



Adrenal Fatigue For Dummies

By Richard Snyder, Wendy Jo Peterson

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Adrenal Fatigue For Dummies By Richard Snyder, Wendy Jo Peterson

The easy way to take charge of your adrenal health

Despite their small size, the adrenal glands play an important role in the body, producing numerous hormones that impact our development and growth, affect our ability to deal with stress, and help to regulate kidney function. In *Adrenal Fatigue For Dummies*, you'll find clear self-evaluations and treatment guidelines that will empower you to take charge of your adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices.

Adrenal fatigue is in essence a "tired out" adrenal gland that is not able to support the body the way that it should. The effects can be far-reaching and affect the quality of one's daily life. It can affect the immune system, cause inflammation, decrease sex drive, and inhibit the ability to get up in the morning. But now there's hope!

- The 4-1-1 on the structure and function of the adrenal gland
- Linking inflammation and adrenal fatigue
- Connecting food allergy and adrenal issues
- How to test for adrenal fatigue
- Information on eating patterns for all-day energy and improved concentration
- Dealing with other medical conditions and adrenal fatigue
- Relaxation tips to reduce stress

Adrenal Fatigue For Dummies helps those suffering from this debilitating illness reclaim their lives by addressing the delicate balance among the adrenal glands—which can make the day-to-day difference between feeling awful and feeling good.

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Editorial Review

From the Back Cover

Learn to:

- Recognize the symptoms of adrenal fatigue
- Get a handle on potential trigger factors
- Take charge of your adrenal health through nutrition, vitamins, and more

Take charge of your adrenal health and start living life again

If you feel tired all the time, you may be suffering from adrenal fatigue, a condition that affects many aspects of your health and leaves you unable to function properly. This guide provides a complete overview of adrenal fatigue and shows you how to recognize symptoms, seek treatment, discover which medications help, and much more.

- Focus on fundamentals — discover the function of the adrenal glands, how to recognize symptoms of adrenal fatigue, and the tests you may need
- Trigger factors — find out how stress, poor sleep, inflammation, acidosis, and poor nutrition can trigger adrenal fatigue
- Treatment tips — get information on treatment options, including medication, hormonal supplements, exercise, and much more
- Recipes for recovery — discover recipes for meals and snacks that will help battle adrenal fatigue
- There is hope— find out how to battle the depression that may accompany adrenal fatigue

Open the book and find:

- Factors that may lead to adrenal fatigue
- The symptoms and stages of adrenal fatigue
- The tests you need for a diagnosis
- An overview of trigger factors such as stress, poor sleep, and nutrition
- Medications and natural treatments to try
- Ways to manage adrenal fatigue at work
- Delicious recipes for meals, snacks, and treats
- Supplements that can boost your immune health

About the Author

Dr. Richard Snyder, DO, is board certified in both internal medicine and nephrology, as well as a clinical professor at the Philadelphia College of Osteopathic Medicine.

Wendy Jo Peterson, MS, RD, is a registered dietitian with a master's degree in nutritional sciences as well as a specialist in sports dietetics. She is the coauthor of *Mediterranean Diet Cookbook For Dummies*.

Users Review

From reader reviews:

Holly Silva:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important thing for us to find out everything in the world. Each guide has different aim as well as goal; it means that guide has different type. Some people sense enjoy to spend their time to read a book. They can be reading whatever they take because their hobby will be reading a book. Think about the person who don't like looking at a book? Sometime, individual feel need book after they found difficult problem or maybe exercise. Well, probably you will need this Adrenal Fatigue For Dummies.

Paulette Stoneman:

Reading can called head hangout, why? Because when you are reading a book specially book entitled Adrenal Fatigue For Dummies your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging just about every word written in a publication then become one contact form conclusion and explanation in which maybe you never get before. The Adrenal Fatigue For Dummies giving you an additional experience more than blown away the mind but also giving you useful information for your better life on this era. So now let us demonstrate the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Brandy Greenawalt:

What is your hobby? Have you heard this question when you got students? We believe that that question was given by teacher with their students. Many kinds of hobby, All people has different hobby. Therefore you know that little person including reading or as examining become their hobby. You must know that reading is very important and book as to be the factor. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You see good news or update concerning something by book. Different categories of books that can you decide to try be your object. One of them is niagra Adrenal Fatigue For Dummies.

Virginia Benoit:

Some people said that they feel fed up when they reading a book. They are directly felt it when they get a half regions of the book. You can choose typically the book Adrenal Fatigue For Dummies to make your current reading is interesting. Your own skill of reading skill is developing when you similar to reading. Try to choose simple book to make you enjoy to study it and mingle the idea about book and studying especially. It is to be initially opinion for you to like to wide open a book and go through it. Beside that the publication Adrenal Fatigue For Dummies can to be a newly purchased friend when you're truly feel alone and confuse in doing what must you're doing of that time.

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