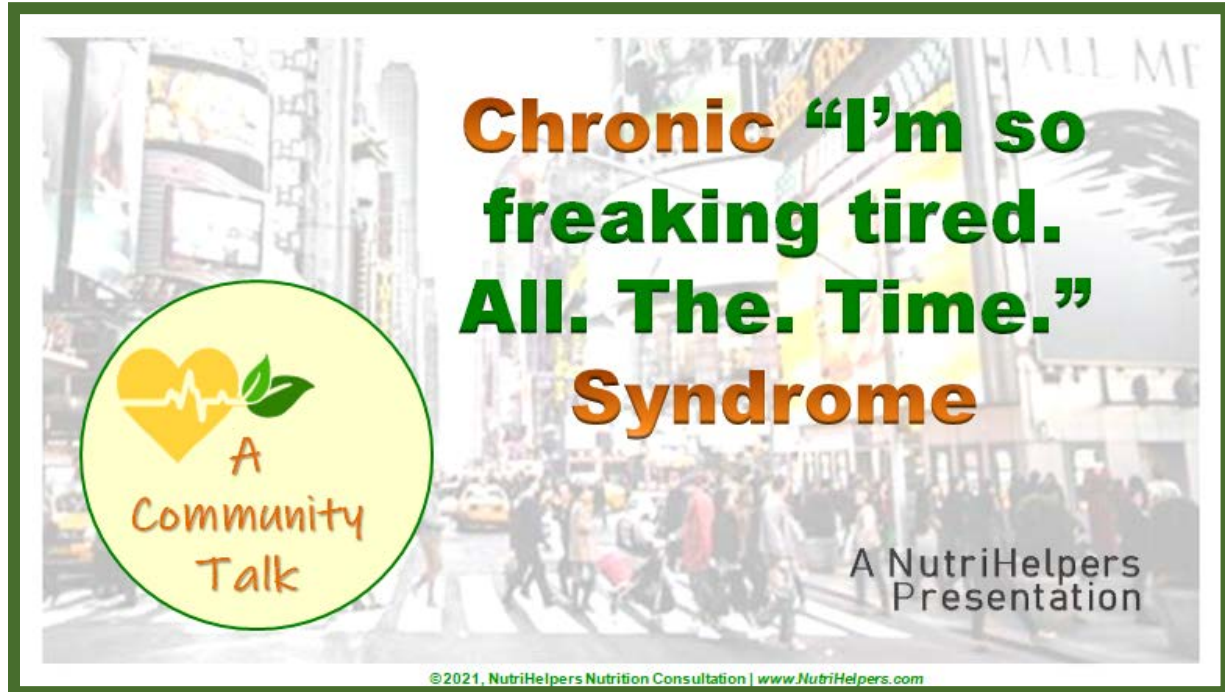


## Chronic “I’m so freaking tired. All. The. Time.” Syndrome



### **Fatigue. Wired. Tired. Repeat.**

- Are you Wired & Tired? Do you drag yourself out of bed in the morning only to struggle to get to sleep at night?
- Are you snapping at friends and family?
- Are you struggling to lose unwanted weight?
- Are you feeling Burned Out?

Stress – personal or workplace related - is often the **leading factor** in many common health issues and it makes us feel **miserable**.

Have you thought about how stress affects your mood? Or, how stress determines your appetite? Or why you just can't seem to shed unwanted weight despite dieting and spin classes? Did you know that stress plays a role in creating constant cravings?



**First learn:**

- ✓ how stress plays an active role in our everyday lives
- ✓ how stress affects us emotionally and physically
- ✓ how stress takes a massive toll on our bodies and emotions

**Then learn:**

- ✓ how to **Satisfy Cravings**
- ✓ what the **Best Foods** are to support our bodies during times of stress
- ✓ **Lifestyle Tips** to help cope with daily stressors

**Let's do this  
TOGETHER!**



**Our stress-reducing techniques will help you find the balance and enjoyment you seek at home and at work.**

Take the first step to feeling better - Come join us from the comfort of your own home – You'll be so happy you did.

We are committed to helping you **recharge, revitalize and re-energize.**

**Medical Disclaimer**

All information contained in NutriHelpers' emails, eBooks, recipes, webinars, website or any other platform is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information presented, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.