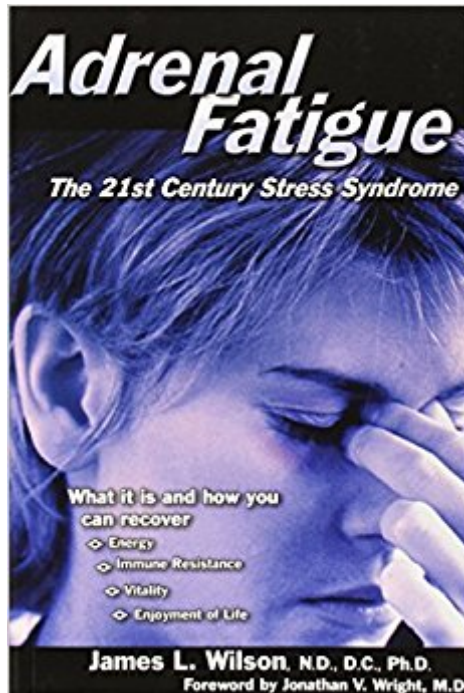




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Adrenal Fatigue: The 21st Century Stress Syndrome



Synopsis

This is an incredibly informative and reader-friendly book about a common debilitating medical condition that goes largely undiagnosed and untreated. ADRENAL FATIGUE: The 21st Century Stress Syndrome is a very empowering work cram-packed with vital information about a condition that very likely affects millions of people.

Book Information

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Customer Reviews

I've been disabled now for almost 10 years, but before that, I worked as an RN, BSN (with a certification in Infection Prevention) for over 30 years. I got my Bachelors in Nursing at a well-known University. Unfortunately, we, as students and as nurses, were indoctrinated with the belief that ONLY WESTERN ALLOPATHIC medicine was valid, and complementary and natural health were quacks. Some are, as well as some Western medicine doctors. It took me many many years to realize that our western medicine's practice of lab and radiological and other testings' means of diagnoses, followed by prescription medication as treatment, dictated by protocols and insurance companies, was doing more harm sometimes than good. I started believing in nutritional and natural means of helping my body heal itself was far better than medications in 2013. However, by that time, I was taking 10 prescription medications twice a day. In the beginning of 2016 I became so fatigued, I would fall back to sleep an hour after I slept 9 hours. I had SEVERE sleep apnea. I went to see an Endocrinologist, and ALL my results for Adrenal Insufficiency (Addison's Disease) were there- undetectable cortisol levels, undetectable epinephrine and norepinephrine in my 24-urine collections and blood tests. However, at the test that is called "The Gold Standard" for Addison's,

my cortisol level went up 3 times the baseline after an injection of synthetic meds. So even with all these other abnormal tests and my overwhelming fatigue, I was told I didn't have Addison's and should come back for repeat tests in 6 months. If I sound angry, I am. I found an article on Wikipedia that said if your cortisol level goes up 3 times after that test, it indicates a pituitary or hypothalamus problem. The doctor "didn't think I had those issues". So, if YOU ARE LIKE ME, and you KNOW something is not right with you, and medical doctors ignore you, tell you it's all in your head, or you should just RELAX, READ THIS BOOK and others like it that deal with natural alternative healing. Use common sense in deciding what to try in helping your body recover health, but PLEASE TRY TO HELP YOURSELF and not totally rely on doctors who only give out pills, pills, and more pills. In fact, Dr. Wilson (who is NOT an MD, but is highly trained) writes a very vivid account of what western medicine has degenerated to right now. It is startling, and as an RN who worked in Quality and Risk, I know he is correct. Adrenal Fatigue is an epidemic today in the USA, where we live stressful lives and have stressful jobs. There is a test in the book that has been used to "diagnose" your tendency to have adrenal fatigue. And Dr. Wilson gives step by step actions we can take to "get our lives back", using nutrition, supplements, activities, and other natural remedies. He also tells about a simple saliva test for adrenal insufficiency or fatigue that the medical community refuses to accept. If you are sick and tired of being sick and tired, PLEASE CONSIDER buying and reading this book. If your doctor refuses to believe you are not well, help yourselves. Thank you for putting up with me if you read through this Long Review!!

When I read this book, I quickly realized that I was a "textbook" case. I had suffered from classic adrenal fatigue since 1989 when I became very exhausted and it never lifted. Then I suffered many related symptoms of adrenal fatigue which Wilson describes so clearly in the book. I have to say that the first benefit of this book was to realize that here was a doctor who understood me. I wasn't crazy and this is a known syndrome. That, right away, removed 50% of the suffering (which was the psychological component of not knowing what was going on.) The rest took a while and involved actually implementing the many recommendations Dr. Wilson makes. Warning: It isn't 3-easy steps! If you have adrenal fatigue and want to get well it will take focus and commitment. And Dr. Wilson states that fact directly. For those who are skeptical about the existence of adrenal fatigue, there is a lab test called the ACTH-Stimulation test which, in my case, positively confirmed the my adrenals were unresponsive to the pituitary signal of ACTH. The number one key was to make Dr. Wilson's recommended lifestyle changes by changing my apply-more-pressure orientation to life. I had to learn to stop motivating myself through fear, anxiety and pressure and, instead, learn to have more

orientation towards the simple pleasures in life. This took away a great deal of the stress which was preventing me from healing my adrenals. There were also many dietary, exercise and sleep changes I had to make. Next, the nutritional supplement recommendations were tremendously helpful, in particular Siberian ginseng, ashwaganda, and licorice. Here are the two products I used which were formulated according to the author's recommendations in the book itself. Adrenal Defense™ Adrenal Boost™

This book impressed me with its detail and thoroughness. I found it after a cardiologist suggested to me that my fatigue was more likely due to adrenal issues rather than my heart. I learned a lot about not only Adrenal Fatigue, but also vitamin supplementation in general. The part about hypoglycemia and its connection with AF was especially eye-opening, as were other numerous symptoms of AF. Lots of dots have been connected for me after years of fatigue. Many thanks to Dr. Wilson for writing this ambitious book.

Had some adrenal fatigue as a result of stress I had for some years, and it had dramatically increased after the death of two close relatives. After 3 - 4 weeks following the cure I am now feeling much more mentally clear and I have much more energy, and I am much happier. And also I have lost 5 kg.

I finally found a practitioner that would listen to me so I all ready did the saliva hormone testing and knew that it was pretty severe. Reading this book was like someone reading a list of all the health problems I've had over the years, now I know why. Looking back this probably started before I was born. If your doctor keeps telling you you're fine, you need to read this book and get the help you need before you have a life event that alters your life. So glad my practitioner suggested I read this book.

I'm so glad I read this book first before I began reading all the others on thyroid issues. This book saved me tons of money on supplements and other things I would've ventured off doing to heal my thyroid. The author explains that to heal the thyroid I need to heal the adrenal glands. He helped me to understand that most people with thyroid issues have adrenal problems that need healing first. Very easy to read, humorous at times and very informative. Worth every penny!

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(Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)

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