



## Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Paperback)

By Dr Jacob Wilson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*."Fatigue is different than being tired. When you are tired, you know that if you can just get some sleep you will feel better, but fatigue is still there when you wake up, it stays with you all day. It is a lack of energy, a feeling of mental, emotional and physical exhaustion."Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet does a fantastic job of explaining what adrenal fatigue is, how it develops, and how it regularly slips into our bodies. The book is divided into six parts: Part I is basically an overview on adrenal fatigue. You will learn what background information on adrenal fatigue. Part II is for those who really want to know how adrenal glands work and what makes them so important in fighting adrenal fatigue. Although it reads slightly like a summary, it is extremely informative and a great section for anyone looking to learn about science behind adrenal glands. Part III is all about medical research. The book explains how recent findings and evidence have shown doctors...



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