

Kathryn R. Simpson, MS, offers strategies to restore adrenal balance and regain energy, vitality, and health



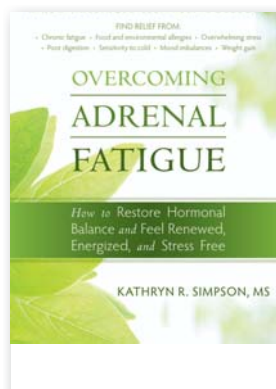
Photo by Linda Collison

KATHRYN SIMPSON DISCUSSES HOW TO:

- Rebuild fatigued adrenals with balancing herbs and supplements
- Eat for all-day energy and improved concentration
- Practice mindfulness and relaxation techniques to reduce stress
- Learn about medications that can help

TIPS INCLUDE HOW TO FIND RELIEF FROM:

- Chronic Fatigue
- Food and environmental allergies
- Overwhelming stress
- Poor Digestion
- Sensitivity to cold
- Mood imbalances
- Weight gain



Kathryn R. Simpson, MS, was an executive in the biotech industry when she was diagnosed with multiple sclerosis. Research led her to discover that her symptoms were caused by multiple hormonal deficiencies, including low adrenal and thyroid hormone levels. She resolved all of her debilitating symptoms by rebuilding her adrenal function and supplementing low hormone levels.

Simpson received a bachelor's degree from Ohio Wesleyan University and a Masters of Science degree from the University of Southern California. She founded a specialty hormone clinic to treat hormone imbalance and diseases such as multiple sclerosis, lupus, and fibromyalgia. Today, it is dedicated to ongoing endocrine research and education. Simpson is CEO of Cerulean Pharmaceutical, which researches and develops therapies for the treatment of endocrine-related disorders. She is author of *The Perimenopause and Menopause Workbook*, *The MS Solution*, and *The Women's Guide to Thyroid Health*, and lives in Los Olivos, CA, with her family.

About the Book

Adrenal glands play a key role in controlling stress and maintaining energy throughout the day. When these small but important glands malfunction, one of the first signs to appear might be lethargy. Other signs of adrenal imbalance include decreased energy, weight gain, mood changes, inability to handle stress, and a weakened immune system.

Adrenal fatigue can cause a loss of momentum, and those suffering from it may notice an interference in their overall sense of wellness, and may even suffer from depression.

In ***Overcoming Adrenal Fatigue*** author Kathryn Simpson, MS, offers clear self-evaluations and treatment guidelines that will empower readers to take charge of their adrenal health through nutrition, vitamins, herbs, bioidentical adrenal hormone supplementation, and self-care practices. This complete guide to optimizing adrenal health contains the tools needed to control symptoms and regain the energy to enjoy an active lifestyle.

"As a clinician who has worked with adrenally fatigued patients for more than fifteen years, this is the book I have been waiting for! If you feel fatigued or burnt-out, follow the steps outlined in this guide and you will change your life!"

—**Robin Marzi, RD**, nutritional consultant

FOR AN INTERVIEW REQUEST or MORE INFORMATION CONTACT:

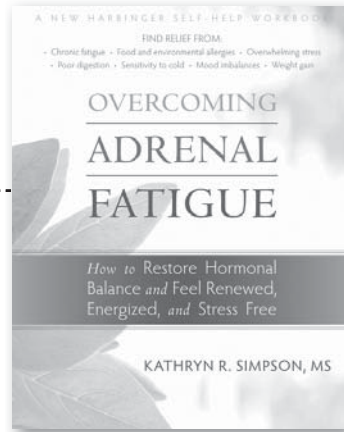
Earlita Chenault 510-652-0215, ext. 6142
earlita.chenault@newharbinger.com

OVERCOMING ADRENAL FATIGUE

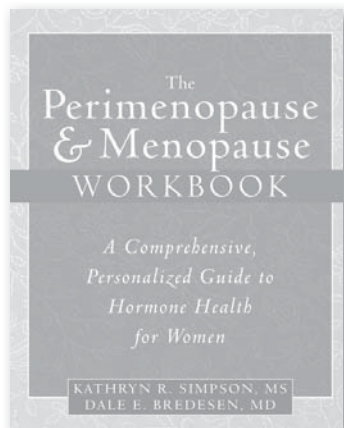
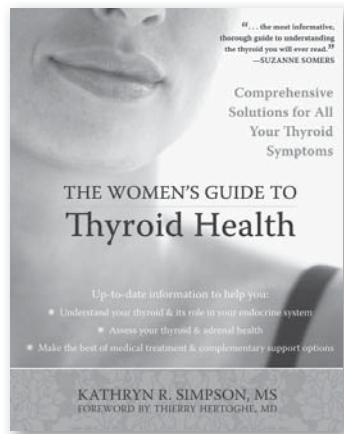
How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

Kathryn R. Simpson, MS

May 2011 / 978-1-57224-952-3 / \$21.95 / 8 x 10 / 176 pages



ALSO BY KATHRYN SIMPSON



OVERCOMING ADRENAL FATIGUE

How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

KATHRYN R. SIMPSON, MS

Interview Questions

1. How did your health issues inspire you to write this book?
2. What are some of the symptoms of Adrenal Fatigue? How can these affect one's behavior or body?
3. Why are our adrenal glands important to our body? How can adrenal hormones have an effect on our mind and emotions?
4. What self tests can people do at home to indicate possible adrenal fatigue?
5. When should people talk to their doctor about checking the hormone levels of their adrenal glands?
6. Stress is a major focus of *Overcoming Adrenal Fatigue*. How do you recommend dealing with stress?
7. You have a chapter entitled "Restoring Adrenal Health Naturally." What are some of the natural ways to help repair adrenal glands?
8. How does food help to harm or restore adrenal health? What foods are best for someone facing Adrenal Fatigue?
9. What are some causes of excessive levels of adrenal hormones? What are some causes of adrenal hormone deficiency?

RAVES

"...*The Women's Guide to Thyroid Health* is the most informative, thorough guide to understanding the thyroid you will ever read. Discover why you are not feeling well. Kathryn Simpson has done the work; you will be the beneficiary. This is the best book explaining the thyroid that I have ever read."

— **Suzanne Somers**, actress and health advocate

"[*The Women's Guide to Thyroid Health*] is an excellent overview of endocrine function in women, with particular emphasis on the importance of thyroid activity... A must-read for men and women who seem to be suffering the effects of 'normal' aging."

— **Scot A. Brewster, MD**, cardiac surgeon at Scripps Hospital in La Jolla, CA

"In [*The Women's Guide to Thyroid Health*], Kathryn Simpson has brought to us a wonderful, understandable approach to thyroid dysfunction...With this book as a guide, anyone can easily understand thyroid-related symptoms, be empowered to undergo appropriate testing, and intelligently evaluate the response to replacement therapy."

— **Victor Rosenfeld, MD**, neurology department head at the Sansum Clinic in Santa Barbara, CA personally and professionally useful from the first page."

FOR AN INTERVIEW REQUEST or
MORE INFORMATION CONTACT:

Earlita Chenault 510-652-0215, ext. 6142
earlita.chenault@newharbinger.com

OVERCOMING ADRENAL FATIGUE

How to Restore Hormonal Balance and Feel Renewed, Energized,
and Stress Free

Kathryn R. Simpson, MS

May 2011 / 978-1-57224-952-3 / \$21.95 / 8 x 10 / 176 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com