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June 15th 2011: The Silent Saboteur

Adrenal fatigue is a very common and quickly growing problem of modern life. The stressors we are faced with on a daily basis all contribute to stress on the adrenal glands. People suffering from adrenal fatigue are much more likely to develop various other common diseases ranging from diabetes to cancer and heart disease and more. This week I will be exploring how healthy adrenal glands prevent chronic disease and allow us to maintain energy and vitality even during stressful times with Dr. Marita Schauch the co-author of The Adrenal Stress Connection.

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Featured Guest



Dr. Marita Schauch

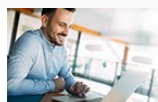
Dr. Marita Schauch is a graduate of the Canadian College of Naturopathic Medicine, Canada's premier institute for education and research in naturopathic medicine. Her passion for adrenal fatigue and stress management developed early in practice when she observed the strong connection between healthy adrenal gland function and the improvement of many patients' symptoms.

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