

*Dr. Goldman's Book Reviews*

**WHAT YOUR DOCTOR MAY NOT TELL YOU  
ABOUT HYPOTHYROIDISM**

A Simple Plan for Extraordinary Results

By

**Ken Blanchard, M.D., Ph.D. with  
Marietta Abrams Brill**

Warner Books 2004

Dr. Blanchard takes a more Holistic approach to thyroid therapy. He spends much of the book helping the reader decide if they have the disease and suggesting therapies. There is much good material here. The strongest point is that many people need some T3 added to their thyroid supplement therapy. The weakest point is his view that everyone needs 2% T3 and 98% T4. Armour thyroid is about 20% T3.

It is sad, to me, when anyone feels that they have found the Holy Grail of any condition, the one fact that holds the solution for everyone. Unfortunately, life is not that simple. I find that some people need only T4 and others need varying amounts of T3. Except for this one weakness, Dr. Blanchard has written a useful, easy to read book.

Robert P. Goldman, MD 1-22-2007