



Recovering with T3: My Journey from Hypothyroidism to Good Health Using the T3 Thyroid Hormone

Paul Robinson

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Hypothyroidism can most simply be described as having too little thyroid hormone. Hypothyroidism is frequently caused by an autoimmune thyroid condition known as Hashimoto's thyroiditis. Someone with hypothyroidism is sometimes said to have 'an under-active thyroid or 'low thyroid function'. The standard treatment for hypothyroidism at the present time is for a doctor to prescribe a medication called Levothyroxine (known as T4), which is usually taken once a day for the rest of the patient's life. There is growing awareness that some people do not appear to recover their former health using the standard T4 thyroid medication and may remain with many symptoms of hypothyroidism including: fatigue or feeling tired all the time, weakness, feeling cold, inability to lose weight, brain fog, digestive system problems and a range of other symptoms typical of an under-active thyroid gland. The author of 'Recovering With T3 My Journey from Hypothyroidism to Good Health Using the T3 Thyroid Hormone' discovered he was hypothyroid over twenty years ago. After many years of being treated with T4, he still had the majority of the symptoms that had first taken him to see his doctor. Eventually, after many years had passed, during which all known thyroid hormone treatments had been tried, a thyroid medication called liothyronine sodium was used. Liothyronine 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. Any reader who wishes to understand more about the T3 thyroid hormone will find this book invaluable. The book has a foreword by Dr. John C. Lowe, who has been a thyroid researcher and clinician for many years and is one of the world's foremost experts on T3 and its correct use. Dr. Lowe 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' 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

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