T3 method (CT3M). The Revised Edition of the book is the result of these improvements, some simple typo fixes and the addition of a much-requested index. "Thank you!" to thyroid patients around the world for the wonderful feedback that has enabled the creation of this Revised Edition with an index.

## Book Information

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## Customer Reviews

I must start out by stressing that this book is wonderful for anyone suffering from hypothyroidism, regardless of whether they want or need to try t3 only therapy. I personally use t4/t3 treatment, yet still found much useful information in this book, particularly on t3 dosing, and how t3 interacts with cortisol. The book does a great job of explaining how thyroid hormones work, both t4 and t3, and what may have gone wrong when t4 only (or t4/t3 therapy) fails to return a person to optimal health. To date, I've not yet seen a book that has truly addressed this. Unfortunately, most thyroid books fail to explain exactly how thyroid hormones work in your body and, more importantly, why the particular form of thyroid hormone you are taking may not be working for you as hoped. Worse, most thyroid books seem to be premised on the view that everyone will recover on t4 therapy or t4/t3 therapy, which is just not true. Paul manages to fully explain everything a hypothyroid patient needs to know, especially those that fail to truly recover on t4 only therapy, yet this book is very easy to read and comprehend. Perhaps even more importantly, this book is very detailed in dosing -- in other words, how to make t3 work for you. This was actually the main attraction of this book for me. Although the dosing is for t3 only users, I think many of the principles can be applied to t4/t3 therapy. I have never seen any thyroid book that gave much detail on how to find your correct dose of meds. Patients need to have access to this kind of information. It would be nice to think we could rely on our doctors for this information, but as Paul's experiences make clear, most patients need to rely on themselves -- and then find a doctor who is willing to be open-minded and listen. Doctors know so little about t3 (as the author aptly points out) that finding one to prescribe it for you certainly doesn't guarantee that he or she will be able to tell you how to use in a manner that restores your health. Patients need help with how to determine a correct dosage, and this book definitely fills the bill on that account. I also found the concept of dosing t3 in a manner to achieve normal cortisol levels very significant and fascinating. I agree that the adrenals may not be able to work properly if they do not have the proper thyroid hormone, or enough of the proper thyroid hormones at the right times. I dislike the use of the term "adrenal fatigue" as it implies the adrenals are somehow "exhausted," not simply that they are working improperly due to lack of proper thyroid hormone. However, I didn't find this to detract from the book at all as the author makes it quite clear that those suffering with true Adrenal Insufficiency or Addison's will not recover adrenal function with his methods. I do worry the use of this term will discredit the book with doctors, but perhaps they can overlook this as well. I

don't agree with everything in this book, but I don't expect one person to know everything. I also emphasize that what I think to be errors are insignificant to the big picture and do not detract from all the wonderful information contained in the book, information that is backed up by science and citations as well as personal experience. I do feel a need to point out the errors, though. One thing that caught my eye is the assertion that t4 medication has not had to meet FDA regulation. It's true that t4 medications were grandfathered in for a long time, perhaps at the time the author wrote his statements, however, they have since been forced to undergo FDA regulations some time ago due to concerns over product consistency. I also think the author's experiences with such greatly fluctuating TSH results while on t3 only therapy is not due to being on t3 or the timing of labs, but is more likely due to having a very bad case of Hashi's. In my experience, and those of others I know, a suppressed TSH does not jump up over range simply because of what time of day you are getting your labs done. TSH generally remains significantly suppressed on t3 therapy (or even t4/t3 therapy) until you stop taking your medication. I personally would be concerned about such fluctuating TSH results while on suppressive doses of meds and would consider looking into methods to lower the autoimmune attack, such as going gluten free, which is known to lower Hashi attacks. I also don't think that a ft4 of .3 while on t3 only means the thyroid gland has necessarily undergone more destruction due to Hashi's. I don't have Hashi's and yet my ft4 fell to .2 to .4 depending on how much t3 I took. I understand why the author came to these conclusions, even though I don't agree with them. But again, I want to make clear that these minor statements or conclusions that I personally believe to be erroneous do not take away from this book at all or its ability to greatly help many people. I highly recommend this book to anyone with hypothyroidism and certainly everyone who has found t4 to leave them less than fully recovered. I applaud the author for taking the time to share his experiences and research and hope it will further continued research and use of t3 as a treatment for hypothyroid patients worldwide.

