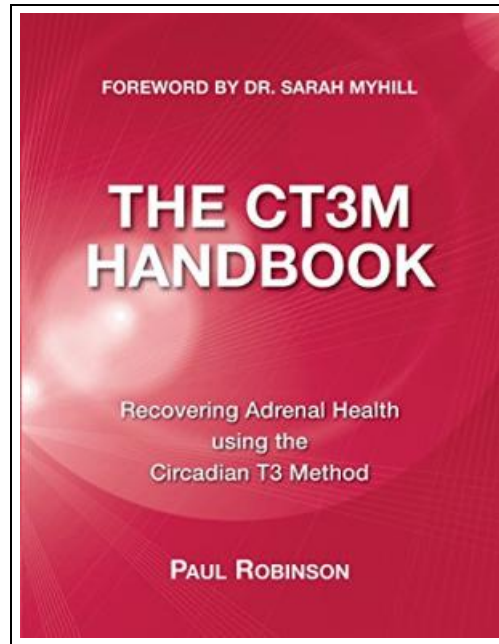


The Ct3m Handbook (Paperback)



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Reviews

*The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).
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THE CT3M HANDBOOK (PAPERBACK)



Elephant in the Room Books, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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...



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