

Mark Volmer - Stop Feeding Fatigue Course (Best Diet for Adrenal Fatigue)

How much more would it make you feel?

Stop Trying to navigate through 30-day challenges, flip-You may be confused about which foods to choose, or you might find yourself in a diet camp. *It is really* healthy?

Nutrition change isn't easy. That's why most people flop from one 30-Day one to the next. After thirty days there's just no willpower left in the tank. Between 30 and 36 days.-day challenges, well that involves binge eating all the bad foods, doesn't it?

It's a vicious cycle that results in shame, fatigue, and zero traction towards a nutrition plan that will actually stop fatigue. You know that diets just don't work; especially if you want to stop fatigue – you just don't have the energy to learn new shopping habits, recipes, and cooking techniques overnight.

If you're like most of my patients, you've tried just about every diet out there hoping to stop fatigue.

Not one of these diets was sustainable and did not improve your energy. That's because none of these nutrition plans factor in the unique individual that you are.

Your genes are different than everyone else's (unless you have an identical twin!Your nutrition should reflect this. You need to eat the food your body tolerates – and nothing else. Only then can your energy levels increase.

Instead of spending 30 on a car, here are some things you can do.-Day challenges and radical diets

You already know what you must do *Eat healthy* To overcome fatigue. But what does eating health even mean? One person says oranges are healthy and the next says whatever you do, don't eat oranges.

There's so much misinformation out there that I don't blame you if you're ready to throw your hands up and say: *forget it, I quit!*

Let's put an end to leaping from one diet camp to the next. Let's stop doing that. You are unique. You should not eat what others tell you is healthy. **why don't you find out exactly what is (and what isn't) healthy for YOU?**

A new era in diets is called **personalized nutrition**. The personalized nutrition program will determine which foods are good for you. It will also identify which foods can drain it. This is your unique experience.

In just 60 days, I'll show you how to identify exactly which foods give you energy and which foods make you tired. And since this nutrition plan will be personalized to your unique genetic makeup, you won't have to use willpower to stick with it. It will feel effortless, natural, and very sustainable.

Hi, I'm Mark Volmer. I've dedicated the better part of a decade researching fatigue.

I've realized that fatigue is the most poorly managed condition in all of medicine.

Fatigue is a very common diagnosis.-Depth testing is a method of testing. Not to mention, you have no way of gauging whether (or not) you're improving. In medical settings, fatigue is typically measured in terms of resolution – either you're fatigued or you're not fatigued.

And no one even mentions the food you eat as a potential cause of fatigue...

Why don't doctors ever consider the effect your food choices have on your energy levels?

Your blood sugar may become unstable if you eat foods that you don't like or have not adapted to. Your blood sugar will become unbalanced. *Fatigue is the first sign you feel.*

The first step to overcome fatigue is to regulate your blood sugar.. This is the best way to find out what foods you can and cannot tolerate.

Are you experiencing a sugar imbalance?

Take a look at these (alarming!) statistics:

- Nearly half of Americans have a blood sugar imbalance that is severe enough to qualify as pre-hyperglycemic.-diabetes. If left untreated, prediabetes will develop into diabetes – which if treated by most doctors, requires a lifetime of insulin injections.
- Fatigue This is the most common complaint among people with diabetes.
- Even if your doctor has told you that your blood sugar looks fine, it's probably not!

That's why I created this program, **Stop Feeding Fatigue**. Together, we'll identify exactly how the food you eat every day is causing fatigue.

So, what's inside the Stop Feeding Fatigue Course How can it help?

Here's just a tiny preview of what's contained within Stop Feeding Fatigue:

✓ **Fatigue Evaluator**

Did you know: your brain tricks you into thinking you're more tired than you really are? Don't let your brain decide how tired you are – it will be wrong every time. Learn how tired you are.

✓ **The Energy Cycle**

Hour-By-Hour: each hour, your energy levels can change. It's important you learn at exactly which time(s) your energy is high and which times your energy is low.

✓ **Diabetes Diagnostics**

Your family doctor may say your blood sugar levels are normal, but you could be on the verge of being diagnosed with diabetes.

✓ **A Tranquil Mind**

Follow me on a journey of 20-Guided meditation for just minutes that will help identify your hidden motivations for You will feel more energetic. This will keep your motivation high throughout the course.

✓ **Personalized Fatigue Score**

Finally, a system to provide objective measures of fatigue. You'll be able to track your progress anytime throughout the course!

✓ **Blood Sugar Basics**

What happens to your blood sugar when you're asleep? Or before you eat. Find out how your blood sugar readings can cause you to feel tired.

✓ **Blood Sugar Balancing**

The previous advice you've been given probably isn't right. Learn the behind the scenes secrets to blood sugar balance that the pharmaceutical industry doesn't want you to know.

✓ **Food Fatigue**

There's a system you can use to identify exactly which foods make you tired. What foods give you energy? I'll show you how you can use this process on absolutely anything you eat or drink.

✓ **Goodbye Diets**

Get rid of diets for good. You'll identify the foods your genes want you to eat and the foods you need to avoid. There is no need for willpower!

✓ **Keto Hacks**

The ketogenic diet is a great choice. But it's incredibly restrictive. I'll show you how to get the benefits of a keto diet without having to follow a keto diet.

