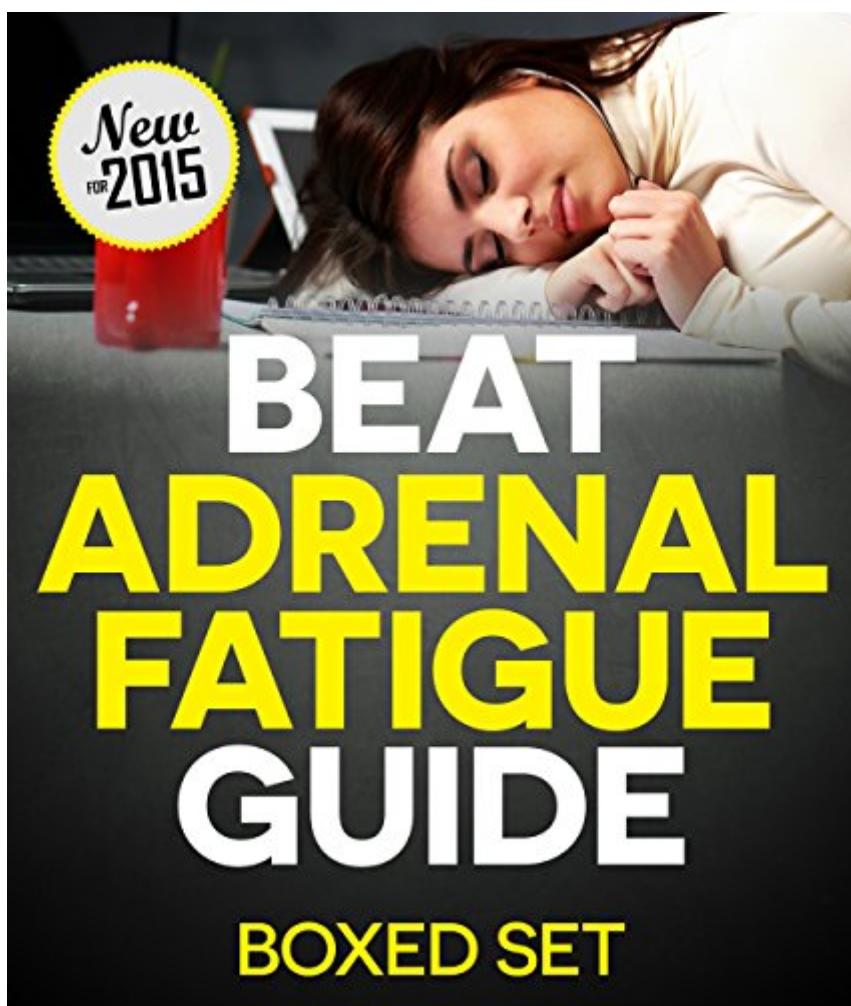


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# Adrenal Fatigue Cure Guide (Beat Chronic Fatigue): Restoring Your Hormones And Controlling Thyroidism



## **Synopsis**

Adrenal Fatigue is a state of the body wherein the Adrenal Glands begin functioning at sub par levels. This low functioning induces stress in the individual and the condition known as Adrenal Fatigue. A prolonged state of fatigue can result in excessive stress, mood swings, chronic infections, influenza, bronchitis and pneumonia. If you think you are showing symptoms of Adrenal Fatigue then you should do some general research into the subject. There are many books and boxed sets available on the subject and these will help you combat the problem, often it is something that can be managed without a doctor which is expensive and time consuming.

## **Book Information**

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## **Customer Reviews**

This ebook boxed set has a TON of information on adrenal fatigue. I have been experiencing a good amount of the symptoms, which are detailed throughout each ebook in the set, including depression, exhaustion, and a decrease in sex drive, but for no discernible reason. Now I have an answer-- adrenal fatigue. The first book detailed the science of the adrenal glands and the

hormones they produce, as well as symptoms and possible treatment options, and the following ebooks "Overwhelmed: Getting Over Adrenal Fatigue" and "Adrenal Fatigue: Understanding The Symptoms" followed suit. While each ebook had bits of different information, like other scientific names for adrenal fatigues or treatment options, a good amount of the information can be a bit repetitive ; however, given the size of the ebook boxed set, it stands to reason that someone may open it, read, and come back later on and need a refresher. All in all, I am much more knowledgeable on my treatment options and have an answer for my exhaustion, which made the read well worth it for me.I received this ebook at no cost in exchange for my honest review. All opinions are my own.

