



## **Is It Me or My Adrenals?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic by Marcelle Pick (Feb 18 2013)**

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Do you wake up every morning feeling tired, overwhelmed, and stressed? Are you constantly reaching for coffee, soda, or some other promise of energy just to keep yourself going? Do you struggle through the day--sluggish, irritable, forgetful, depressed, and craving sweets--only to have trouble sleeping at night? If you answered yes to any or all of these questions, you're not alone. In fact, hundreds of thousands of women are fighting these same feelings as they strive to live the lives they want. In "Is It Me Or My Adrenals?," Marcelle Pick gives you the knowledge and tools to overcome this epidemic of fatigue. She uncovers the root cause of these symptoms: adrenal dysfunction. In our modern lives, the adrenal glands, which provide the fight-or-flight hormones in response to stress, are triggered much more often than they should be. Everything from challenges at home and at work, to environmental toxins, to chronic health problems cause the adrenal glands to produce a constant flood of stress hormones that can ultimately lead to multiple health issues, especially severe fatigue. The good news is that through diet, lifestyle adjustments, and reprogramming of stressful emotional patterns, this can all be fixed! Pick helps you identify which of the three adrenal profiles you fit--Racehorse, Workhorse, or Flatliner--and then lays out an easy-to-follow, scientifically based program to help you restore adrenal balance, regear your metabolism, and regain your natural energy to live a happier and less-stressed life.

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