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**Dieses Ebook ist aus der Leidenschaft entstanden,
anderen Menschen zu helfen und ihre Gesundheit
zu stärken.**

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Nur wer die Ursache kennt - findet die Lösung

Wir, die Autoren dieses Ebooks - Robert Haas und Sebastian Achter - haben unser **wertvolles Fachwissen** und unsere **Praxiserfahrung** in ein **umfassendes Werk** verpackt, um es Dir so einfach wie möglich zu machen, Dein gesundheitliches Thema - **Chronische Müdigkeit durch Nebennierenschwäche** - ursächlich zu behandeln

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Schritt für Schritt Anleitung

Wir wollen Dir mithilfe dieses E-Books ein **Werkzeug** in die Hand geben, um Deine **Probleme Schritt für Schritt zu lösen**, ohne dass Du Dich durch unzählige alternativmedizinische Bücher und Zeitschriften durchwälzen musst. Du wirst durch dieses Buch ein umfassendes Verständnis über das **komplexe Thema Stress** und die **negativen Auswirkungen auf den Körper** erlangen und richtig gegensteuern können.[/vc_column_text][[/vc_column_inner][[/vc_row_inner][[/vc_column][[/vc_row][vc_row type="full_width_background" full_screen_row_position="middle" column_margin="default" column_direction="default" column_direction_tablet="default" column_direction_phone="default" bg_color="#ffffff" scene_position="center" top_padding="3%" bottom_padding="6%" text_color="dark" text_align="left" row_border_radius="none" row_border_radius_applies="bg" overlay_strength="0.3" gradient_direction="left_to_right" shape_divider_position="bottom" bg_image_animation="none" shape_type=""]vc_column column_padding="no-extra-padding" column_padding_tablet="inherit" column_padding_phone="inherit" column_padding_position="all" background_color_opacity="1" background_hover_color_opacity="1" column_shadow="none" column_border_radius="none" column_link_target="_self" gradient_direction="left_to_right" overlay_strength="0.3" width="1/1" tablet_width_inherit="default" tablet_text_alignment="default" phone_text_alignment="default" column_border_width="none" column_border_style="solid" bg_image_animation="none"]vc_row_inner content_placement="middle" column_margin="default" column_direction="default" column_direction_tablet="default" column_direction_phone="default"

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Wir - und unsere „Leser“ - sind 100%ig überzeugt von diesem Ebook!

Zögere nicht, und investiere einen kleinen Betrag in Deine eigene Gesundheit.

Wir bieten Dir dieses Ebook **„Chronische Müdigkeit besiegen“** risikofrei mit einer **30-tägige Geld-Zurück-Garantie** an. Sollte Dir der Inhalt dieses Ebooks nicht zusagen, erstatten wir Dir anstandslos und ohne Rückfragen, innerhalb von 2 Tagen Dein Geld zurück.

Lies nachfolgend, welche Rückmeldungen und Feedbacks wir von unseren zufriedenen Lesern erhalten haben.

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Was unsere Kunden zu diesem Ebook sagen

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Anpassung bin ich wieder fit und habe Lust zu Laufen und trainieren zu gehen, so wie es früher. Ich werde in Zukunft alles versuchen um dieses hohe Stresslevel und die schädlichen Auswirkungen von Stress auf meinen Körper zu vermeiden.

Vielen Dank für das tolle Ebook und die wertvollen Informationen.“][testimonial star_rating=“100%“ title=“Testimonial“ id=“1675160433580-8“

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Ich habe mehrere Autoimmunerkrankungen, die sich trotz meiner Bemühungen um eine bessere Lebensführung im Laufe der Jahre immer weiter verschlimmert haben. Trotz Ernährungsumstellung (zuerst Keto, dann Paleo/Low Carb) und unzähligen Nahrungsergänzungsmitteln war ich erschöpft, ausgelaugt und konnte meinen Alltag nur mit Mühe bestreiten. Ich hatte jeden Tag Energieeinbrüche, die mich dazu zwangen, mich auszuruhen und hinzulegen. Meine Konzentration war denkbar schlecht und ich war auf Aufputschmittel angewiesen, die aber meine Unruhezustände noch verschlimmerten. Mit einem „Reizdarmsyndrom“ hatte ich auch schon jahrelang zu kämpfen.

