

Erica Whites ground-breaking nutritional and lifestyle therapy has already helped thousands back to health. Her Beat Fatigue Handbook, which contains over 50 recipes, is the beginning of your road to recovery. The book identifies a range of trigger factors and explains how each one will overburden our bodies if it goes unchecked. It helps you find out why your body became exhausted in the first place and shows how you can break free. Enter into a more loving and respectful relationship with your body, and make a full recovery from chronic fatigue.

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