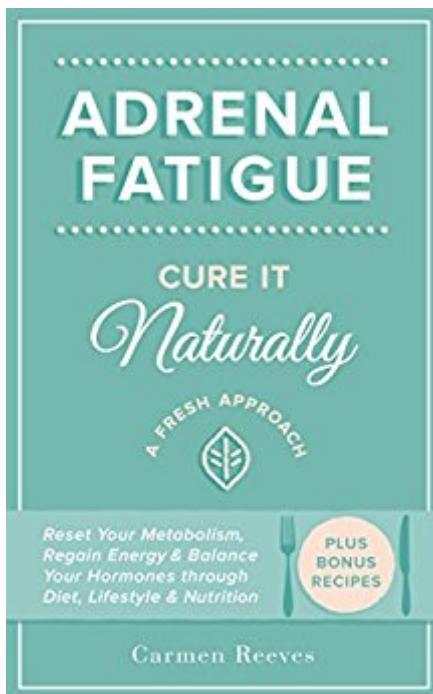


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# Adrenal Fatigue: Cure It Naturally - A Fresh Approach To Reset Your Metabolism, Regain Energy & Balance Hormones Through Diet, Lifestyle & Nutrition (Plus Bonus Adrenal Diet Recipes)



## Synopsis

Adrenal Fatigue: Cure it Naturally - A Fresh ApproachPLUS BONUS ADRENAL DIET

RECIPESLearn how to reset your metabolism, regain your energy, and balance your hormones through diet, lifestyle and nutritionThis 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 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 "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 healthThe 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!

## **Book Information**

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## **Customer Reviews**

This book provides a thorough look into options for natural treatment for adrenal fatigue. The author

is personally knowledgeable about the subject and strives to pass on information that will help others in a similar situation. I'm confused by the negative reviews here because the book is written well and covers everything from signs that you have adrenal fatigue, symptoms, ways to test, and a score of nutritional and herbal strategies. I can only assume that the bad reviews were by people who are not yet ready to embrace natural healing.

A very informative book. I'm new to Adrenal Fatigue so this book provided me with valuable information about it and how to cure it. It helped me recognise the signs and symptoms, and gave me a list of things to do to overcome it. Not to mention the great recipes it provides! A lovely read for someone unfamiliar with the topic, and recommended to anyone wanting to know more and wanting to overcome it/cure it.

Informative book.

Nothing new or helpful.

I was working at a job where I needed to get up very early almost every morning. Because of my natural inclination to stay up late, this was always a struggle. It did not last long before my immune system went down, I gained some weight, felt much more stressed, and I was struggling with very low energy levels. My sleeping patterns were also very irregular even after I started working different shifts, and on my off days as well. There were often times where I just felt the lack of energy or will to do anything. Then it came to my attention that my adrenal glands were probably no longer functioning properly. I was lucky that I was subscribed to Carmen Reeves email newsletter, because I stumbled upon this book of hers and I decided to read it. This book really helped me understand what adrenal glands are, how they work as part of something called HPA axis, where multiple glands are involved in regulating the metabolism, energy levels, mood and stress. I especially liked how the symptoms are explained in Chapter 4, and why it's hard through a conventional health care to diagnose the Adrenal Fatigue Syndrome. After that the book explains in depth how you can help your adrenal glands and your body recover naturally through healthy diet and exercise. It explains the recovery process and what to expect. Even some delicious recipes at the end are added, which I haven't tried yet. Overall, this is a great book to read if you have any of the symptoms such as me and want to live a healthier lifestyle. Self-educating is always a good thing, and knowing all this stuff will make a positive impact on your overall health as well. Recommended!

Looks like Adrenal Fatigue Syndrome is becoming commonplace. I have been searching high and low for remedies for my chronic fatigue syndrome coupled with my flagging metabolism and imbalanced hormones. It always baffled me to no end as to why I was always literally exhausted and drowsy at work. Now, that I've found this health guide, I can put my fears to rest and try to use natural remedies to alleviate my symptoms instead of relying on quick fixes.

Great, informative book. Easy to digest information with great tips and suggestions. Thank you for your insights Carmen!

Once more Carmen Reeves offers a thorough study of what Adrenal fatigue is, and I must say, with her serie of self-help books, I certainly feel less alone in the exploration of health issues... She is of great support in helping us to be independently healthy... Thank you Carmen for sharing all this with us.

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The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) 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) 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones

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