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# Adrenal Reset Diet: 51 Days Of Powerful Adrenal Diet Recipes To Cure Adrenal Fatigue, Balance Hormone, Relieve Stress And Lose Weight Naturally



## Synopsis

Do you feel stressed all the time? Are you having trouble sleeping? Do you feel like your body is too weak that there might be something wrong with it? You have to check out JJ Lewis's Adrenal Reset Diet health book! JJ Lewis is a highly decorated chef and author of several cookbooks. She's published bestselling cookbooks and contributed to countless recipe collections. Her recipes focus on healthy dishes that promote physical wellness. She's an innovator who loves to try out new combinations of flavors and nutrient mix, while targeting specific physical conditions. She's undergone a lot of training and has attended classes with many of the world's best cooks. You can trust that her recipes will do what she says they will. The Adrenal Reset Diet health book will shed some light on your problems and solve them! Your adrenal gland is responsible for making you tolerate stress, sleep better, and endure prolonged activity among other things. Therefore, the fatigue, poor sleeping habits, and low energy levels you are suffering from are results of your organ not functioning well anymore. JJ Lewis's book will give you a clear idea of the science behind your condition and, more importantly, offer you a guaranteed solution that will fix all of it in the form of a diet plan! Here's some of the deliciously healthy meals you should be eating: Brown Rice & Pepper Breakfast Bowl, Sweet Coconut Pumpkin Quinoa, Unstuffed Pepper Skillet, Kale and Sausage Stir Fry, Ginger, Broad Bean & Turkey Burgers. Following the Adrenal Reset Diet will make you tolerate stress better, sleep better, and feel more energetic! The meals in the diet plan are all good for your adrenal gland. They will make it go back to its healthiest state, hence the word "reset" on the name. In effect, your gland will once again perform at its best in terms of making you handle problems better, have a great night's sleep, and have more strength for the day! Furthermore, healthy adrenal glands provide you with other benefits, including: Brown Rice & Pepper Breakfast Bowl, Sweet Coconut Pumpkin Quinoa, Unstuffed Pepper Skillet, Kale and Sausage Stir Fry, Ginger, Broad Bean & Turkey Burgers, better body weight, stronger immunity, increased libido, heightened reaction level to challenges, improved blood circulation. Experience a better life with a healthier you! When you begin to develop a daily routine that includes the Adrenal Reset Diet recipes, you'll be enjoying a fervor for life that many people can only imagine. You'll be a lot happier, stronger, enthusiastic, and of course, healthier! Download NOW by clicking the orange "BUY NOW" button. Restore that health and achieve that happy life by getting JJ Lewis's Adrenal Reset Diet health book now! Don't lose your chance and join thousands of readers today before the price becomes higher!

## Book Information

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## Customer Reviews

Not Fabulous. One of the most important things to avoid with adrenal problems is sugar. Her recipes had too much honey and agave to be legitimate. It doesn't matter if the honey's raw....it still hits the body as sugar. Also, I found it really annoying that the photos that accompany each recipe don't match the ingredients! Her chicken pot pie is shown with a biscuit topping but the recipe is nothing like the picture, the sausage and kale stir fry is shown with large pieces of mushrooms but the recipe contains none. I could go on and on but you get the idea. If you want to do the Adrenal Reset Diet, get Dr. Christianson's book and use that.

I'm sorry, but this book makes absolutely no sense... It talks of changing your carb and protein intake (more protein early, Hal and half mid day, and mor carbs for dinner.... Then on recipes for breakfast, lunch, and dinner recommends BEEF STEW, Salmon with no sides, etc for dinner... All protein... What's up with that??? Very sorry I purchased it.....

Reading a book on Adrenal Reset Diet was like a revelation to me! Now I understand the root of my problems that I was experiencing (gaining weight, being constantly fatigue and cravings for the unhealthy food). I really appreciate the author taking the effort explaining how all of these problems occur and why people crave for junk food when their hormones are not in balance. For me it is much easier to follow a diet when I understand why exactly my body needs it, so with the help of this book now I know how to help my body to feel it's best. By the way, I tried a few recipes from this book,

they look and taste great!:)

After reading the description, I really want to buy this book but I think I should be careful with my decision, so I read some reviews about this book. Some 2-star-reviews made me hesitated with my choice. But, finally, I decided to give it a try and I was not disappointed. For a long time, I have been struggling with my breakfast. I know the benefit of having a breakfast, but I am a busy person, I don't have much time to prepare breakfast, even eating. This book taught me how to make a fast breakfast but still ensures enough nutrition. After a few days of having breakfast before work, I feel much better than before. I know this can be silly with many, but for me, it's a success. Thus, for me, reading this book is a bonding experience.

I have been suffering adrenal fatigue for some time now, but this book here has kicked me over the edge. Since I changed my diet according to this nutritional Approach, I have so much more energy! It seems like my hormones are in balance now, exactly like the author promises. What I like most about this diet guide are the images of the meals, so that it's easier to actually make the recipes. Recommended!

This book contains not only a very good description on adrenal glands and adrenal gland failure, it also contains a ton of really great recipes for this diet. I've tried a few and they worked out great. I would recommend this book for anyone wanting to get their body back into balance and fix their adrenal problems.

I have read many diet books before but this one really put things into perspective with the opening explanation of the adrenal glands. The important hormones produced by the glands have a very profound impact on your diet and weight gain. It would behoove anyone interested in weight control to read this book.

The more I research, the more I believe that much of our health and energy woes are a result of adrenal fatigue. This book provides comprehensive and easy to follow recipes in order to combat this problem. I am always looking for natural approaches and this is serving as a great guide. Thank you for addressing this issue.

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Stressed to Thriving Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More  
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