

# Patient Orientation Sheet for the WT3 Protocol



The information on this sheet summarizes what you can expect during the WT3 protocol. You can use it as a road map to help you navigate the treatment.

If you decide to pursue the WT3 protocol you should also read the Doctor's Manual for Wilson's Temperature Syndrome (WTS), which explains the treatment protocol in full detail. It is very user-friendly and we recommend that you read it from beginning to end. The good news is that if you are a good candidate for the WT3 protocol and you are willing to work at the protocol your chances of being cured are excellent!

## How do you know if you are a good candidate for the WT3 protocol?

- If you have a symptom or symptoms consistent with low thyroid system function (See WTS Symptom Checklist on page 4)
- If you have an average body temperature that is less than 98.6
- If there are no other likely explanations for your symptoms



It is important to understand that WTS cannot be diagnosed with thyroid blood tests. The primary role of thyroid blood tests in this condition is to make sure that you don't have other thyroid conditions. This is a hallmark of this condition and its treatment. It's often difficult for doctors and patients to understand how symptoms can often be cured with thyroid medicine even when thyroid tests don't show any problems. Like many other conditions, WTS is a **diagnosis of exclusion**- a diagnosis that is presumed by ruling out other factors. The diagnosis is confirmed by therapeutic trial-which means if you respond to the treatment, that's a good indication that you were suffering from the condition.

## If you are a good candidate you have 3 options:

- 1. An herbal approach with WTSmed Supplements-** The advantages of this approach is that it's simple, there's almost no chance of side effects, and improvement usually occurs in 3-4 weeks.
- 2. WT3 protocol -** The advantage of this approach is that there is a greater likelihood of a more pronounced and longer-lasting effect- especially in patients with severe cases. However, WT3 requires a high level of commitment and discipline (e.g., taking the medicine on time). There is also a chance of some cardiovascular side effects such as rapid pulse or palpitations. And, though some patients dramatically improve within hours or days, others feel significantly worse before feeling better.
- 3. WTSmed Supplements in combination with WT3 protocol-** The advantage of doing both at the same time is that this approach covers all the bases. WTSmed Supplements can often guard against the chance of negative effects and extend the benefits of the WT3 protocol. In our experience this method has yielded the greatest success.

Some patients prefer to try WTSmed Supplements such as ThyroCare, Healthy Foundation, and Adaptogen and add WT3 only if necessary. Others like to try the WT3

and only add WTSmed Supplements if required (i.e. some patients need ThyroCare for help getting their temperature up, or Adaptogen for adrenal support). Still others prefer to start WTSmed Supplements and the WT3 protocol at the same time. WTSmed Supplements can often help patients become candidates for the WT3 protocol when otherwise they might not be.

## What the WT3 protocol entails

It's important that you realize what is involved in the WT3 protocol before you start. If you decide to pursue WT3 therapy it is very important that you comply with the protocol. This involves taking medicine every 12 hours precisely to the minute, as well as monitoring your pulse rate and body temperature on a daily basis. You should count



on the treatment requiring a minimum investment of 3-6 months to complete. You will need to visit your treating physician about twice a month, although people with more complex cases often need to come in more frequently. Most patients have at least 8 office visits. Experience has shown that patients who have adequate support and supervision from their doctors usually make fewer mistakes, are more likely to stick with the protocol, have more success, and are happier with the treatment. You may want to think it over for a day or so before deciding if you're ready to commit to this therapy.

## What to expect from the WT3 protocol

Up to 20% of patients may find the regimen too demanding and give up before completing the treatment. Of patients that are willing to do the work and stick with the treatment, the following results might be typical:

- Within 3 months, about 70% of patients successfully finish the treatment. 90% finish within six months. The remaining 10% are rarely treated for more than one year.
- About 20% of patients feel worse before they felt better.
- 90% of patients are alleviated of most of their complaints. At times certain complaints may persist after the treatment. These are usually easily alleviated with WTSmed Supplements. Most patients get to the point that they have only one or two complaints left out of the possible 50+ WTS complaints.
- People typically feel the best when their temperatures are 98.6 and they are off the medicine. Only some people feel extremely well while at 98.6 and on the medicine.

## Background on the WT3 Protocol

The WT3 protocol involves taking incremental doses of a thyroid hormone called T3 which is mixed with a sustained release agent. The dose is increased and then decreased until the body temperature is restored to 98.6 degrees Fahrenheit. Most patients are not able to normalize their temperatures on the first cycle. The protocol involves additional cycles until the patient is able to maintain their temperature at 98.6.

## How to get started on the WT3 protocol

Before beginning the treatment, you should fill out the WTS Symptom Checklist. Rate the severity of each