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# 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*.

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#### **Sandra Lynn:**

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