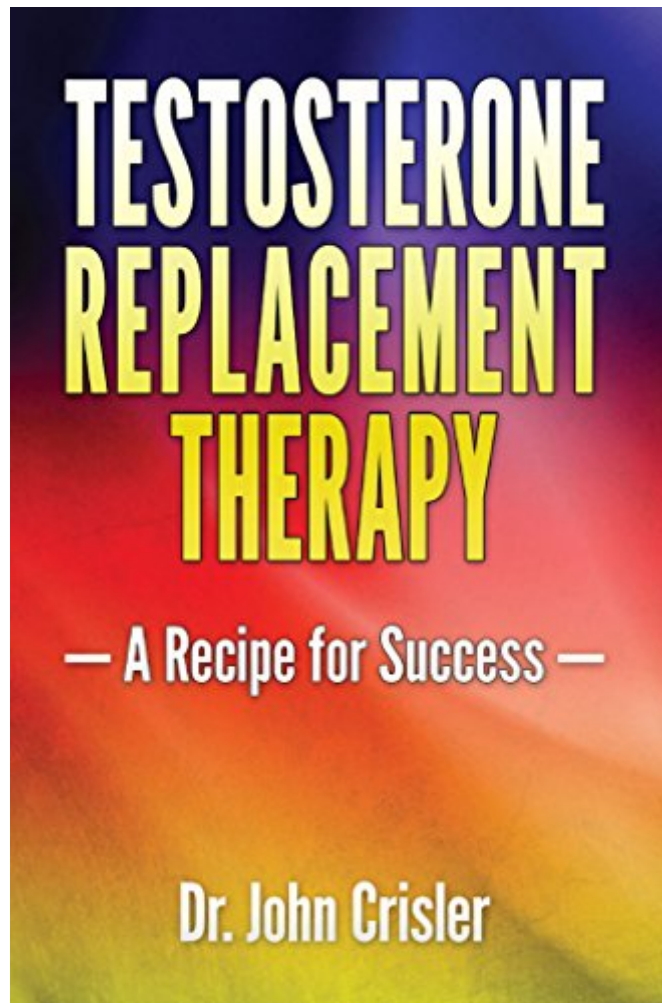


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# Testosterone Replacement Therapy: A Recipe For Success



## 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 book is easy to read and can be used as a guide by both doctors and patients. Dr. John Crisler has been an expert in the TRT field for a long time. His earlier publications helped teach doctors how to properly prescribe testosterone to men. We used his HCG paper to train our new doctors who prescribe TRT but did not know the benefits of using HCG in men. I recommend this book to anyone who is considering testosterone replacement therapy or is currently on TRT but may not be receiving the correct treatment.

I couldn't wait to read this book as Dr Crisler is a world renowned expert in the field of Testosterone Replacement Therapy (TRT). Dr Crisler lays out the practical guidelines for successful TRT. He makes it simple enough for an initial user to understand, while providing enough knowledge for doctors to learn about the latest advancements in TRT. Everything from initial diagnosis to testosterone delivery systems is covered in this book. This book is added to my collection of great books on Testosterone and needs to be on the shelves of every patient taking TRT as well as the doctors prescribing it.

Dr. Crisler (Dr. T) presents a lot of very good information that clearly has not made its way to the doctors that I have been seeing. I will now go to my next blood draw armed with his suggested list of tests. I also appreciated the effort he put into explaining lab test results and how my doctors have used them incorrectly. I would have give this book four stars, maybe even five stars, if Dr. Crisler had not wimped out on a controversial topic that is very important to me. When it came to discussing TRT following the treatment of prostate cancer (PCa), Dr. Crisler only devoted one sentence in his book and appears to be supporting the bad science behind the medical communities "opinion" that was testosterone fuels cancer. Obviously his position is. Dry "old school" which is contradictory to everything else he does for TRT. It is my hope that Dr. Crisper will someday get up to speed on PCa and thereby avoid causing the needless suffering of his patients who he withholds TRT just because they had been treated for PCa.

I've been struggling with HRT for several years trying to get dialed in. Dealing with doctors and urologists who have no clue but try to convince you otherwise. Endless hours trying to wade through all the BS on the web. This book is a very refreshing well organized to the point guide on what works, why it works, and how to make it happen. It should go a long way in helping the huge numbers of men who are confused and being drug down by health professionals of all types - both allopathic and naturopathic who haven't taken the time to dig deep and figure it out. Well done.

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!

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.

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