


GUIDE ON HOW TO DECREASE FATIGUE & BRAIN FOG NATURALLY

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"It is like waking up with a hangover without even drinking alcohol"

The headache was bad enough, but nausea and lethargy made you feel as if you had been poisoned...and that's the exact feeling of "hangover" in thyroid disease, or at least symptom, which resembles hangover. THIS IS BRAIN FOG!

It often comes on suddenly and leaves you barely able to lift your head off the pillow in the morning.

You may feel like you can't get through a day without a nap, or you sleep more than usual but still feel exhausted.

We're getting dozens of emails daily, asking us WHEN will they get their energy back? (While being treated for thyroid disease).

Many doctors will tell you that the fatigue will be relieved by thyroid hormone replacement, and for some people, it is true.

But when you're **STILL** exhausted even after trying so many therapies and remedies... then it is time to get into the root cause of your BRAIN FOG!

For example:

Are you getting enough sleep? has your doctor ever spoken to you about quality sleep routine?

Or ***Do you ever have sweet & salt cravings? (poor adrenal glands health)***

You see I had the same problem and it wasn't until I took care of my sleep routine & adrenal glands health (tiny organs above your kidney), that I started to feel better and more focused!

I started to wake up with more energy and ready to start my day.

I was focused on my work and I started to enjoy the process.

I was working faster and more effectively, which resulted in me having more time for my family and fun!

Only then I realized how much I was missing life before... and while no doctors told me about this before!

What worked for me can also work for you...

How?

Here are some tips that helped me:

- Fish Oil 1g after lunch
- Vitamin D3 2000IU after lunch
- Check fasting glucose level (- blood test- if above 85 then you may be having insulin resistance)
- Decrease caffeine
- Cut gluten
- Eat mainly healthy fats (eg salmon and avocados)
- Calm & Sleep (contains all the herbs that made me feel better again: [Click here](#))