



Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Stress, Weight Loss, Hormones, Diet Book 1)

Michele Gilbert

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What Is Adrenal Fatigue Syndrome? Is There A Solution?

Adrenal Fatigue is one of those officially “non-existing” ailments which affects thousands of people and ranges from perpetual tiredness to being totally debilitating.

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The adrenal glands are walnut-sized, situated above each kidney and react swiftly to help you cope with difficult situations.

They can give you the feeling of an adrenaline rush...or quite the opposite. When you feel stress and are in stressful times and that might also provoke a new syndrome for you. One you must constantly fight.

Your diet also comes into play if you are trying to lose weight or just want to finally feel better.

if you have been exhausted for months, yet cleared of any recognized illness; or are being treated for your symptoms but are not improving; this book will not only answer your questions but put you back on the road to vitality.

This is the information included...

Adrenal Fatigue Eating Guidelines

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