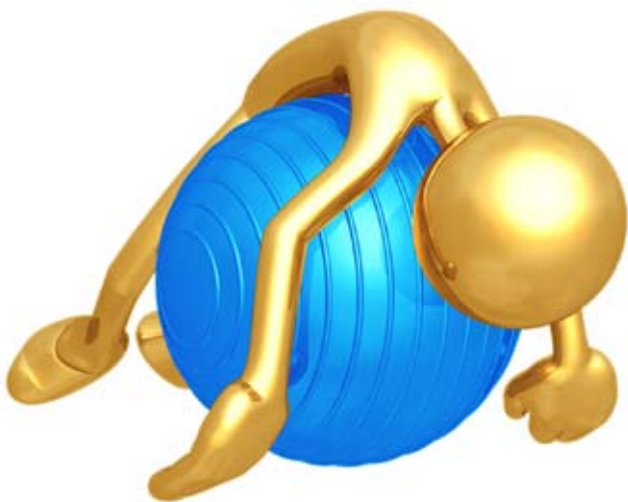


*The truth about...*

# Chronic Fatigue Adrenal Burnout Fibromyalgia



How to recover from extreme  
pain and exhaustion...

## Chronic Fatigue, Adrenal Exhaustion

*'Chronic fatigue is not a lack of energy - it is blocked energy'*

Extreme tiredness can be both a block *and* depletion of energy. Quantum physics says our life force energy includes thoughts and emotions. Exhaustion is often the end result of driving ourselves too hard in an effort to prove something to ourself or others.

There are many solutions to exhaustion which include:

- Becoming aware of life-depleting habits which drain our energy reserves and learning how to conserve / replenish our vitality
- Learning how to look after ourselves, put ourselves first, say no, respect our body and its limits and have more fun
- Resolving any emotionally-charged issues and learning how to communicate our feelings honestly with others

## Fibromyalgia, Joint and Muscle Pain

*'Pain is the mechanism that alerts us to correct a situation'*

Symptoms are intelligent communication from the body intelligence to the head: the body is far too intelligent to make mistakes. Built-up emotional tension, especially frustration, creates contraction in the body and will manifest physically as sore muscles and joints .

There are many solutions to tension and pain which include:

- Understanding the link between mind, body and emotions, and how unresolved emotional hurt will translate into physical pain
- Learning how to manage, feel and communicate emotions safely because being our authentic selves translates into good health
- Understanding there are always reasons for illness, and that our body is a self-healing mechanism designed to repair itself

## Workaholism, Burnout

*'Who on their deathbed says "I wish I had spent more time at the office"?'*

Overworking is an addiction, and the solution for any detrimental behaviours is to replace it with a new life-affirming habit. If we want to stay healthy we must learn the 'laws of health', and how a life of balance is the key to happiness, health and longevity.

There are many solutions to addictions and overdoing which include:

- Becoming aware of and acknowledging life-depleting habits, and addressing the underlying drive which is fuelling them
- Learning to look after and value oneself, and understand that the body is not a machine that can be driven without self care
- Understanding that 'doing' masks 'feeling' and we can instead manage emotions to avoid the perpetual need to overdo

For more information on how to overcome these conditions see  
[www.artofhealth.co.nz](http://www.artofhealth.co.nz)

It's an art and science to stay well.  
We can show you how...