

ARE YOU OR SOMEONE YOU LOVE EXPERIENCING
THE STRESS SYNDROME
OF THE 21ST CENTURY?



ADRENAL FATIGUE

DO YOU FEEL:

- Fatigue • Brain fog • Anxiety • Depression
- Mood swings (intolerance to stress)
- Food Cravings
- Weight gain & difficulty losing weight
- Difficulty falling asleep & staying asleep
- Pain that doesn't go away
- Increased susceptibility to infections
- Chemical sensitivities
- Allergies to things you were never allergic to before
- A tendency to feel cold

WHAT YOU'LL LEARN:

1. What is adrenal fatigue?
2. What are the common signs and symptoms?
3. What are the causes?
4. How to find out if you have it?
5. Simple strategies to recover from adrenal fatigue.

FREE SEMINAR ON TUESDAY, MARCH 7TH AT 5:30PM

Innovative Health & Wellness Center - 297 S. Lake Havasu City, AZ 86403

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