



# The Fatigue Solution: Increase Your Energy in Eight Easy Steps

*Eva Cwynar M.D., Sharyn Kolberg*

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Every day, all over the world, millions of women are grappling with many of the same mind and body issues: low sex drive, weight gain, sexual dissatisfaction, chronic stress, anxiety, hormone imbalances, infertility, poor sleep, lack of concentration, PMS, perimenopause and menopause complications, and most especially, an overriding feeling of unexplainable fatigue. It's time to take the "f word" out of our lives!

*The Fatigue Solution* will show you how you can go from fatigued to fabulous by following eight simple steps that can help you identify and understand the potential source of these vexing health conditions. It is a 21st century woman's health guide for generating physical as well as emotional strength, balancing hormones, reclaiming sexual vitality, and restoring energy. Dr. Eva Cwynar, premier Beverly Hills endocrinologist and metabolic medicine specialist, who has treated prime ministers, A-list actors, and professional athletes, shares her program for rejuvenating and reinvigorating your life.

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