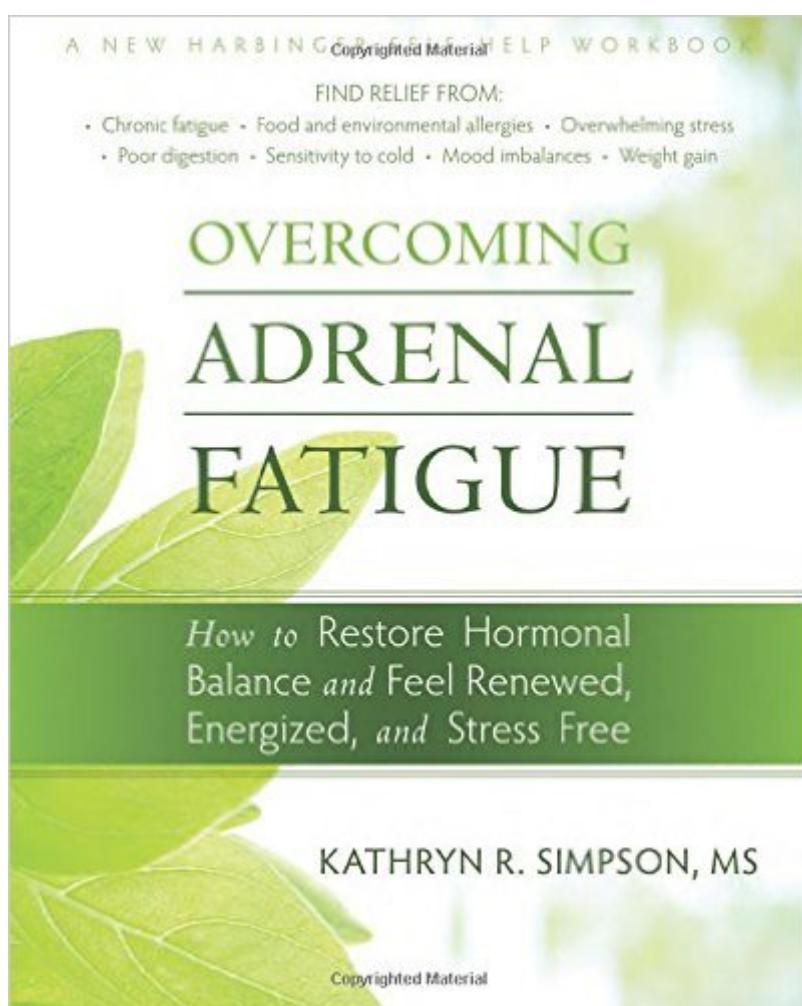


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# Overcoming Adrenal Fatigue: How To Restore Hormonal Balance And Feel Renewed, Energized, And Stress Free (New Harbinger Self-Help Workbook)



## Synopsis

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

## Book Information

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## Customer Reviews

I have suffered with this debilitating illness for a good 12 years and this year it nearly wrecked me. In Feb my gb tested my adrenals and found them to be in scary levels. I did the whole dhea and

vitamin b thing but I still struggled. Out of utter despiration, I bought this book. Whilst reading it I started applying what I learnt and slowly I started feeling better. I now am at the healthiest I have been in years and although I still do get tired, I know how to manage it. This book will take you from shattered to awesome. It will help you decode what to eat, how much to sleep, how much to exercise and how much stress you can take. Its an all round awesome book so if you are tiredm buy this book!PS, I don't do this whole book review thing so the fact that I am reviewing a book means it works. This book WILL save you money - because yu wont see your doctor very much after this,

Comes across as copied from Dr. Wilson's book about adrenal fatigue. Food-wise there seems to be the "healthy grain" obsession, which feeds into hypoglycemia and counters adrenal health. Overall I did not find it a good read.

Although I was aware of a good bit of this information on adrenal fatigue due to my personal studies, Simpson provided very reader friendly information for analyzing your symptoms and planning an avenue of recovery from adrenal fatigue. Content was easy to read. Chapter reviews at the end of each chapter assisted with reminding the reader of the important information just covered. If you are struggling with the symptoms of mild, moderate, or severe adrenal weakness, this book will serve as an additional resource for you.

For anyone who has gone through multiple stressors, and who hasn't in this modern age we live in, this book brings clarity of understanding to the way our bodies re-act and are affected by stress. The author gives us hope to "cure" our own ills. At a time when many of us are taking control of our lives and making an effort to improve and maintain our health and wellbeing by our own actions, Simpson adds more tools to our tool kit resulting from her own experiences. There are many tips we can take on board and utilise to change our own habits. Just the understanding of our physical reactions is enough to propel forward and stimulate positive response. I have no hesitation in recommending this self-help book to others. It is written sensibly with suitable cautions to seek help in gauging a starting point. It includes easy to read information about the body, case information to identify with, symptom analysis questionnaires, dietary, supplement and exercise information. I have already recommended this book to health care practitioners and friends alike.

This is a fantastic book and Kathy Simpson has worked tirelessly to get these issues and solutions out to the public. It is well written, clear with great descriptions on how to help oneself recover from

adrenal fatigue. As Producer of Wellness Talk Radio, I've read hundreds of "health books", and this one is one of my favorites. Thanks Kathy! Kris Costello[...]

This book gave me detailed information on what I have been suffering with and why I have been suffering it. Though it isn't easy to fix it does tell me how I can work on repairing my adrenals and what things to do. Even people with much, much, much less symptoms than I have can benefit from this book. It has even helped my husband understand the reason why he has been responding to life situations the way he has and what he can do to help deal with them, and he doesn't have adrenal fatigue. Very good book. Short, easy to read, and easy to refer back to when needed.

This book is very thorough and informative. It also includes questionnaires you can use to assess your adrenal fatigue as well as consider other issues that may be factoring into your exhaustion and poor health.

Wonderful and informative book, it was very insightful and gave great suggestions on changing my lifestyle to help fight this issue. I'm hoping that by making changes without medicine, I might be able to avoid it all together... At least one can hope and it's a great place to start.

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