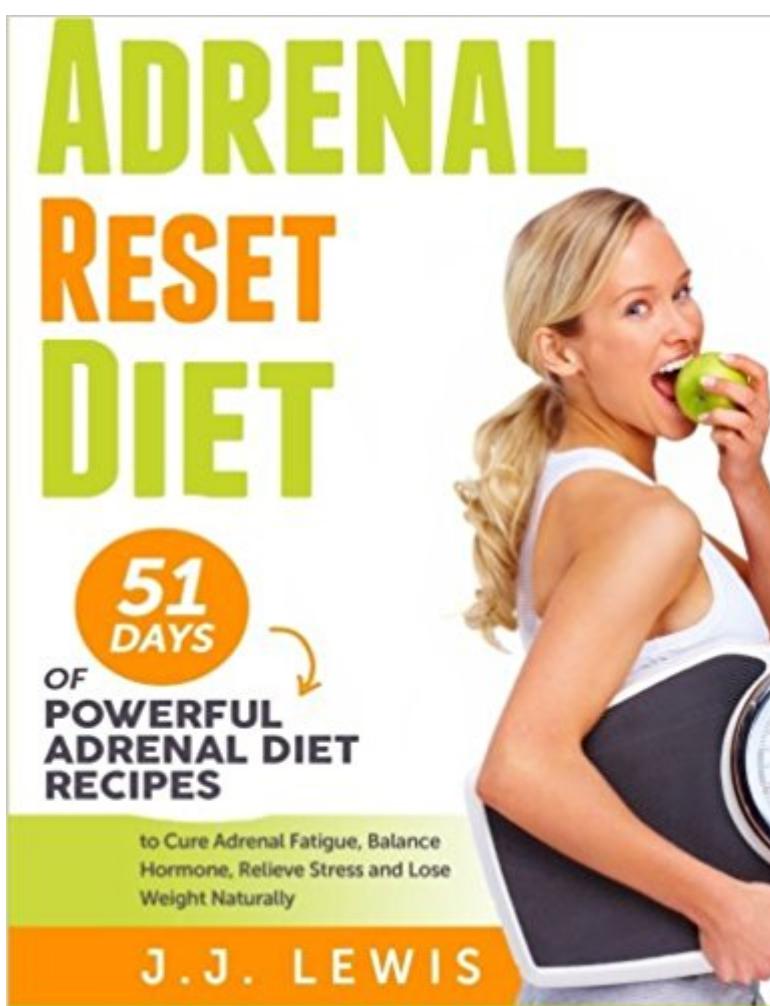


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# Adrenal Reset Diet: 51 Days Of Powerful Adrenal Diet Recipes To Cure Adrenal Fatigue, Balance Hormone, Relieve Stress And Lose Weight Naturally





## 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' 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 promotes 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 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' 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' 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**

"The layout of the recipes is really easy to follow, and the instructions clear and concise."-- Kasey Barker"..this book made it feel like you are undergoing a program with its 51-days of adrenal diet recipes."-- April Hart"This book taught me how to stop adrenal fatigue using adrenal reset diet."-- Bob Ives"Get this book and start resetting your adrenal glands for better functioning and get optimal results."-- Pippin"I have been into loosing weight now for the past few weeks and this book from J.J. Lewis is really the book I am using as a guide"--Â Tonet D."I like how this book made it feel like you are undergoing a program with its 51-days of adrenal diet recipes"--Â April Hart"The author has shared a complete research on this aspect including self testing on adrenal Fatigue and several symptoms from major to minor"--Â Nancy Collins"This book specifically addresses the issues one faces from adrenal gland problems such as stress and fatigue involved due to the situation"--Â Raj K"I learned a lot about the Adrenal Reset Diet from this high quality book that is obviously well researched"--Â Ahmad"This book is really a good read for anyone who needs the benefits of adrenal reset diet."-- Rachael Stevens"I find this really helpful! The variety of recipes are fantastic and really healthy! This is a great guidebook to have. Definitely recommended."-- GFrancisco"Thank you for this beautiful book! Reminding me to take good care of my body."-- Derrick Slifer "DF"

JJ Lewis is a highly decorated chef and author of several cookbooks. She also contributes to countless recipe collections. Her recipes and writing focus on healthy dishes and kitchen hacks that will not only give you the figure you dream of, but also the physical wellness you need.

She's an innovator who loves to try out new combinations of flavors and nutrient mix. She has undergone a lot of training and has attended classes with many of world's best cooks. Her kitchen artistry actually started at a young age. JJ's been writing recipes since she was still in high school. Even then she was already concocting dishes that were magical to both our taste buds and to our body's wellbeing. Motivated by her yearning to get out of her weight problems when she was still a teenager, she learned how to cook healthy dishes. Her passion to give the world healthier meals also sprung at this phase in her life as she shared the recipes with classmates and friends who also had weight problems. Her weight problems are but a faint memory now. She has since been an advocate of healthy diets and healthy living. JJ is a regular speaker in several diet and wellness seminars. Her recipes are guaranteed to satisfy not only your stomach, but everything else.

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 love these recipes! Healthy with ingredients that aren't hard to find. A great healthy spin on some not so healthy favorites. And great information on how to support the endocrine system.

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 fatigued 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 its best. By the way, I tried a few recipes from this book, they look and taste great! :)

It appears that this book was thrown together and has very little content. I question whether the

author even tried the recipes since a lot of the pictures don't even match the recipe! For example, there's a recipe for a Berry Banger blended drink and the picture resembles mashed potatoes & gravy. What a joke! Most of the recipes looked unappealing, but I decided to at least try 2 of the recipes. Surprise, neither one turned out well. Big waste of money!

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!

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.

This book contains not only a very good description of 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.

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