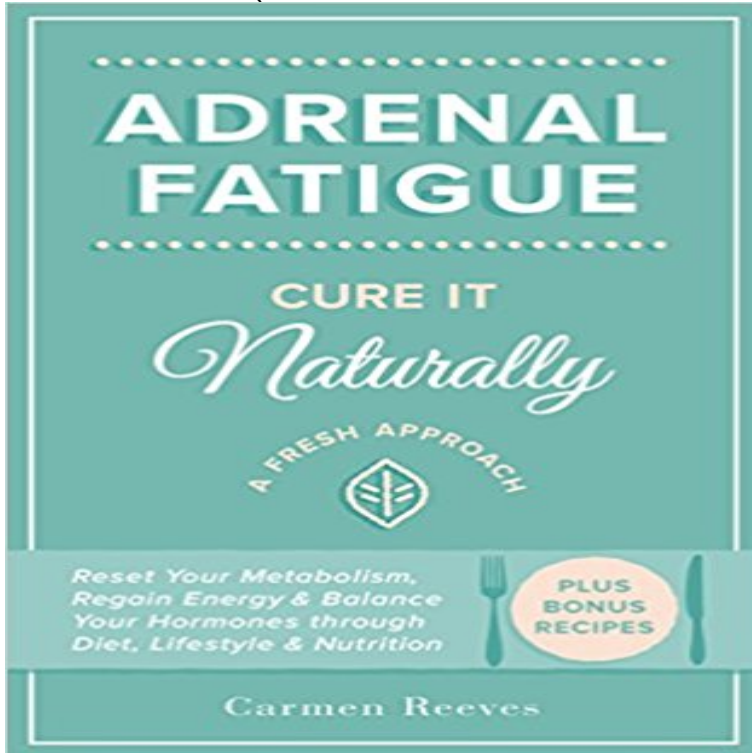


Adrenal Fatigue: Cure it Naturally - A Fresh Approach to Reset Your Metabolism, Regain Energy & Balance Hormones through Diet, Lifestyle & Nutrition (Plus Bonus Adrenal Diet Recipes)



Adrenal Fatigue: Cure it Naturally - A Fresh Approach PLUS BONUS ADRENAL DIET RECIPES Learn how to reset your metabolism, regain your energy, and balance your hormones through diet, lifestyle and nutrition This book is a comprehensive guide to understanding Adrenal Fatigue Syndrome, its causes, signs and symptoms, and offers a range of proven remedies for recovery. Through the power of diet, nutrition and lifestyle, you will learn how to heal your own Adrenal Fatigue naturally, without the drugs, medications, stimulants or fad diets that are short-term, temporary fixes and often just make the condition worse. Why you must read this book: You will learn about your adrenal glands and the critical role they play in regulating the bodys metabolism, stress response, immune system and inflammation responses This book will teach you how to make use of real, whole foods that are plant-based and nutritious power-houses, as well as herbal and nutritional supplements that will boost your adrenal function and help restore you to optimum health Learn why that low-carb, low-sodium diet may actually be hurting your health, making your Adrenal Fatigue worse, and how including them in your meal plan plays an important role in recovery In this book you will learn the history of Adrenal Fatigue, when it was first discovered, and why there continues to be a debate today as to whether this common modern-day syndrome is real or not - it is real! This book will guide you on your journey to better health, with or without the help of a doctor, helping you to make lifestyle, diet and nutrition choices that can reverse Adrenal Fatigue Syndrome and help prevent other illnesses too. It will help you create your own road to recovery and lays out the process you can expect your recovery to follow so you know what to watch for as you improve This book will teach you the meanings of existing

illnesses, conditions and diseases you may have like fibromyalgia, chronic fatigue syndrome, hypothyroidism, estrogen dominance, ovarian-adrenal-thyroid imbalance syndrome, irritable bowel syndrome and others and show you how Adrenal Fatigue may be the underlying cause of these other potentially-debilitating conditions. In this book you will learn about the tests that can help you determine, once and for all, whether you are indeed suffering from Adrenal Fatigue Syndrome. This book tells you what to watch for in the laboratory tests your doctor may order, and how to cope and respond when your doctor tries to tell you its all in your head. This book will give you confidence to make choices in the areas of your life that are causing you the most stress, and that are having the biggest negative impacts on your health. The benefits you'll receive: Discover you're not alone, that you're not crazy, and your symptoms are not in your head. Gain empowerment, and learn how much you alone can accomplish in feeling better, without the need for expensive medical treatments, drugs or fees. Learn about the benefits of consistently good, regular sleep and how to get it. Tools to help you cultivate the wonderful benefits of connecting with your community and surrounding yourself with positive, healthy relationships. Which plants give your adrenals a natural boost, helping you combat Adrenal Fatigue Syndrome and returning you to your normal self. The importance of including carbohydrates in your diet, and in eating enough, regularly. Learn from the author's personal experience with Adrenal Fatigue Syndrome, how she cured herself naturally through lifestyle, diet and nutrition. Interested in learning more? Download your copy now to kickstart your road to recovery!

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