

suppress appetite and enhance satiety paired with the ability to fight this weightretaining thyroid response, we have been able to assist many people to reach and maintain normal weight. We submit these ideas hoping that others will join us in re-evaluating thyroid treatment when maladaptive hypothyroidism occurs during weight loss attempts. Clinicians must use clinical skills and patient-centered concerns in the optimum evaluation and treatment of their patients and not succumb to blindly following an arbitrary system of defined normal lab values in making therapeutic decisions that greatly affect the well-being of their patients.

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