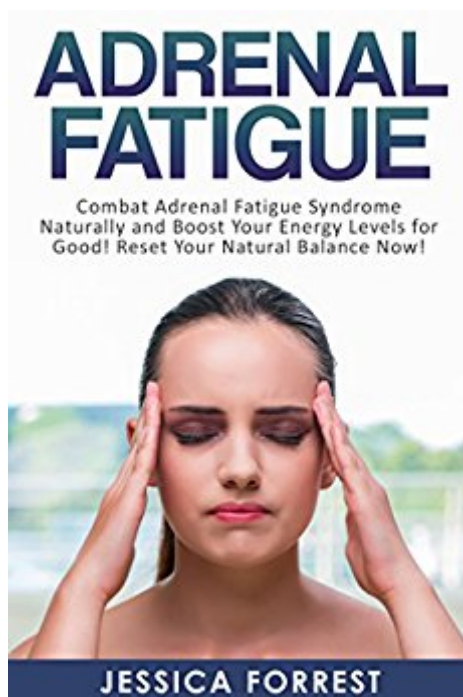


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# **Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally And Boost Your Energy Levels For Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1)**



## Synopsis

Learn the benefits of Healthy Adrenal Glands! Would you love to be able to learn the wonderful benefits of having Healthy Adrenal Glands? Have you ever wondered why after a while coffee just doesn't seem to work for you anymore? Why you feel so wired and tired all the time? Every morning, no matter how much sleep you've had, it feels like you haven't slept at all. You've noticed that you become excessively tired after only an hour of activity. \* \* \*THIS BOOK IS FREE WITH KINDLE UNLIMITED\* \* \* You aren't sure why, but you've lost interest in the things you used to enjoy doing and maybe even the people closest to you. You may no longer have goals, when you used to be a very goal-oriented person. Perhaps you don't even really care very much about what happens in your life anymore. Maybe you haven't reached this point yet. But you feel this is probably where you're headed. You can't explain why all of this might be happening and you are feeling this way. You've tried to reach out for help, but no one seems to be able to help you. "You'll snap out of it", they might say. "You're just stressed." Or "Just try to relax. Be happy." Well that's a lot easier said than done, especially when your adrenal glands are depleted. THE FACT IS: Adrenal Fatigue is a real disorder and one that inhibits a healthy lifestyle. If you can relate to the person I just described it is quite possible that you are suffering from what is called Adrenal Fatigue Syndrome. Don't let this scare you, you CAN be helped. Better yet, every single aspect of the recovery process is ALL NATURAL, you can be in charge of your own recovery and do most of it on your own, and in most cases, the entire recovery process only takes between 6-18 months, depending on the severity of the syndrome. In my book, I will go over everything you need to know, from what the adrenal glands do, what Adrenal Fatigue Syndrome is, a complete list of symptoms, all of the known causes and most importantly, all of the aspects involved in the recovery process. I have even added in tips that you can add in to help aid in your recovery. Now, are you ready for a new you?! Let's get started!

Adrenal Fatigue (A Preview)\* Adrenal Fatigue What is it? \* Why it's hard to get help? \* Common Causes of Adrenal Fatigue\* Nutritional Advice for Combating Fatigue\* The Adrenal Reset\* Tips to Aid your Recovery

## Book Information

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## Customer Reviews

Gave a lot of information on the adrenal glands, but not a lot of help on how to fix it.

This is an awesome book about Adrenal weariness. On the off chance that you have been depleted for a considerable length of time, yet cleared of any perceived disease; or are being dealt with for your side effects yet are not enhancing; this book won't just answer your inquiries yet set you back headed for imperativeness. Perhaps you require this book. I very suggest it.

The book made me understand better what I am feeling and this taught me a lot on the things I should be aware of. It was a good medical guide. Informative and detailed.

I think this is very well written with a plethora of good information. I would definitely recommend it to anyone suffering from adrenal fatigue.

This book is a super quick read. It did not convince me that adrenal fatigue is actually a thing; however, it did not recommend anything I would consider bizarre or dangerous. Adrenal fatigue, as described here, appears to be similar to the stress we encounter living in this time in America. Just

normal stuff. We don't sleep, exercise, or eat right; and the book recommends more sleep, more but gentler exercise, human contact, and fewer processed foods. We can all benefit from that regardless of whether or not we have adrenal fatigue or if it even exists.

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Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet,  
Health, ... Eating, Optimal Health, Lose Weight Book 2) Gut: Gut Balance Solution: 10 Steps on  
How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively  
(4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Adrenal Reset Diet:  
Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from  
Stressed to Thriving

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