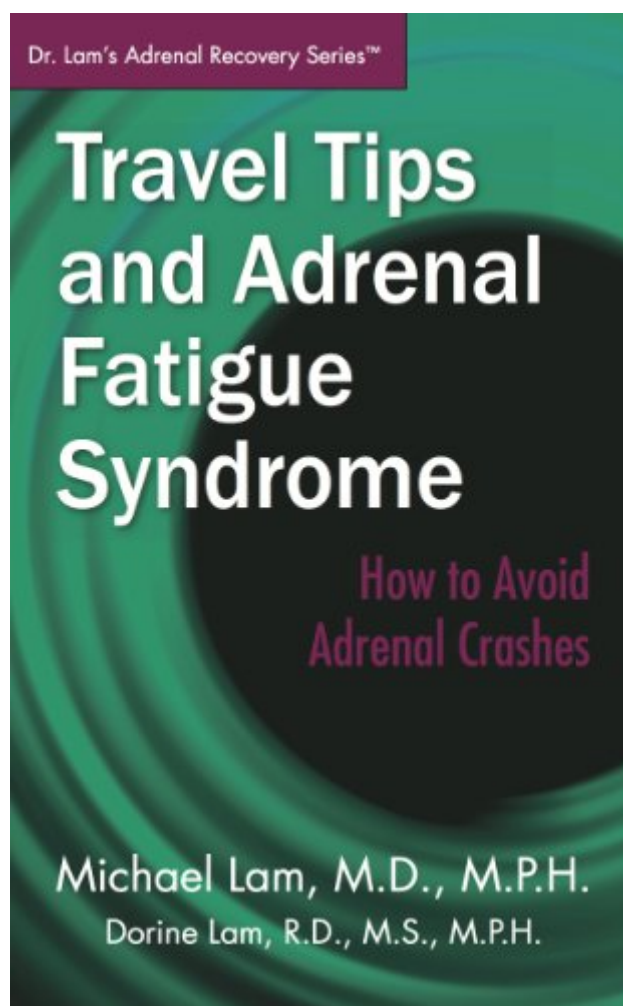




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Travel Tips And Adrenal Fatigue Syndrome: How To Avoid Adrenal Crashes (Dr. Lam's Adrenal Recovery Series)



Synopsis

Part of Dr. Lam's Adrenal recovery series of books, min-books, singles, dvd, and cd, THIS SINGLE CHAPTER IS AN EXCERPT OF THE LANDMARK 504 PAGE 7 X 10 INCH REFERENCE TEXTBOOK: "ADRENAL FATIGUE SYNDROME: RECLAIM YOUR ENERGY AND VITALITY WITH CLINICALLY PROVEN NATURAL PROGRAMS" BY SAME THE AUTHORS As you now understand, recovering from Adrenal Fatigue Syndrome requires self care and vigilance. Recovery (and crash prevention) also requires adjusting your daily lifestyle to minimize stress and allow for adequate rest. However, you may need or want to travel and enjoy special occasions, too. Dr. Lam gives you tips to help you manage a variety of events and offer pre-crash management tips.

Book Information

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Customer Reviews

It's like he read my mind. Traveling is so difficult with this condition and Dr. Lam has helped.

This book is ONLY about 'traveling' with Addison's disease. It does not cover any other aspect of the disease.

So basically he says let someone else do everything and do everything as slow as possible. Many of his suggestions just seemed unrealistic unless your rich and can afford to pay someone to do everything for you.

There was nothing really new in it for me. But could help others that are just finding out about adrenal fatigue.

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Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Threatening Others: Ris Lam#42 (Ohio RIS Latin America Series)

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