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Adrenal Fatigue: Cure It Naturally - A Fresh Approach to Reset Your Metabolism, Regain Energy & Balance Hormones Through Diet, Lifestyle Nutrition

By Carmen Reeves

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. 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 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...



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