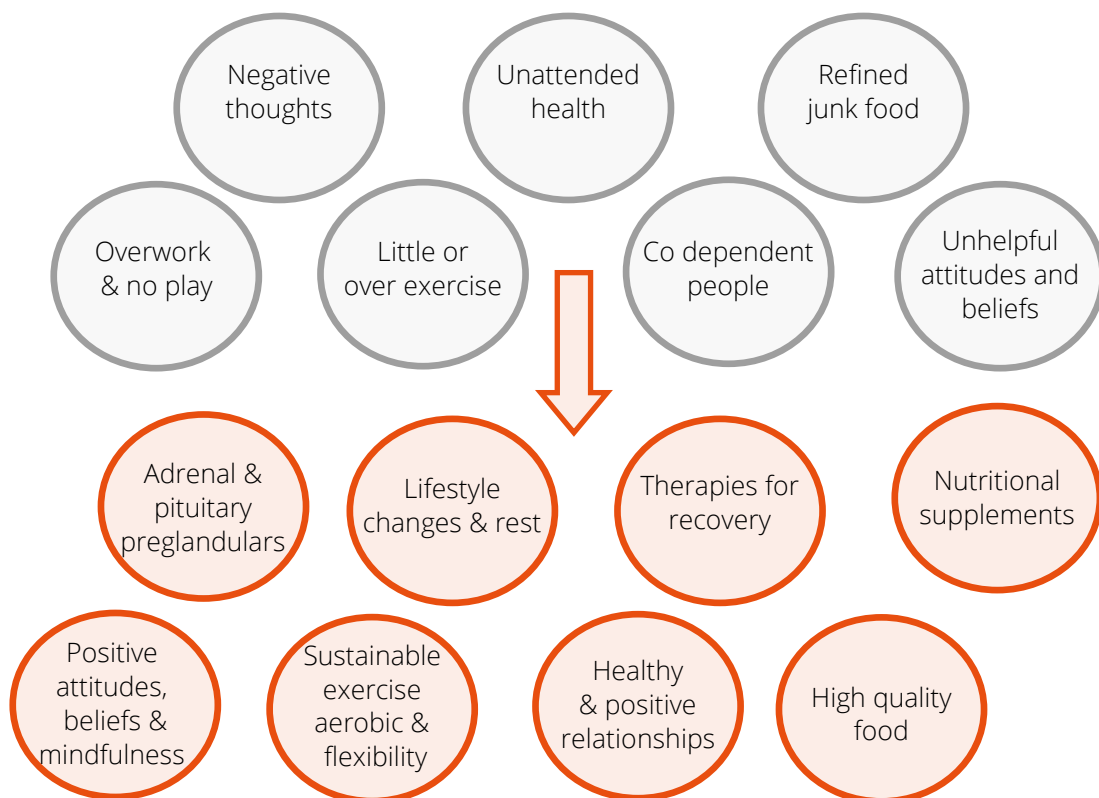




Recovering from Adrenal or Chronic Fatigue

Dr James Wilson, DC, ND, PhD author of 'Adrenal Fatigue is the 21st Century Stress Syndrome' has formulated products that specifically target fatigue. We recommend a holistic program. i.e Dr Wilson's Adrenal Fatigue Quartet, Ozone therapy, light therapy to stimulate DNA, PEMF therapy to improve circulation and blood oxygen, detox as well as select energy medicine and mind body modalities. Recovery will depend on how long you have been fatigued, how well you reduce stressors and your ability to follow your wellbeing program. Below are some contributing factors to adrenal or chronic fatigue.



We feel privileged to help you recover your vitality and wellbeing. We commit to developing the best possible personalised wellbeing program for you. Our experience is successfully helping many people recover from chronic fatigue. We have trained with world authority Dr James Wilson author of Adrenal Fatigue. Our programs have lead to many happy clients with good experiences. Words like "it's a miracle", or "I couldn't believe this would happen for me" are used regularly. Subjective Fatigue levels of 1/10 have lifted to 7/10 in many cases.



Recovering from Adrenal or Chronic Fatigue - Lifestyle Tips

Healthy lifestyle choices includes mindful living. Think and breathe before acting.

Reduce stress with mindfulness

Find a way to reduce the factors that are leading to emotional or mental stress. Try meditation for 5-15 minutes each day.

Learn to say no

Don't be afraid to say no to people and situations when you need to. Put yourself and your needs into proper balance before making decisions.

Nutrition

Including quality water and nutrition which is chewed well: see your EWA report for your preferred foods. Vegetables and fruit, with adequate protein and oil. Limited carbs.

Sleep well

Being in bed by 10 pm each night and getting 8-9 hours every night is ideal! Use apps or mindfulness to help. Mild exercise and herbal teas help sleep.

Organize and prioritize tasks

It's easy to think about everything you need and want to be done and get overwhelmed before getting started. Creating a daily "to-do list" helps to visualize what needs to be done and prioritize the things that aren't as important. Planning also helps to use your time efficiently by determining how important tasks are and how quickly they must get done. Pick your battles, and don't be afraid to delegate tasks.

Limit intensive exercise

Swap for low-intensity exercise. Choose from yoga, pilates, tai-chi, hiking, walking. Consistent exercise is vitally important to your wellbeing.

Limit caffeine and alcohol

Too much caffeine will overstimulate your adrenal glands causing them to secrete too much cortisol. It also increases feeling of anxiety.



Recovering from Adrenal or Chronic Fatigue - Lifestyle Tips - continued

Practice mindful breathing techniques

Breathing exercises vary, but can be as simple as closing your eyes, taking a breath and counting to 10 while exhaling slowly. Yoga also utilizes some fantastic breathing techniques and does wonders for reducing stress. Devoting 10 minutes of your day to quiet time and relaxation can be a great way to ease the tension created by stress.

Disconnect devices

That's right, unplug from all the devices that seem to be controlling us more than we're controlling them. Make it a habit to shut down and put away that cell phone, laptop, or tablet about an hour or two before bedtime. Have some family time. Read a physical book or magazine. It's hard to separate our work lives from our personal lives these days with all of the efficiency of mobile devices, but try this just twice a week to start and you may be surprised at how relaxed you find yourself.

Incorporate

As many of these suggestions to help minimize your reaction to stress. You will feel empowered and once you realize that stress does not have to control your life, you can empower yourself with the ability to better manage it.

Take up a hobby and have fun

Develop a healthy passion and follow through with this. Listen to uplifting music, go for nature walks and surround yourself with positive people.

For more help watch The Global Health Show TV series for information on wellbeing featuring Epigenetics authority Dr Bruce Lipton PhD. 10 episodes free online on our [website](#), or on You Tube or Facebook. Episodes 2 & 7 feature Dr James Wilson the No 1 authority on adrenal health. The rest of the series covers a wide range of relevant personal wellbeing solutions including ozone, thyroid health, mind body medicine and energy medicine.

We recommend that you get your epigenetics tested regularly to prevent adrenal or chronic fatigue and wellbeing challenges.