

You can split up Adrenal Fatigue symptoms into two sets

The most common symptoms include symptoms like fatigue and food cravings.

Then there are the less common symptoms, which include low blood pressure and frequent urination.

Typically, an individual with Adrenal Fatigue will have most or all of the main symptoms listed here, along with a handful of the less common symptoms. Take a look and see how many apply to you.

Difficulty getting up each morning, even after a long sleep

High levels of fatigue each day

Inability to handle stress

Weight gain

Higher energy levels in the evenings

Overuse of stimulants like sugar and caffeine

A weakened immune system

There are a large number of other symptoms that are associated with Adrenal Fatigue. Depending on which stage of Adrenal Fatigue you have reached, you may be experiencing some or many of these symptoms.

Anxiety, especially in stressful situations

Moodiness

EMOTIONAL INSTABILITY OR EXCESSIVE EMOTIONS

Frequent screaming or yelling

Confusion, difficulty with focus, under stress

Poor resilience to stress – stress feels too much or unfair

Excessive sensitivity to human suffering

Irritability

Negativism

Feeling of victimhood

Accusatory or quarrelsome

Sharp, verbal retorts

Energy: fatigue, especially under stress

Skin inflammation: rashes, eczema or psoriasis

Autoimmune: Hashimoto's or connective tissue disease

Sugar cravings, intense hunger, salty food cravings

So what's the next step?

For me, the best approach was to make solid and sustainable changes to my lifestyle. I aimed for a balanced lifestyle including a healthy level of sleep, gentle exercise (specifically in nature), mindful techniques to manage my stress, a fun and positive environment and energy healing techniques. This helped me regain my health and my life back!

Here are 2 ways we can work together

One-on-one consultations: We go at your own pace and meet every other week as long as you feel it is necessary

OR

My 6 weeks **Adrenal Fatigue Reset** program will teach you

- ✓ How you got there in the first place (so you never go there again!)
- ✓ How to **reduce your stress levels**
- ✓ **Comprehensive dietary guidelines** to restore adrenal health
- ✓ Lists of **foods to eat and avoid**
- ✓ **Medicinal herbs** which will nourish and support your adrenals
- ✓ **Ancient healing techniques** that will help balance your system and **restore your vitality**

You're looking for a simple, down-to-earth and SUSTAINABLE way to transition into that blissful life you want so much.

Believe me when I say this...

You are able to have that kind of balance and freedom when you're living with intention, awareness and purpose, creating your own awesome reality.

Yes, really.

My purpose is helping you release all that is no longer serving you so that you can create that inner balance and true freedom (a.k.a. BLISS!)

I'm here to keep it down-to-earth & simple for you.

We can get started right here, right now.

CLICK HERE

www.naturalsimplicity3.com