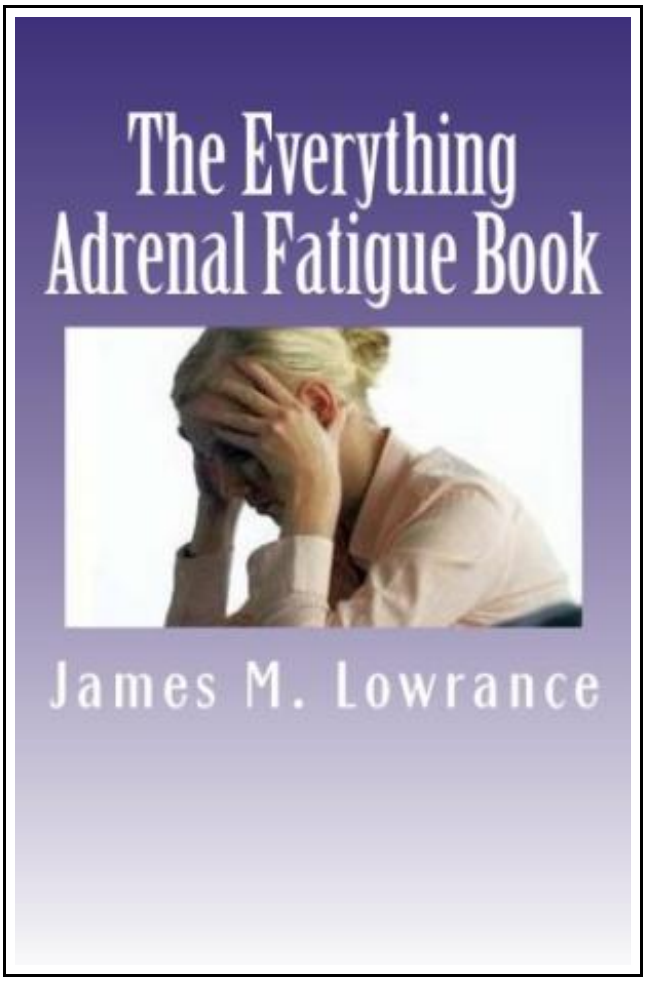
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Reviews

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(Prof. Mauricio Howe III)

THE EVERYTHING ADRENAL FATIGUE BOOK: THE SYNDROME OF FEELING STRESSED-OUT! (PAPERBACK)

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Createspace, United States, 2010. Paperback. Book Condition: New. 212 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book (3 Sections -- 28 Chapters) is a detailed look at Adrenal Fatigue symptoms, diagnosis and treatment by a fellow sufferer, who has experienced this stress-related syndrome. I, the author have also found treatments and lifestyle change methods that have been tremendously effective in relieving my symptoms. In the year 2003, during a time I was developing autoimmune thyroid disease and going through a prolonged and severe period of stress (chronic), I experienced this very real illness that results in mildly diminished adrenal function. I located doctors who were able to diagnose my Adrenal Fatigue through testing, which determined that the low functioning adrenal syndrome was co-morbid (co-occurring) to my thyroid disease. With Adrenal Fatigue being a sub-clinical condition and not full blown adrenal insufficiency, many doctors will not recognize or treat the syndrome. There are however highly reputable medical research articles that have been published, describing sub-clinical adrenal insufficient states as related to certain illnesses and stress syndromes. Some of the health conditions that may result in Adrenal Fatigue, or that may include it as a feature of them, include Chronic Fatigue Syndrome, Fibromyalgia, Post Traumatic Stress Disorder and autoimmune and inflammatory diseases. For the majority of Adrenal Fatigue sufferers, they began experiencing the syndrome due to chronic stress and not due to other co-morbid health conditions. Some of them refer to the symptoms of mild adrenal hypofunction as feeling stressed out all of the time. There is hope of recovery and for some patients they will see full recovery and prevention of the syndrome from re-occurring. It is important however, to become well-educated about this sometimes debilitating health condition, so that one can see the...

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