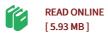




Adrenal Fatigue for Dummies (Paperback)

By Richard Snyder, Wendy Jo Peterson

John Wiley Sons Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. The easy way to take charge of your adrenal health Despite their small size, the adrenal glands play an important role in the body, producing numerous hormones that impact our development and growth, affect our ability to deal with stress, and help to regulate kidney function. In Adrenal Fatigue For Dummies, you Il 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. Adrenal fatigue is in essence a tired out adrenal gland that is not able to support the body the way that it should. The effects can be farreaching and affect the quality of one s daily life. It can affect the immune system, cause inflammation, decrease sex drive, and inhibit the ability to get up in the morning. But now there s hope! * The 4-1-1 on the structure and function of the adrenal gland * Linking inflammation and adrenal fatigue * Connecting food allergy and adrenal issues * How to test for adrenal fatigue * Information on eating patterns for all-day energy...



Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon