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Adrenal Reset: 7 Days to Restart Energy and Cure Adrenal Fatigue (Paperback)

By Heather Leiman

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adrenal Reset - 7 Steps to Restart Energy and Cure Adrenal Fatigue Although not officially recognized by the medical profession, Adrenal Fatigue is affecting more and more people each year. Characterized by extreme lethargy and fatigue, the condition often is also noted for the inability of those suffering from it to lose weight, however hard they try. Adrenal Fatigue affects people from all backgrounds, although reports are more common amongst women than men. Frustratingly, for those who suffer from Adrenal Fatigue, the condition often attacks those who have apparently active, healthy lives and achieve strongly in other areas of life. The lack of clear diagnosis or sense of being fobbed off only contributes to the frustration that many experience when dealing with this condition. This book takes a look at the main causes of Adrenal Fatigue and also, importantly, the tried and tested ways in which many individuals have learned to achieve Adrenal Reset. The techniques described are simple and should be easy for any individual to implement. If you've started to experience the symptoms of Adrenal Fatigue and yet cannot get...



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