

Stress and Fatigue

Symptoms are an indicator that things are not right.

Symptoms of Stress Include:

- ❖ Morning fatigue
- ❖ Fibromyalgia
- ❖ Difficulty sleeping
- ❖ Allergies
- ❖ Decreased stamina
- ❖ Headaches
- ❖ Anxiety
- ❖ Sugar cravings
- ❖ Irritability
- ❖ Dizzy spells

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- ❖ Our bodies are set up with chemical messengers to allow us to respond to stressful situations.
- ❖ Our bodies are also designed so that when the source of stress passes, we can return to a state of rest.
- ❖ When we are in constantly stressful situations we are constantly on alert, we don't return to a state of rest, and then we risk wearing out our bodies.

Check out this informational 10 minute presentation on stress at:

<http://stressandfatigue.labrix.com>

How can you check if your hormones are balanced?

- ✓ Saliva test for hormone levels
- ✓ Review the results with your doctor
- ✓ Determine together the hormone supplementation program best for you.
- ✓ Repeat testing and follow up with your practitioner as advised.

Test Now and Treat Right!