✓ **Carb Cravings**

I'll show you a way to eat the carbs you love and still keep your energy levels high.

What you'll learn in the Stop Feeding Fatigue Course

Part 1 Fatigue Facts vs Fatigue Fiction

- What is the point of fatigue?
 - Hint: It's not what you think it is!
- Is food really a factor in your energy levels?
- Fatigue could be holding you back from more than you think.
- The diabetes test – are you at risk?
 - The truth is that half of America's population predates.-diabetes – and they don't even know it!
 - Fact: even if your doctor says you're fine, you're probably not.
- You may find the key to changing your diet with powerful guided visualizations and meditation for good.

Part 2: How fatigued are you?

- Finally, a way to accurately evaluate fatigue.
- How your brain tricks you into thinking you're more fatigued than you are.
- Learn how your energy fluctuates in every day.
 - Why that's occurring and how to fix it.
- You can calculate your personal fatigue score to see how much energy you have gained from this course.

Part 3: The Blood Sugar-Fatigue Connection

- What to do once you know? for Your energy can be affected by the foods you eat.
- This is the real reason for high and low blood sugars.
- Does your blood sugar impact your energy levels?
- Why your blood sugar may be imbalanced even when your doctor tells you you're fine.
- To overcome fatigue, you need to have the right blood sugar levels.

Part 4: Food & Drink Fatigue

- Is what you eat making you tired?
- Identify the foods that give you energy.
- How to personalize your nutrition – say goodbye to diet plans.
- How to reap the full benefits of a ketogenic lifestyle without compromising your diet.
- These are the secrets to how to eat the food you want and feel full.

Part 5: A Clinic Consult with Mark

- Get more energy with clinical pearls Mark
- This nutrition plan: How to follow it for the rest of your life – without any effort.
- The fasting paradox – how eating less can give you more energy.

- You don't have chronic fatigue syndrome. You have an undiagnosed condition that's making you tired – learn what it is!

This program was born out of frustration. And there's really no other program like it. Stop Feeding Fatigue It goes beyond diets/nutrition programs and gives you the formula to discover your own unique fatigue-fighting food guide.

After you have finished Stop Feeding Fatigue, you'll know more about blood sugar and its effect on your energy levels than 99.5% of people on the planet – including many medical professionals. And you'll be able to help your loved ones increase their own energy levels by following the template.

You can get additional bonuses to increase your fatigue

In addition to all the information contained in the three modules, you'll also receive:

- **#1 Bonus**
 - You can use guided meditation or visualization to uncover your hidden motivations for overcoming fatigue.
- **Bonus #2**
 - Cheat sheets
 - I've designed documents specific to this course that help you quickly identify which foods to eat and which foods to avoid.
- **Bonus #3**
 - Shop list and meal plans to balance blood sugar
 - For those days when you're just not sure what to cook, I've created a two-You will feel more energetic after a week of meal planning and shopping.
- **#4 Bonus**
 - A 25-Page eBook that will help you take 7 simple steps to boost your energy.
- **Bonus #5**
 - All participants in this course were offered a significant discount by Kiss My Keto on all energy-enhancing supplements

This course will save you hundreds of dollars and hours of work

Every week in my practice I see a new patient who's so confused about nutrition that she's ready to give up. She's hired nutritionists specializing in paleo, keto, vegetarian/vegan, Mediterranean, high carb, low carb, macrobiotic, raw foods... The list goes on.

Although each one may have given her some energy, they were not sustainable for the long term. None of these considered her to be the unique person she is.

Problem with diet/nutrition programs is their need for willpower. It takes a lot of willpower. That's why these plans only last for 30-days. Any longer and you'll be out of willpower.

You don't ever hear of 1825-Day Challenges: What are you up to?

That's because adhering to a plan you don't like for 5 years is not possible. That level of willpower is not possible for anyone.

This course was created to help you stop jumping around from one nutrition plan to the next. You can eat the foods your genes have created to eat and take willpower out. It is easy to eat foods that are in harmony with your genetics. You'll always feel full and you'll stop craving junk foods.

Consistency is key to any nutritional plan. 30-days won't cut it. Your nutrition must be perfected at least 80% of the time if you want to increase your energy.

Stop Feeding Fatigue This will help you get off the diet-To-diet cycle. This will save you hundreds of dollars, and your frustrations and spare you thousands of hours.

Here's what you'll get in Mark Volmer – Stop Feeding Fatigue Course (Best Diet for Adrenal Fatigue)

	Bonus	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	00 Why You Need This Course.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	01 Course Overview.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	02 How to Use this Course.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	03 Welcome To The Course.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	04 What is Fatigue.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	05 How Fatigued are You.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	06 Lesson 1-1 Putting a Number on Fatigue.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	07 Lesson 1-2 Fatigue Scale One Stanford Sleepiness Scale.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	08 Lesson 1-3 Fatigue Scale Two Multidimensional Assessment of Fatigue ... 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	09 Lesson 1-4 Fatigue Scale Three Modified Fatigue Impact Scale MFIS.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	10 Lesson 1-5 Fatigue Scale Four Checklist For Individual Strength CIR.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...
	11 Lesson 1-6 Your Personal Fatigue Score.pdf 	Shareknowledge Digital	Dec 28, 2021	Shareknowledge ...