



# Energy for Life: How to Overcome Chronic Fatigue

*George Redmon*

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## **Energy for Life: How to Overcome Chronic Fatigue** George Redmon

The world energy crisis is currently not in the Middle East. It is within the bodies of millions whose lives are ruled by fatigue and lethargy

a crisis, according to Atlanta's Center for Disease Control, of epidemic proportions.

*Energy for Life* addresses this crisis with a wealth of information specifically oriented toward helping you manage your own metabolic potential - and thereby realize a more energetic and healthful life.

Included is the latest scientific data supporting the use of specific vitamins, minerals, herbs and accessory nutrients for enhanced energy. Significant dietary and life-stress information is also presented, structured within the framework of our dynamic environment and the interdependent chemical and biological principles which boundlessly energize our lives.

A book of practical insight as well as scientific evidence, *Energy for Life* encourages a healthier attitude and lifestyle certain to increase your energy, vim and vigor!

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