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About the Author

## Introduction

This book represents the product of 33 years of medical practice, the first half of which was spent following the basic dogma about hypothyroidism that has been taught to all physicians since the 1970s. At the core of standard academic teaching in the field of hypothyroidism is the concept that the TSH (thyroid-stimulating hormone) test is the absolute “yes or no” test for the condition and its treatment, along with the belief that treatment with 100 percent T<sub>4</sub> is all that is needed because “T<sub>4</sub> is converted to T<sub>3</sub> in the body.” As I started to question these teachings in my practice in the mid-1980s, I experienced a great deal of anxiety about going against the specific teachings of academic physicians whom I regard with great respect. What if a coincidental medical disaster were to happen to one of the patients in my practice while being treated the “wrong” way? I would have been the “local M.D.” who was disobeying the rules of practice set down by eminent academic physicians with hundreds of publications on the subject. However, it has all worked out extremely well for me and my patients, and it is very clear to us that the standard teachings in the field are simply wrong or at best, incomplete. I would like to repeat a bit of philosophical wisdom from the introduction to my previous book: the only people who have absolute answers to anything in medicine are medical students, malpractice lawyers, and well-compensated expert witnesses. When desperate patients give this book to skeptical physicians, they will be met with cries of “anecdotal” and “no

studies prove this.” However, I will stand by all the assertions that I have made in this book and history will ultimately determine which side of the argument is right.

The contents of this book are informational. Treatment for a specific individual must be in the hands of their personal practitioner. Thyroid hormone replacement therapy is strictly by prescription, and for good reason.