



Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones

Scott Sterling

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At some point in all of our lives we go through a period of feeling tired, run down or exhausted without being able to point to a readily identifiable reason. Whilst such symptoms could be attributed to a variety of factors – some lifestyle related and some related to identifiable medical conditions – some people take the view that a condition known as adrenal fatigue could be an underlying cause, and that this is an issue of increasing importance. Your adrenal glands are fundamental to a healthy body and mind – they produce a variety of key hormones, including those underpinning our “fight or flight” responses. Looking after the adrenal glands, and the wider endocrine support system is, therefore fundamental. This book explains why your adrenal glands and the hormones they produce are so important. The book then gives some analysis of why diet, exercise and stress levels are important in relation to the functioning of the adrenal glands – and what you might be able to do to develop a more robust system – also likely improving your overall general health in the process. The goal of this book is to give you the tools to help you understand the condition, consider whether or not you need to seek medical attention, and set yourself on a path to self-treatment and complete recovery. Even in broader terms, if you have ever felt that you may be somewhat low on energy, then we urge you to read this book, and put its advice into practical, daily use.

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