



Adrenal Reset: 7 Day Program To Kick-Start Your Energy And Cure Adrenal Fatigue

David Harris

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*****NEW REVISED 2ND EDITION FROM FEB
2015*****

ARE YOU SUFFERING FROM CHRONIC TIREDNESS, INSOMNIA OR UNCONTROLLED WEIGHT GAIN?

This book uses techniques developed by Alan Nmd Christianson (The Adrenal Reset Diet) to combat adrenal fatigue and formulates them into an easy to follow :

7 DAY ADRENAL RESET PROGRAM.

Processed foods, pollution and stressful lives can cause the Adrenal Glands to function poorly. This can cause an array of symptoms such as, **anxiety, fatigue, uncontrolled weight gain** and even lead to more serious diseases such as diabetes.

This book helps you discover whether you have this condition and gives you a simple 7 DAY MEAL PLAN to kick start your energy and shed the pounds!

***Learn how Carb Cycling can cause instant weight loss**

***Learn how to handle food cravings**

***Follow the simple 7 DAY MEAL PLAN to get you back to full energy and vibrant health!**

NEW 2ND EDITION INCLUDES :

Top fruits & vegetables for adrenal fatigue

***Top supplements for adrenal fatigue**

***New Recipes!**

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