



Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook)

Kathryn R. Simpson MS

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Restore Adrenal Balance and Regain Your Energy, Vitality, and Health

Your adrenal glands play a key role in helping you control stress and maintain energy throughout the day. When these small but important glands malfunction, you may start to notice the telltale signs of adrenal fatigue. Decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system are just a few of the symptoms of adrenal imbalance. It can slow you down, interfere with your overall sense of wellness, and even make you feel depressed.

If you suspect that adrenal imbalance is causing symptoms for you, this book will help you figure out what's going wrong and partner with your health care provider to find solutions. In **Overcoming Adrenal Fatigue**, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health will give you the tools you'll need to get your symptoms under control and regain the energy to enjoy your active lifestyle.

The complete program in this workbook will help you:•Rebuild fatigued adrenals with balancing herbs and supplements•Eat for all-day energy and improved concentration•Practice mindfulness and relaxation techniques to reduce stress•Learn about medications that can help

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