

Do you suffer from *Fatigue?*



You may have Adrenal Dysfunction if you:

- Feel overworked
- Have trouble falling asleep & staying asleep
- Crave sweets & carbs
- Over exercise
- Suffer from chronic muscle pain
- Use stimulants such as caffeine, nicotine, sugar, recreational drugs
- Suffer with depression
- Suffer from chronic emotional or physical stress
- Have “brain fog” or trouble focusing
- Have dark circles under your eyes
- Awaken tired
- Gain weight around midline
- Have recurrent illness

Adrenal dysfunction is becoming a prevalent condition in our society. There are not enough hours in the day and we are constantly facing stressful situations in our daily lives. Our adrenal glands burn out.

Difficulty balancing work and home life, inability to tolerate the demands of family, wanting to be there for your children, but just too tired at the end of a long day. These are all byproducts of living with adrenal dysfunction.

If you are suffering with several of the listed symptoms you may be suffering from adrenal dysfunction. There are many varied causes of fatigue, fortunately there are also many effective treatments available for this condition.



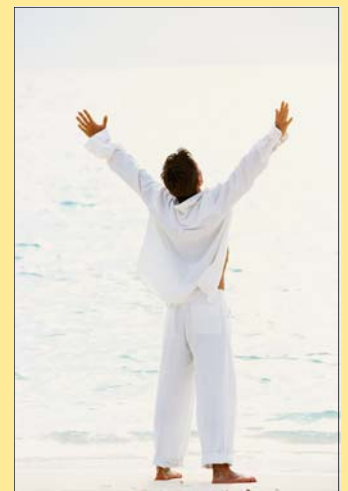
The physicians of The Center for Optimal Health focus their practice on patient centered, science-based methods of improving health, vitality, and longevity through precise integration of hormonal and nutritional therapies.



Treating the Cause...
Not the Symptom

David Pawsat, D.O.
Christine Blakeney, D.O.
1520 Ramblewood Dr.
Suite 100
East Lansing, MI 48823
517-324-9400
www.cfohealth.com

Located just South of Lake Lansing Road, off of Coolidge Road.



**You no longer
have to suffer!**