



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)

Carmen Reeves

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4 FREE BONUS BOOKS INCLUDED

(WITH KINDLE EDITION)

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 body's 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 powerhouses, 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 “it’s 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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From reader reviews:

Mary Gale:

The actual book 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) has a lot of knowledge on it. So when you make sure to read this book you can get a lot of profit. The book was compiled by the very famous author. The author makes some research just before write this book. This particular book very easy to read you will get the point easily after scanning this book.

Summer McGaugh:

Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love 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), you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its called reading friends.

Kirk Mathews:

Reading a book to be new life style in this yr; every people loves to go through a book. When you go through a book you can get a wide range of benefit. When you read ebooks, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what types of book that you have read. If you want to get information about your analysis, you can read education books, but if you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, and soon. The 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) provide you with new experience in looking at a book.

Anthony Balentine:

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