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Are You Tired and Wired?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic

Marcelle Pick MSN OB/GYN NP

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There is an epidemic of fatigue running rampant in our society. Every morning, hundreds of thousands of women wake up to find themselves exhausted, overwhelmed, and overstressed. Groggily turning off the alarm, they reach for coffee, soda, or some other promise of energy. They suffer through the day-irritable, on edge, forgetful, depressed, and craving sweets. And then, at night, they have trouble sleeping. Diet and exercise don't seem to change things-if they even have the energy to follow these programs. So what on earth is going on? In Are You Tired and Wired? Marcelle Pick, co-founder of Women to Women-one of the first clinics in the country devoted to providing health care for women by women-and the author of The Core Balance Diet, focuses on the root cause of these symptoms: adrenal dysfunction. With all the stresses that exist today-from challenges at home and at work to environmental toxins to chronic health problems-the adrenal glands, which are responsible for providing the fight-or-flight hormones, can force the body to endure a constant flood of stress hormones that can ultimately lead to multiple health issues, especially severe fatigue. The good news is that through diet, lifestyle adjustments, and reprogramming of stressful emotional patterns this can all be fixed! Pick helps readers identify which of three adrenal dysfunction profiles they fit-racehorse, workhorse, or flatliner-and then lays out an easy-to-follow, scientifically based program to help them restore adrenal balance, re-gear their metabolism, and regain their natural energy to live a happier and less-stressed life.

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