



Adrenal Fatigue Syndrome - Reclaim Your Energy and Vitality with Clinically Proven Natural Programs

By Michael Lam, Dorine Lam

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Adrenal Fatigue Syndrome - Reclaim Your Energy and Vitality with Clinically Proven Natural Programs By Michael Lam, Dorine Lam

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This is the most comprehensive reference guide on Adrenal Fatigue Syndrome. This reference guide has 33 chapters, is over 500 pages and is in an easy-to-read 10"x7" format.

Dr. Michael Lam is a western-trained physician and nutritional medicine pioneer. In this landmark textbook, he presents the scientific, neuroendocrine evidence in great detail behind this condition. Dr Lam also shares his clinical pearls that he uses to help countless individuals around the world recover from this condition through his nutritional coaching. He utilizes both conventional and alternative approaches. By separating the myths from facts with natural, safe, and effective solutions, anyone can follow this step-by-step approach to regain energy and lost vitality.

You'll learn:

- How you know if you have Adrenal Fatigue Syndrome
- What your symptoms mean
- Proper use of lab tests
- When to self navigate and to seek professional help

-How to properly use nutritional supplements, glandulars, and hormones
-How to prevent and manage crashes
-What to do when you are not recovering
You will understand the problem, embrace the solution, and reclaim your vitality today!

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