



# Adrenal Fatigue: Real Answers for a Real Problem

*Dr. Carolyn Porter*

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Did you know that many holistic health professionals believe that every illness has an underlying current of adrenal weakness? This is a huge concern today, and sadly the medical profession doesn't, for the most part, recognize adrenal dysfunction as worthy of attention. This is creating devastating outcomes for many individuals. I traveled this journey of healing my adrenal fatigue, searching until I found my own answers after not receiving the help I needed from the medical profession or even holistic professionals.

Hormones rule the body; you cannot function properly without hormonal balance, and your hormones include: estrogen, progesterone, testosterone, DHEA, thyroid T3 & T4, cortisol, insulin, adrenaline, Hgh, and melatonin.

But before you can completely balance your endocrine system, did you know you must balance the neurotransmitters in your brain and balance your digestive system?

Stressors create the imbalance in your body. These can include diet, worry, anger, unhappiness, relationship issues, financial concerns, not enough or too much exercise, lack of REM sleep, spinal misalignment, career issues, or not living your purpose, and create a vast amount of debilitating symptoms and imbalances. This is why I compiled the invaluable information in this eBook to help individuals, like yourself, receive the answers you are desperately seeking. Don't spend another day suffering in the dark. Begin your healing journey today.

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