



## The Ct3m Handbook (Paperback)

By Paul Robinson

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...



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