



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

*Paul Robinson*

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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.

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