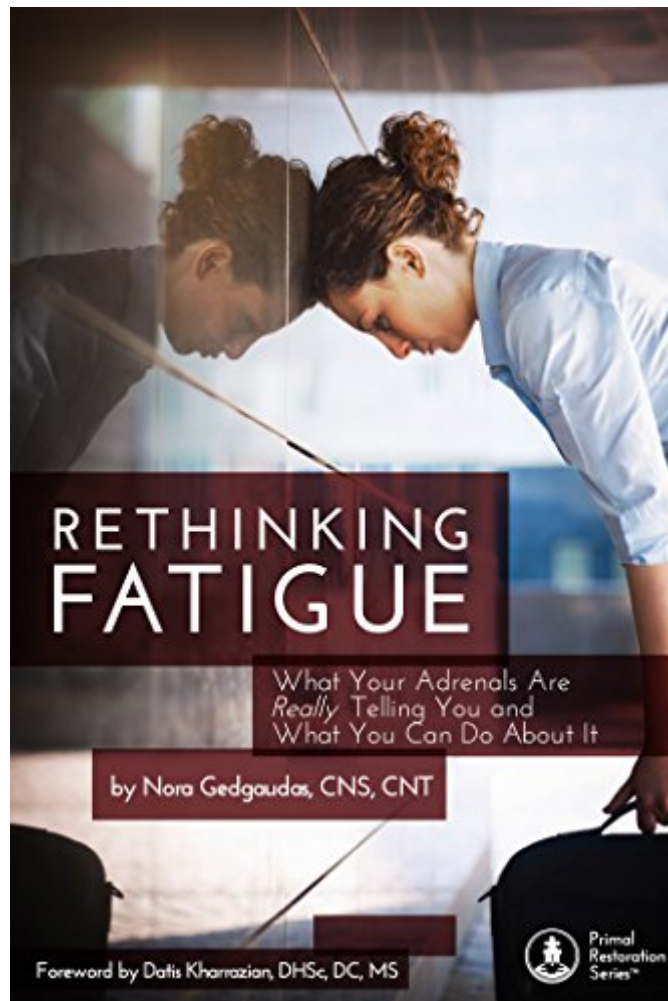


The book was found

RETHINKING FATIGUE: What Your Adrenals Are Really Telling You And What You Can Do About It



Synopsis

Adrenal-related issues are seemingly epidemic todayâ€”many people complain of some degree of adrenal fatigue or burnout. This is hardly surprising given the incredibly stressful world we live in today. The unfortunate truth is adrenal-related issues are poorly understood by nearly everyone. Also, most natural health care providers still practice using outdated theoretical models from the 1950s, which fail to hold up in the face of modern stress physiology. In fact, the vast majority of so-called adrenal issues have nothing whatsoever to do with the adrenal glands themselves! In this book Nora Gedgaudas offers you a cutting-edge paradigm that will not only help modernize adrenal concepts, but also will help you better identify what type of adrenal dysregulation you have and what you can do about it. You will be surprised at what you discover in these pages and thrilled by what youâ€™ll learn!

Book Information

File Size: 4823 KB

Print Length: 148 pages

Publisher: Primal Body Primal Mind Publishing (July 1, 2014)

Publication Date: July 1, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00LGDETD4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #105,352 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Chronic Fatigue Syndrome #24 in Kindle Store > Kindle eBooks > Medical eBooks > Internal

Medicine > Endocrinology & Metabolism #37 in Books > Health, Fitness & Dieting > Diseases &

Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia

Customer Reviews

I gave this book a 5-star rating because I truly appreciate the contents and the amount of research involved and I believe everyone with an adrenal dysfunction should give it a good read. Otherwise, I

would only give this a 3.7 to 4 star rating and I will list the reasons for that as well. Some of the positive things in the book: (1) it begins with a description of the "classical" view of adrenal fatigue and the theory is quite helpful. (2) new theories related to adrenal dysfunction are presented and this is a huge plus in my view; examples: adrenal dysfunction is not always progressive in nature, it's not always the result of only one factor, treating the cause of the adrenal dysfunction is much more important to a permanent cure than treating the adrenals themselves. (3) it describes the role of the hormones secreted by the adrenal glands and particularly the role played by cortisol alongside the role played by melatonin. (4) it provides a really good explanation on why one should never take melatonin and it also indicates a good supplement to take instead of melatonin. (5) it includes some sound advice like going to sleep to a good hour and sticking to a healthy schedule, turning off your wi-fi router, "taking" vitamins like B6 (i am not at peace with the whole idea of popping pills even if it's plain vitamins and i think a healthy diet and some whole-food supplements should do more good than pills), avoiding working on a computer late at night (it fails to mention that even watching TV late at night is bad because seeing many, different faces can trigger the need to socialize and this awakes you instead of letting you get a good sleep).

First, let me say that there are few books I've been as excited to see coming down the pike as this one, and I'll tell you why. As a naturopathic physician, I can attest that it's difficult to overestimate the enormous number of people for whom fatigue or "adrenal burnout" are frustrating and debilitating drags on their health. Yet, despite the prevalence of this miserable scenario, the medical model most doctors use to treat it is completely antiquated, stubbornly stuck back in the 1950s. Until now, that is, because suddenly all this has changed. In one fell swoop, with the publication of *Rethinking Fatigue: What Your Adrenals Are Really Telling You and What You Can Do About It*, Nora Gedgaudas, CNS, CNT, has brilliantly and entirely revamped the way we look at fatigue from all causes. For one thing, we learn that "adrenal" fatigue is often not adrenal at all. The adrenal glands, which mediate stress in the body, are but "hormone factories" doing the "bidding of the brain," Gedgaudas explains, and to understand the whole picture we must look upstream to that organ, which is what's really calling the shots. In other situations it can be autoimmunity that's driving it all, the adrenal glands simply the unlucky target organs of what is essentially an immune problem, the wages of our toxic world. Cases like these and others -- all of which Gedgaudas elegantly elucidates -- shed light on why it is that so often merely taking handfuls of adrenal supplements doesn't cut the mustard. Any doctor worth their salt will recognize all of this as cutting-edge thinking.

[Download to continue reading...](#)

RETHINKING FATIGUE: What Your Adrenals Are Really Telling You And What You Can Do About It Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Numerology: Divination & Numerology: Fortune Telling, Success in Career & Wealth, Love & Relationships, Helth & Well Being - Fortune Telling With Numbers to Reveal Your Future Numerology: Divination & Numerology: Fortune Telling, Success in Career & Wealth, Love & Relationships, Health & Well Being - Fortune Telling With Numbers ... Runes, Zodiac Signs, Star Signs Book 1) Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Adrenal Fatigue Diet: Adrenal Fatigue Treatment with the Hormonal Balance and Top 50 Easy to Do Recipes Fatigue Design Techniques: Vol. I - High-Cycle Fatigue (Volume 1) 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) What He REALLY Means When He Says... - The Ultimate Guide to Understanding Men, Knowing What They REALLY Think and How to Read Their Minds in Every Situation What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series) I Really, Really Want It: Celebrity. It's a killer. Love Languages For Children: Learn What Your Kids Are Telling You And How To Improve Your Communication With Them No More Porn - The One Minute Way to Break Your Addiction to Porn, From the Perfect Privacy of Your Mind, Without Telling Anyone Your Business! A Cure for Asthma?: What Your Doctor Isn't Telling You--and Why

[Dmca](#)