Durch eigene Recherchen habe ich ein Problem mit meinen Nebennieren und meinen Stresshormonen vermutet, war aber mit den widersprüchlichen Informationen im Internet überfordert. Außerdem hatte ich viele der Empfehlungen bereits ohne Erfolg umgesetzt.

Durch Zufall stieß ich auf dieses Ebook und war erstaunt, wie genau meine Beschwerden beschrieben waren. Ich verstand auch, warum meine scheinbar „gesunde“ Ernährung mir nicht weiterhalf, sondern mir im Gegenteil noch mehr schadete. Hier wurden die wichtigsten Informationen aus unterschiedlichen Quellen bestmöglich zusammengefasst und für mich verständlich aufbereitet.

Nachdem ich die Empfehlungen von diesem Ebook schrittweise umgesetzt habe, regelmäßig gesunde Snacks und wirksame Nahrungsergänzungen zu mir nahm, hat sich mein Zustand zusehends verbessert. Es war anfangs nicht leicht, die Ernährung

umzustellen, aber schrittweise ist es mir gelungen. Meine Müdigkeit tagsüber ist verschwunden und die Unruhezustände habe ich auch nicht mehr.

Klare Empfehlung und Dankeschön an die

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Was Du durch dieses Ebook „Chronische Müdigkeit besiegen“ erfährst und lernen könntest:

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Du lernst die **Hintergründe von Stress** und den **Unterschied von positivem und negativem**, überfordernden **Stress** kennen.

Weiters erfährst Du die **wichtigsten Stressfaktoren und Stressursachen** und mögliche Auswirkungen von chronischem Stress.

Wir erläutern Dir die **Ursachen einer Nebennierenbelastung** und die körperlichen Reaktionsvorgänge, die durch die Ausschüttung von Stresshormonen, entstehen.

Du lernst die **verschiedenen Stresstadien der Nebennieren** mit den unterschiedlichen Symptomen, und den weitreichenden negativen Auswirkungen der finalen Erschöpfungsphase der Nebennieren kennen.

Du erfährst die **Hauptregelsysteme der Stressreaktion im Körper**, die Wirkungsweise der wichtigen Stressachsen HPA-Achse und SAM-Achse und die wichtigsten Hormone der Nebennieren und deren Wirkungen auf den Körper.

Du erhältst wertvolle Informationen über die **richtige Ernährung bei Nebennierenschwäche**.

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Du bekommst außerdem **Empfehlungen** zu wichtigen **Vitalstoffen**,
Nahrungsergänzungsmitteln und **Adaptogenen**.

Weiters verstehst Du, warum es so wichtig ist, **Stress in Zukunft zu vermeiden**
und **Stressmanagement zu betreiben**.

Du erhältst einen Überblick, über die **verschiedenen Möglichkeiten der**
Stressharmonisierung und Entspannungstechniken, und wir erläutern Dir auch
die Wichtigkeit von **Persönlichkeitsentwicklung** und **Persönlichkeitsstärkung**
für Deine stressfreie Zukunft.

Weiters erhältst Du Informationen über eine den Heilungsprozess unterstützende
Bioresonanz Therapie und **wie Du einen guten Therapeuten finden kannst**.

Du bekommst außerdem eine **Checkliste der Vorgangsweise zur**
Stressharmonisierung und Heilung der Nebennierenschwäche.

Zusätzlich erfährst Du noch die wichtigsten Punkte der **Abgrenzung der**
Nebennierenschwäche zu einer Leberüberlastung, zu einer
Schilddrüsenproblematik und zu einer **Neurologischen Erschöpfung**.

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| 16

| 17

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Nutze Deine wertvolle Zeit sinnvoll

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Analysiere Deine stressigen und belastenden Situationen

Erarbeite mögliche Szenarien, um Dein Leben in Zukunft stressreduziert absolvieren zu können

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Baue stressfreie Phasen in Deinen Alltag ein und finde Deine Entspannungstechniken

Verstehe die Wichtigkeit von Stressmanagement und Stressabbau für Deine Zukunft

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Beende Deinen Leidensweg und erhalte Dein schönes Leben zurück

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und leicht umsetzbaren Informationen und

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