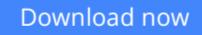


# The Everything Guide to Adrenal Fatigue: Revive Energy, Boost Immunity, and Improve Concentration for a Happy, Stress-free Life (Everything®)

Maggie Luther



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Reset your diet and reclaim your health!

In our super-busy society, it's easy to become overwhelmed. Long work hours, home and family obligations, and everyday stress can make anyone feel tired. Add to that relationship problems, serious illness, or a family crisis, and the flood of stress-related hormones can put some people into a state of constant fatigue. This is known as adrenal fatigue. Adrenal fatigue syndrome affects the adrenal glands' ability to regulate hormones, resulting in body aches, sleep disturbances, and digestive problems.

*The Everything Guide to Adrenal Fatigue* offers a natural lifestyle plan to identify symptoms, calm adrenal glands, and restore energy levels. You'll find more than 100 low-glycemic recipes to help reverse adrenal fatigue, including:

- Almond Joy Smoothie
- Mini Quiche
- Pork Chops with Balsamic Glaze
- Mediterranean Seafood Soup
- Chipotle-Lime Mashed Sweet Potatoes
- Vanilla-Poached Pears

Using the information and techniques in this guide, you'll be able to create a personalized nutrition plan guaranteed to return your body to a state of balance and health.

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