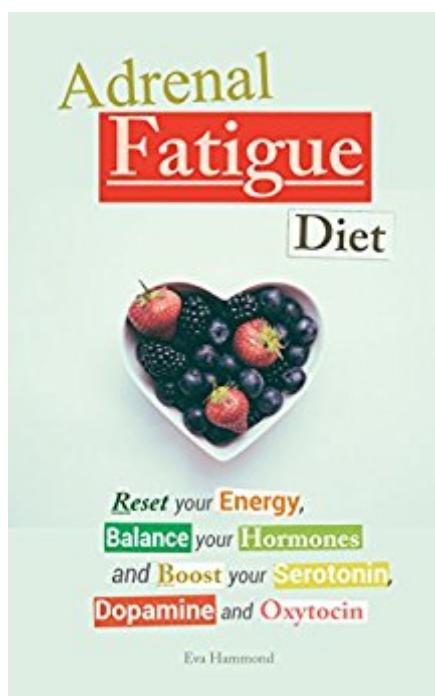


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# Adrenal Fatigue Diet: Reset Your Energy, Balance Your Hormones And Boost Your Serotonin, Dopamine And Oxytocin



## Synopsis

Balance your hormones and boost your neurotransmitters...Become the best physical version of you! You feel tired, stagnant, stuck, moody or even hungover and you've been craving for a 'reset'. Unlike machines, you do not come with a reset button. Yet, you are what you eat... At the very core of your physical being, your mind, mood and energy all find their origin in nutrition; fuel for the body and the brain. If you're tired of being tired and wasting your life away, here's a healthy solution; the adrenal fatigue diet. In this book, you'll learn how to balance your hormones, reset your energy levels and boost various neurotransmitters vital for your mood, energy, motivation and overall function. The book delves into the topic of adrenal fatigue and includes various recipes to improve your energy levels. You'll understand what your body craves for, and, what is missing in your diet. Don't worry, no complex weird diet schemes. Instead, the book comes with easy recipes and stresses the essential foods you need to consume, in order to fire all your cylinders at full force. The foods and recipes provided are backed up with research. People who suffer from adrenal fatigue are prone to be overweight, suffer from stress and have low (life-)energy. In order to get back to what nature intended them to be, they need a simple implementation of healthy foods and healthy habits. This book will make it easy for you; You'll understand nutrition after reading it. You'll identify with your engine; your body, and finally understand what's been keeping you down for so long. Still not convinced? Chemicals produced in your brain influence the way you act, experience and feel on a day-to-day basis. When you understand your body and its needs, you'll never want to fuel your engine with bad combustible again. Kiss stress, fatigue, negativity and sloppiness away by some simple but effective changes in your life and eating habits. Don't throw your life and energy away... Grab your copy of the adrenal fatigue diet today. Remember that if you keep doing what you always done, you'll keep getting the same results. Educate yourself about your most vital organs and how they're affected by the nutrition you put in your body. Claim back your energy and get your shape back! Read it for free with Kindle Unlimited or grab your copy now for only \$2.99. offers a 7 day money back service. If you don't like the book, or don't feel better in the first week, feel completely free to refund it.

## Book Information

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## Customer Reviews

This is a great book for people who have adrenal fatigue and don't want to read a lot of technical info. Has good recipes.

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