



Balancing Nutrition
Tu cuerpo en Equilibrio

Symptoms of a weak adrenal gland:

- Tiredness, weakness, trembling
- Anxiety, watery heart
- Tiredness after training
- Difficulty falling asleep, waking up at night
- Difficulty concentrating
- Weak muscles
- Black spots around the eyes
- Need for coffee to start the day
- Low blood pressure
- Low resistance to alcohol, coffee, medicines
- Often infections and colds
- Hypoglycaemia
- Dizziness when standing up
- Regular headaches