



The Adrenal Fatigue Check List

Is this You?

- Excessive morning sluggishness and fatigue
- High level of irritability and mood swings
- “Wired but tired”
- Unwanted and sudden weight gain
- Cravings for stimulants such as salt, sugar, caffeine
- Unknown anxiety and heart palpitations
- Digestive problems and excess bloating
- Low levels of motivation and muscle wasting

HORMONE TESTING & WEIGHT LOSS

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