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HEALTH & WELLNESS



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**June 16th 2014: Adrenal Fatigue: Why so many people suffer from it and why it's so often misdiagnosed.**

Adrenal Fatigue is a serious health issue affecting millions of people and it's often misdiagnosed by modern medicine. Over 50% of the population will experience some degree of Adrenal Fatigue. Common symptoms of Adrenal Fatigue: 1. Difficulty getting up in the morning 2. Allergies, asthma, respiratory infections 3. Afternoon low between 3-4pm 4. Lack of energy 5. Decreased sex drive 6. Trouble falling asleep (insomnia) 7. Increased time to recover from illness, injury or trauma 8. Light headed when standing up quickly 9. Mild depression 10. Low blood sugar (hypoglycemia) Discover

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