

# Book Review

★ Limited value   ★★ Useful   ★★★ Average   ★★★★ Informative   ★★★★★ Highly recommended

## The Thyroid Patient Manual

By Paul Robinson

Paul Robinson's third book, *The Thyroid Patient's Manual*, is essential reading for hypothyroid patients because it presents the long awaited new paradigm in thyroidology. Most of the 25 chapters draw on the latest research by Professor Hoermann et al and the writings of Dr Henry Lindner, both of whom have reviewed the author's text for accuracy.

The shortcomings of the current "treat TSH with T4" regime are exposed, and the main elements of the new paradigm are introduced and explained. Sadly it could still be a long time before these new ideas are adopted by the medical establishment, but in the meantime readers of this book will be armed with the knowledge and arguments needed to go out and work effectively with their doctors to optimise the treatment of their thyroid condition.

The book takes you, step by step, from the basics of 'how our energy system works' all the way through to treatment with T4, NDT, T3 or T3/T4, giving the reader the tools and confidence to take control of their return to good health. Each of the four treatment chapters is complete in itself so allowing the reader to focus on their preferred treatment option. All the various pitfalls and how to avoid them are explained along the way. Genetic, mitochondrial, dietary and other issues are also discussed.

So what is the new paradigm in thyroidology? Well for example, diagnosis is symptom led with blood testing taking a secondary role. Different reference levels come into play when you are on treatment, and if you are taking T3, the FT3, FT4 and TSH blood test results are of limited value. Most of the conversion of T4 into T3 is now known to occur in the thyroid gland itself, so if you lose some or all of your thyroid gland through Hashimoto's, surgery or radioactive iodine treatment the conversion of T4 into T3 in other tissues may no longer be sufficient to meet your needs. Furthermore the rate of conversion of T4 into T3 is now known to be regulated by TSH.

The book is not entirely stand alone – for the full detail of certain topics the reader is directed either to *Recovering with T3* or the *CT3M Handbook*, also written by Paul.

Paul is not a doctor but he gives freely of his own 30 years experience in researching hypothyroidism and regaining his own health. His approach is systematic and thorough, and the important points you need to take note of are highlighted. At the end of each chapter is a resource section where the sources of supporting information for that chapter are listed.

Overall the book is most user friendly, having been written in a simple, clear writing style throughout. I would recommend anybody with an underactive thyroid to get a copy and read it as soon as possible.

Kindly reviewed by  
Peter Warmingham



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