



## The Adrenal Fatigue Cure: The Guide to Understanding, Taking Control and Feeling Fantastic (Paperback)

By Jason Specter

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Adrenal Fatigue is highly misunderstood by most people; some would not even consider it a medical condition. However, it is an apparent threat to the normal way of living of any person and it is important that every one of us understands this modern day symptom of stress. We live in an extremely busy world with tight schedules, countless demands and inconceivable obligations, therefore, it is imperative that we understand the causes of stress and the detrimental effects it has on our bodies and more importantly how to protect and cure ourselves from the adrenal fatigue syndrome. Chronic stress and fatigue can kill you. Don't let it. Be proactive in your goal to become healthy!.

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