This set contains 3 books related to the subject of Adrenal Fatigue, and how it relates to and interacts with other conditions such as hypoglycemia and hypothyroidism. These conditions can all have a root of stress but they manifest in different physical ways as well as emotional ways. Your immune system can even be weakened by adrenal fatigue. A person will not survive without adrenal glands since they provide several important hormones for the human body. They are located on top of your kidneys and affect many bodily systems and functions as part of the endocrine system.Doctors are typically trained in diagnosing gross malfunctions of the adrenal glands. These are diagnosed by blood testing for cortisol levels. But since Adrenal Fatigue as a lesser variation of adrenal malfunction is not recognized by all mainstream physicians as a significant condition, it is so helpful to know what you can do for yourself to feel better. These books explain what the adrenal glands are and what they do.Finally, the books provide real answers for how to resolve adrenal fatigue at home, without prescriptions. These techniques will work for many sufferers and resolve a number of the symptoms. You will be surprised at the number of lifestyle remedies that will help adrenal fatigue and likely other health problems as well. I feel these books are a valuable addition to oneÃ¢Â¢Â¢s holistic library.I received this product free of charge in return for providing a review. This review is my honest opinion as a Holistic Health Practitioner.

After reading these 3 books, in which I received for free for my kindle app. I began to understand a bit more adrenal fatigue. Its was a body part that I have never really thought about that could be causing some of my bodily issues. I would like to incorporate a lot of the ideas in these books.In a world that never slows down, never stops and always evolving, we forget to listen to our body. It does speak to you when it needs to be heard. I for one, do not slow down, its mainly due to boredom. I like to be busy, having fun experiencing life. Though the hardships my body faces when I simply do not sit, take a breath and meditate.From all of the recommended things in the book to

help out the adrenal fatigue, I picked a few that I could start right now. So I walked outdoors, pumped up my deflated bike tire and readied it up for the next day to start healthy exercise program. I also ordered an aromatherapy diffusor for my home when I am working to feel calm and at ease. Lastly, I loaded up the kindle with books and a hot tea to sit down and relax for awhile. I thoroughly enjoyed this book, and recommend it to everyone, even if you don't have adrenal fatigue. Its great to know how it all works and you may need to spot it in your family members. I know after reading this I see a lot of symptoms in my mom as well. Very helpful!

I had a doctor tell me to do some research on Adrenal fatigue. I had kind of put it off because he basically said that if you have it, there is no meds for it you just have to change some lifestyle things. Honestly my life was so stressful at the time any more changes were beyond me. So I saw the opportunity to get this book and thought why not. Me before. I can not wake up in the morning and often have nights where I can't sleep at all or it takes me forever to fall asleep, tired a lot, just general fatigue. Weight can't lose it. Just overall never feeling well. As I read the information about Adrenal Fatigue I found myself nodding over and over. I was like yes this is me. There are a lot of 'steps' to do to get better but it looks like not working on it has a lot more risks like tumors, cancer and more. I have just started the improvements. Quit smoking, started getting bottle water to drink, working the processed grains out of our diet. Also increasing vitamins as was suggested and other stuff. It is hard but I am slowly implementing them. So far I am starting to sleep better and that is a good start at getting better and I am seriously glad I found this book. I did receive a discount in exchange for my honest opinion.

I needed full descriptions of symptoms and things that could help me feel better, and this book provided everything I needed to know. Many times the authors stressed going to the dr. for testing and possibly treatment, but just as many times, they listed holistic products that have helped people combat adrenal fatigue. I like the balanced approach. I definitely feel this is worth reading if you suffer from low energy, depression, sleep disorders, etc. I only gave this book 4 stars because of all the mistakes left after editing and proofreading. In this age there is no excuse for so many of these mistakes.

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