



## 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 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. 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 far-reaching 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...



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