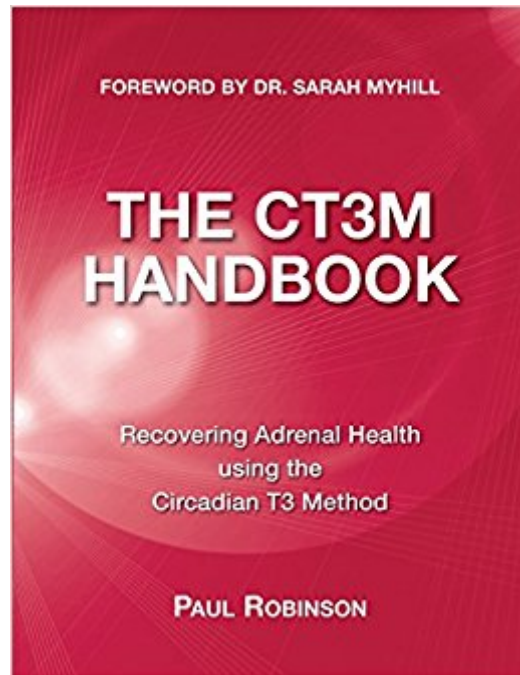


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# The Ct3m Handbook



## Synopsis

This book describes how the author recovered from severe adrenal hormone issues by developing an innovative and simple approach called the Circadian T3 Method (CT3M), which supports the adrenal glands as nature intended. Thyroid patients often have symptoms associated with low cortisol. These can include: severe fatigue; low blood sugar; aches/pains; dizziness; poor response to thyroid hormones; anxiety; fluctuating body temperature; digestive upsets; allergies; nausea; low blood pressure - to name but a few. Thyroid hormones will not work correctly if the adrenal glands do not produce an adequate level of cortisol. Consequently, unless there is good adrenal health, symptoms of hypothyroidism may continue to be present, even if thyroid hormone levels have been corrected. Symptoms of low cortisol appear to be at epidemic levels among thyroid patients. The author explains why partial adrenal insufficiency can often be present when a thyroid patient is taking thyroid medication. The Circadian T3 Method (CT3M) is an approach to using T3 or natural desiccated thyroid medications that mimics the natural rhythm of our thyroid hormones and helps to improve adrenal function. CT3M has been used by thousands of thyroid patients since the author first introduced it in his first book 'Recovering with T3'. CT3M is providing thyroid patients and their doctors with a simple, natural way to correct adrenal function. The CT3M Handbook book explains CT3M in depth. It provides thyroid patients, and their doctors, with the wealth of information that is needed when using CT3M to recover adrenal health. The book has a foreword by Dr. Sarah Myhill, who has this to say about the book: "It gives every thyroid patient the clues, the rules and most importantly the confidence to identify underlying impediments to recovering their health, and adjust their dosage of thyroid hormones to an individually tailored regime, in collaboration with an informed doctor. Paul's attention to detail is second to none. Furthermore, he looks outside simple hormone issues to the many other dietary and lifestyle changes, which are so important for long-term health. I would recommend this book to any patient with undiagnosed health problems or diagnosed hypothyroidism but who has failed to respond to standard mono-therapy with thyroxine." The CT3M Handbook is a must-read for all thyroid patients struggling with partial adrenal insufficiency. It is also essential reading for doctors who have patients like these in their care. It complements the author's first book (Recovering with T3).

## Book Information

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## Customer Reviews

The CT3M Handbook is the perfect companion to Recovering with T3. The Handbook reviews the the Circadian Method of using T3 medication for recovery from low adrenal function and hypo-thyroidism. But in addition to this the book details other factors that may effect the success of the CT3M. There is excellent information on needed supplements, possible hindrances and how they might be addressed, labs to have done and how they should score, as well as additional adrenal supports that may be warranted. I have been hypo-thyroid, under treated for 14 years, and in under three months I have made the most remarkable progress using this method. It has been invaluable! If you still suffer from hypo-thyroid on your Synthroid or other T4 or even NDT, you owe it to yourself to look into the CT3M method.

This book has excellent information. However the printing in the book is hard to read on a lot of pages. One page is good and the other side looks like they ran out of ink!

The book is well written. I consider this book a good addition to the Broda Barnes book as well as Dr. Peatfields book. The CT3M approach is interesting and is of much interest to me as I already have sub-par adrenal function and everything I can do to boost it would be helpful. The book has a very useful section that covers many of the things than can derail your thyroid support program which I find is a good sanity check of things you might have missed. So far I'm very pleased with the book and excited to try this guys protocol. What he advocates in his approach makes a lot of sense. His explanation of the protocol and how to adjust it is very detailed. Well done!! This approach makes so much sense, it's amazing no one had considered it before this.

Very helpful information if one definitely know one has Hypothyroidism.

Great book!

You need this if you have been diagnosed with a thyroid problem

This book is great! If you have low morning adrenal function and thyroid issues - this is the book to read! I read his other book (Recovering with T3) first. Once I realized I had low morning cortisol I got this book. It's wonderful! I keep both books very close and refer to them when necessary. There is a Facebook group called Recovering with T3 that is based on these books. Wonderful group!

Detailed explanation and answers to FAQ regarding the CT3M method for thyroid and adrenal treatment. Essential for anyone interested in this protocol to understand the biomechanics and specific involved in the treatment.

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