



Is It Me or My Adrenals?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic

By Marcelle Pick MSN OB/GYN NP

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Do you wake up every morning feeling tired, overwhelmed, and stressed? Are you constantly reaching for coffee, soda, or some other promise of energy just to keep yourself going? Do you struggle through the day—sluggish, irritable, forgetful, depressed, and craving sweets—only to have trouble sleeping at night?

If you answered yes to any or all of these questions, you're not alone. In fact, hundreds of thousands of women are fighting these same feelings as they strive to live the lives they want.

In *Is It Me Or My Adrenals?*, **Marcelle Pick** gives you the knowledge and tools to overcome this epidemic of fatigue. She uncovers the root cause of these symptoms: adrenal dysfunction. In our modern lives, the adrenal glands, which provide the fight-or-flight hormones in response to stress, are triggered much more often than they should be. Everything from challenges at home and at work, to environmental toxins, to chronic health problems cause the adrenal glands to produce 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 you identify which of the three adrenal profiles you fit—Racehorse, Workhorse, or Flatliner—and then lays out an easy-to-follow, scientifically based program to help you restore adrenal balance, regear your metabolism, and regain your natural energy to live a happier and less-stressed life.

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Editorial Review

About the Author

Marcelle Pick, MSN, OB/GYN NP, author of *The Core Balance Diet*, co-founded Women to Women with a vision to change women's health care. The clinic pioneered the combination of alternative and conventional medicine, and continues to use functional medicine to treat illness and help women make life choices to prevent disease. Women to Women treats thousands of women from around the world each year. Marcelle earned a B.S. in Nursing and a B.A. in Psychology from the University of New Hampshire, and an M.S. in Nursing from Boston College–Harvard Medical School. Certified as a nurse practitioner for both OB/GYN and pediatrics, Pick has served as a medical advisor to *Healthy Living Magazine*, lectures on a variety of topics, and appears regularly on radio and television to discuss women's health. Her radio show, *Core Balance for Women's Health*, airs weekly on *Hay House Radio*, and she writes a bimonthly newsletter that is featured on *WomentoWomen.com*. Pick is also a member of the advisory board for the renowned *Hoffman Institute*.

Website: www.WomentoWomen.com

Users Review

From reader reviews:

Willie Blackburn:

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Carol Johnson:

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Sally Rose:

Is It Me or My Adrenals?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into joy arrangement in writing Is It Me or My Adrenals?: Your Proven 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic nevertheless doesn't forget the main place, giving the reader the hottest and based confirm resource data that maybe you can be among it. This great information may draw you into brand-new stage of crucial pondering.

Mike Edwards:

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