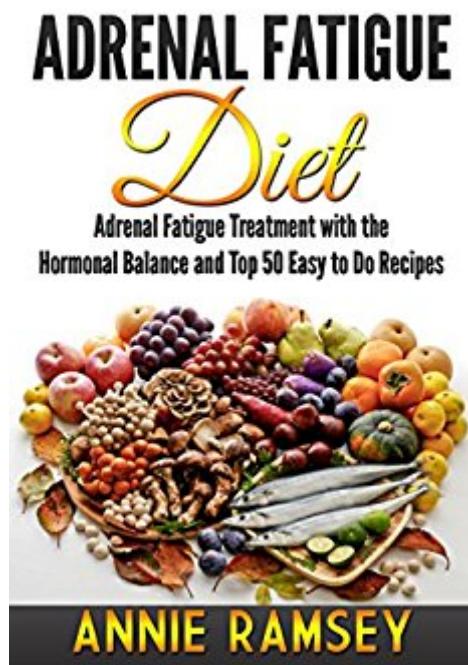


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# Adrenal Fatigue Diet: Adrenal Fatigue Treatment With The Hormonal Balance And Top 50 Easy To Do Recipes



## **Synopsis**

The Adrenal Reset Diet was created by Alan Christianson and was designed specifically to reverse the effects of Adrenal Fatigue. Symptoms of Adrenal Fatigue can include, unwanted weight gain, chronic tiredness, wired feelings and can even lead to more severe health issues. The recipes in this book have been designed with the right amount of carbohydrates and nutrients to actively get your hormone rhythm back to normal. The effects of this can cause, rapid weight loss, radical boosts in energy and clear focus! The Crock Pot is an incredible kitchen gadget that allows you to let your food cook on its own for hours while you go about your day. The result is you coming back to a delicious comforting meal that took little effort to make. It is an unfortunate truth that the majority of us will become ill at some point in our lives. The few that do not are either very lucky or have an amazing immune system. It is very comforting to know that, when you do get sick, the medical community is there for you. Unless it is an emergency, the usual route is to book a doctor's appointment. Some of us may attend the local chemists first, for their opinion but the doctor is usually the first official contact.

## **Book Information**

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