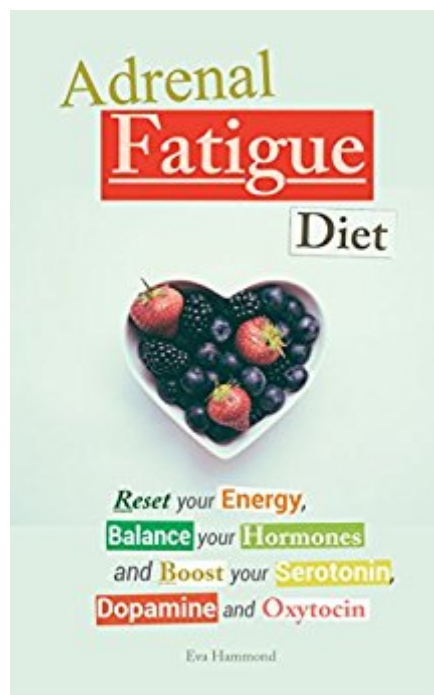




**Ebook Directory**  
the best source of ebook

The book was found

# 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

File Size: 1362 KB

Print Length: 133 pages

Publisher: HMPL Publishing (August 4, 2017)

Publication Date: August 4, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B074FCYH2Z

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #72,791 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

in Â Â Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy #55

in Â Â Books > Medical Books > Allied Health Professions > Diet Therapy #129 in Â Â Books >

Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## 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.

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

Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)

Adrenal Fatigue Diet: Reset your Energy, Balance your Hormones and Boost your Serotonin,

Dopamine and Oxytocin Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost

Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy,

Adrenal Reset Diet Book 1) Hormone Diet: The Hormone Reset Diet, Balance Hormones,

Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal

fatigue diet, adrenal fatigue, Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and

Boost Your Energy Levels for Good! Reset Your Natural Balance Now! Adrenal Fatigue: Cure it

Naturally - A Fresh Approach to Reset Your Metabolism, Regain Energy & Balance Hormones

through Diet, Lifestyle & Nutrition (Plus Bonus Adrenal Diet Recipes) Adrenal Reset Diet: 51 Days of

Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and

Lose Weight Naturally Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin,

Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain

Science, Brain Exercise, Train Your Brain) 35 Tips for a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress Travel Tips and Adrenal Fatigue Syndrome: How to Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series) The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Adrenal Fatigue Cure Guide (Beat Chronic fatigue): Restoring your Hormones and Controlling Thyroidism Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) Better Living Through Neurochemistry - A guide to the optimization of serotonin, dopamine and the neurotransmitters that color your world Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)