

## Energy Health

### Energy health is the key to feeling really good!

In this fascinating part of your training, you can learn how to recharge yourself with abundant positive energy and gain the extraordinary benefits of a vital life force.

### Why do you need new ways to energize to eliminate stress damage and thrive?

Many people in our culture now depend on getting their personal energy from adrenalin, caffeine and short-term sugar rushes. Caffeine and sugar are artificial or “false” energy sources which are actually very taxing to our health. They do not provide nutrition, but instead use our body’s nutrients — a net energy loss. Constant stress, caffeine and sugar also tire our adrenal glands so they cannot produce the hormones we need to regulate our internal organs and keep them healthy.

Designed for emergency use only, overly stressed adrenals cause rapid aging, blood sugar problems (diabetes), hypertension, immune weakness, obesity and fatigue.

Your ability to handle stress and enjoy your life depends on what Dr. Hans Selye, the physician who “discovered” stress, described as your Adaptation Energy Supply. When that limited energy supply gets drained — without recharging — illness, burnout, disease, exhaustion and death result. Fatigued adrenal glands cause serious, costly problems.

Fortunately, there are healthier ways to energize that nourish your adrenal glands and give you valuable benefits. This module of the **THE STRESS FIX Trainings** provides the tools you’ll want to enjoy energy health!

You are about  
to discover  
the ultimate  
treasure for  
optimal health:  
*how to  
energize!*