This book is a great adjunct to anyone trying to understand what types of thyroid replacement will restore optimal function. The author provides detailed, excellent thyroid information but the real benefit is his understanding of how to use thyroid replacement to optimize adrenal function. The author brilliantly chose to dose his T3 to mimic normal physiologic circadian rhythms and help normalize cortisol, but the application is difficult (waking at night to take medication). I do want to stress that this approach will not work for everyone, maybe only a few, and I suspect that he has a genetic polymorphism that affects either the type I or III deiodinase enzymes or MCT8/OAPT1 transport of T4 into cells. I am not a physician but believe that most people can improve their T4

conversion and will do better on a T4/T3 combination. I'm currently taking thyroid support in the evening and experimenting with different timing/splitting of my T4 and T3 (separately) but T3 only did not work at all for me. My advice is to only try T3 alone if nothing else has worked for you but certainly experiment with taking medications at different times of the day and optimizing T4/T3 ratios.

Paul Robinson's book is extremely helpful for hypothyroid patients who find T4 treatment (Synthroid, Levothyroxine) unhelpful or even worse than no treatment. He provides in-depth information to help understand why T4 may not be helpful, why standard TSH and even Free T3 and T4 tests may not provide dosage guidance, and how to optimize your treatment with T3. I have been using T3 for 2 months now with mixed results, and Paul's suggestions as to dosage, timing, and supplements are right on and have helped me improve my response to T3 instead of guessing what the problem was. I am feeling better, losing weight (slowly which is good), eating more with a good appetite, and sleeping much better. I still have to improve my adrenals and I think it will be a slow process but I am glad to have some guidance. When I started on 50 mcg of T4 15 months ago, I believed I was going to improve my health. Low thyroid is a cause of high LDL cholesterol, high blood pressure, weight gain, and fatigue as well as a host of other symptoms. I hoped to help these problems and improve my long term health. I had been feeling well, losing 1 lb per month steadily on a low carb diet, with good blood glucose results and good energy. But my LDL was still high and I worried about the long-term consequences of low thyroid function on my heart. I did not expect to gain 10 lbs back in 3 months, to have much lower energy, to have hair falling out, and to have muscle pain that led to a frozen shoulder. I increased my exercise to an hour a day of strenuous bicycling and logged everything that I ate (avg of 1200 calories per day). I increased my dose of T4 (from my doctor) to 100 mcg per day with no change. I did not lose one pound in three months. My conclusion was that T4 did not work, and my doctor changed my dose to a natural thyroid product that included T3. I saw minor improvements for a couple of weeks which then disappeared. I went to 120 mcg of natural thyroid (2 grains). Still no improvement. I stopped the T4 and switched to T3. I felt somewhat better but not much. I eventually discovered that I needed iron for the T3 to work, and after that I was able to find a consistent dose that was effective. Within a week of starting iron supplementation, my frozen shoulder resolved completely. My sister went through a similar process, but found that she needed selenium. I am including my history because I believe many people suffer from hypothyroid symptoms that are not relieved by medication and need to learn how to improve their health. As Paul says, we are each responsible for our own health and you must learn what works for

you. The medical system is geared to treat those who respond optimally to therapy; it does not have answers for those of us whose issues are non-standard. You will not find any help in this book for weight loss. But if your thyroid therapy isn't working, this book will guide you with what lab tests you need, and how to work with your doctor to find out why. At this point I don't even care if I lose weight - I just want to feel well, have less pain, and enjoy my life more. One year later: Progress continues. I feel better and better, continuing the same dosage of T3 and supplements. So much has changed: My fast-twitch muscle fibers have returned, and I can again take stairs two at a time on a run. I thought that had changed forever. The spring in my jogging step is back. I sleep through the night. I eat carbs again and don't gain weight (unless I overdo the desserts). I feel like I did in my 30s. I am more cheerful, have energy to spare, and get so much more done. The extra few inches around my waist don't matter to me. I feel like I have been given my life back.

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