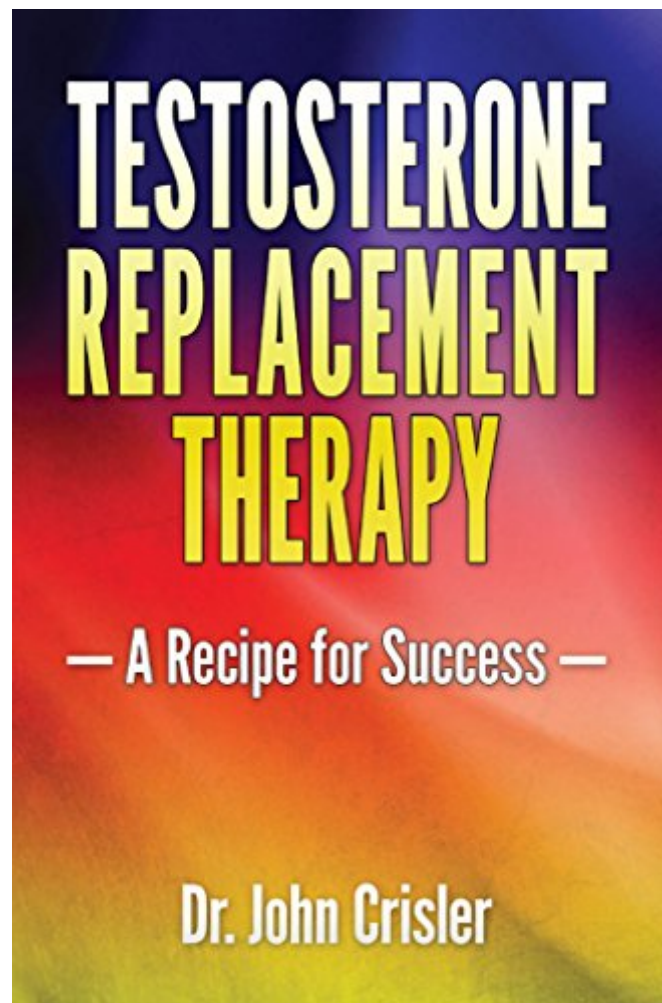




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Testosterone Replacement Therapy: A Recipe For Success



Synopsis

This book was written by Dr John Crisler an Osteopathic Physician located in Lansing, Michigan. He has distinguished himself in the field of Age Management Medicine by developing new treatment protocols for hormonal evaluation and optimization which have influenced the way physicians all over the world treat their patients. In layman's terms, he shares what he has learned in over 15 years of experience improving men's lives. This is the "recipe" men can use to get the Testosterone Replacement Therapy they need--and deserve. If you think you may suffer from "Low T", get this book. If you are a physician, and a patient hands you this book, by all means read it. Your patients (and their partners) will love you for it!

Book Information

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Customer Reviews

This is a very useful and informative book for men wanting to get the facts right about testosterone replacement therapy. I read it in one sitting, but will probably keep going back to it. Dr. Crisler is one of the leaders in the field of hormone replacement therapy and so called interventional endocrinology. He has done some pioneering and outstanding work in this field for several years. He is a highly respected physician and widely followed on internet forums where patients latch on to

his every single word. I would highly recommend this book.

As a fifty-year-old biologist, I studied the literature when I tested low for testosterone in late 2006. Dr. Crisler's internet writings have been a key source of knowledge for me over the years where I have adjusted my testosterone replacement therapy (TRT) based on his experiences treating others. Needing a new physician for scripts several months ago I came upon Defy Medical (Google it). Perfect for me. Done by telephone conferences. John was just coming on board at that time so I asked for him. I not only highly recommend his book, I recommend his services.

There is good information in this book, but it is technical and not always clear. Fact is, nobody really has the answers. More research is needed. Results so far have been inconclusive, even contradictory. Meanwhile, Testosterone Replacement Therapy is complicated and can cause permanent changes in endocrine function, so don't try this at home! Don't do it unless it is clearly necessary, and then only with competent professional supervision. This book points out symptoms that might indicate a need for TRT, but laboratory tests are imprecise and unreliable. So don't chase numbers on lab printouts, says the author. Don't treat in the absence of real symptoms. If a man has a healthy libido and erectile function he does not need this therapy, which can upset delicate hormonal balances. "Adding, or changing the dose of, a medication is likened to dropping a pebble into a pond." That said, "low normal" is not good enough because "a man's body runs on testosterone." This book discusses blood and urine tests, but makes no mention of saliva testing. Men who don't like needles should be advised that this program involves frequent blood testing, and its delivery systems include injections. TRT can cause thickening of blood, which may require therapeutic blood draws. Each blood draw changes the nutritional and immune statuses of the patient. The book has little to say about prostate cancer, except that it does not contraindicate TRT. Consideration of this book is recommended to men who clearly need the therapy. Illustrated, but no index or bibliography.

Excellent book. We have more experience with injectable testosterone cypionate, but are going to look into using gels as Dr. Crisler highly recommends. I appreciated his candor and obvious experience in treating men with low testosterone issues.

Got a lot more information watching random YouTube videos than this book was able to put together.

As someone who has been familiar with Dr Crisler's work for more than a decade, I was excited to purchase Recipe for Success. Knowing he was likely updating his opinions (based on his most recent clinical experiences), his viewpoints and new data did not disappoint. It is absolutely loaded with highly relevant and recent information on optimizing the hormonal profiles of hypogonadal men. It is written so any MAN can understand and utilize the practical tips in their pursuit of health and happiness. I am writing a forthcoming book on TRT and there were some nuggets of wisdom I was able to glean and incorporate into my own research. John is a pioneer in the world of TRT and endocrinology and all of us who live and breathe in this realm owe him a sincere debt of gratitude. I can't recommend this book more stridently if you are a man looking to live a longer and stronger life. Thank you Dr Crisler!

This is a must read for any TRT patient (And doctor IMO). Dr. Crisler is a pioneer in the field and incredibly knowledgeable about all things related to men's health. I have followed his work for almost a decade now and continue to learn something new all the time. This book seems to be the culmination of his clinical practice experience and knowledge. Men on TRT owe a great deal of gratitude for what Dr. Crisler has done to advance the science of TRT. He is also a great doctor to deal with.

Great read. Especially for those thinking or currently on TRT treatment. I find it is best to be knowledgeable on such things so you can talk intelligently with your doctor and understand all things TRT. Plus, good to have this knowledge before looking/shopping for a doctor for treatment. Unfortunately, most doctors out there are not up to date on this and will miss important things like monitoring your E2 (Estrogen) and other things discussed in this book.

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