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Adrenal Fatigue: Understanding the Symptoms: How Malfunctioning Adrenal Glands Negatively Affect the Body

Andriana Follea

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Do you know how important your adrenal glands are? Can you recognize the signs that show they have been overworked? Do you wonder if there is such a thing as Adrenal Fatigue? Do you know how to help your body recover from ongoing symptoms of fatigue? Do you understand the relation of stress to symptoms that you may be experiencing in your body? When reading this book, you will discover that Adrenal Fatigue really exists. It is condition that has to be dealt with before it leads to other more serious medical problems. This book is a great way to learn about the signs, symptoms and ways to treat adrenal fatigue. The book describes the medical side of the condition and treatments, as well as natural and nutritional approaches to recovering. The information in this book can help you know what to do if you suspect that you have Adrenal Fatigue. Understanding this debilitating condition is the first step to recovering from Adrenal Fatigue. The book is an easy read that will help you to not only understand it, but to deal with it effectively.

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