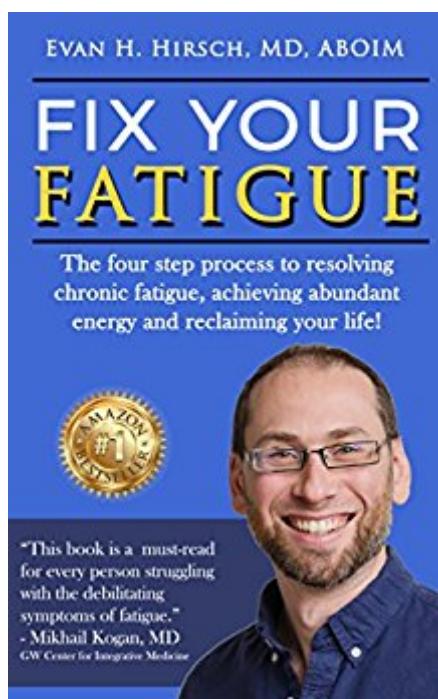


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# Fix Your Fatigue: The Four Step Process To Resolving Chronic Fatigue, Achieving Abundant Energy And Reclaiming Your Life!



## Synopsis

Why am I so tired? Life is no fun, I have no energy, and all I want to do is sleep. My work and my family are suffering. Medicine hasn't helped. Is there anything I can do to get my life back? If you're asking these questions, this book is for you. Your fatigue has a cause. In fact, there are lots of causes. Everyone with chronic fatigue suffers from multiple causes and ALL of them need to be addressed to resolve the fatigue. In Fix Your Fatigue, I show you my step-by-step proven system to find the real causes of your chronic fatigue. Then I show you how to resolve them so you can achieve abundant energy and reclaim your life! Dr. Evan, as he is affectionately known, is one of the nation's leaders and authorities on chronic fatigue. He has helped hundreds of people resolve their chronic fatigue. Now he is on a mission to help 100,000 more through his blog, online courses, books, and the training of healthcare providers. Dr. Evan suffered with chronic fatigue for five years before he achieved resolution using the Fix Your Fatigue Program that he pioneered at the Hirsch Center for Integrative Medicine in Olympia, Washington. He has lectured nationally and internationally on topics in Integrative and Functional Medicine and is board certified in family medicine and integrative medicine. When he's not at the office, you can find him singing musicals, playing basketball, traveling, dancing hip-hop, and enjoying life with his wife and daughter. This book guides you not only to fix your fatigue, but in following Dr. Hirsch's steps and recommendations, you will reclaim the overall health of your youth. This is everyone's birthright.

• - Mikhail Kogan, MD, Medical Director, George Washington Center for Integrative Medicine

FREE bonus material in our membership site at [FixYourFatigue.org/members](http://FixYourFatigue.org/members)

JOIN our Facebook community! Get answers to your questions and support at [Facebook.com/groups/FixYourFatigue](http://Facebook.com/groups/FixYourFatigue)

Download a chapter from this book for FREE (coming soon!) at my website [FixYourFatigue.org](http://FixYourFatigue.org)

If you want to become a patient at my clinic, go to [TheHirschCenter.com](http://TheHirschCenter.com)

P.S. If this book helped you, please let others know that there is a way out of fatigue and post a short review and your success story on [at https://goo.gl/pFFe0y](https://goo.gl/pFFe0y). I will be eternally grateful.

P.P.S Your support really makes a difference and I read and respond to every review personally so I can make this book even better.

P.P.P.S If you DON'T like it, send me an email and tell me why. I will thank you for the feedback and gladly refund your money. Okay? You can email me at [feedback@fixyourfatigue.org](mailto:feedback@fixyourfatigue.org).

Here are the links if you want to follow me and my work on social media:

Facebook: <https://www.facebook.com/DrEvanHirsch>

Twitter: <https://twitter.com/drevanhirsch>

YouTube: <https://www.youtube.com/c/evanhirschmd>

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Dr. Hirsch's program is a life-saver.

JzBâ œAfter doing what Evan recommended I am a changed man. I feel better than I have felt in 20 years. Feeling better has given me an optimism combined with energy like I haven't felt since I was in my 30's. I have been given a life like I never thought I would have again. Overall I feel 20 to 30 years younger (I'm 68). Thank you, Dr Evan. I'll never be able to repay you for what you have given me.â • - Mark in Olympiaâ œMy energy is better than it has been in years as is my capacity for physical exercise. My energy is up to a 7.5-8/10. I have had a tremendous improvement in my memory as well.â • L.S.â œIf you want a solution to your complicated health problems and are willing to put in the effort you will see results like nowhere else. Take this rare opportunity to get the help you really need. You will not be disappointed.â • Pati

## **Book Information**

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## **Customer Reviews**

Fatigue can be debilitating, as well as confusing. So many possible culprits. Dr. Evan Hirsch brings a humanness to this topic, by sharing his own experience. He has experienced the pain and the healing. Another poignant chapter is written by Stacy Hirsch, Dr. Hirsch's wife, who doesn't hesitate to share vulnerable details of her own struggle with chronic fatigue. A powerful and moving personal account. I urge you to purchase this book, even if you haven't experienced chronic fatigue. Fix Your

Fatigue is a wealth of practical tips for good health.

This book was a big help. It's clear and concise and provides actionable steps that make a difference. Dr. Hirsch offers a holistic approach to healing fatigue, something I've struggled with for over a decade. The books I have about fatigue are good, but dated. New information is coming out every day, and this book presents cutting edge solutions that really work. I'm really happy I bought this book!

I read a lot of alternative health books, and I always learn something. But I learned more from this book than any other. Even if you don't struggle with fatigue, you will go deep into just about any issue you might be facing with your health. Dr Hirsch is a functional medicine doctor. This means he tells you how to address the CAUSE - not just treat the symptoms. AND the book is an easy read! Dr Evan Hirsch writes with caring and compassion. If you don't have a functional medicine doctor, you will want one.

Dr. Hirsch is no joke, this is the real deal. If you are looking for a comprehensive science-based process to fix the symptoms that are causing your chronic fatigue, look no further. This book is a gift for anyone interested in real solutions. Love it!

Feeling so enthused at owning and using this great book. Anyone looking for a concise roadmap to better health is wise to purchase. Thank you, Dr. Evan, for your excellent book! :-)

This an easy to follow, life changing guide to rediscovering health. By following the protocols, I have gone from barely being able to function without help, to regaining 50% of my health in only 6 months. I am so grateful to Dr Evan for his work and dedication to helping chronically ill people get well.

Excellent - well written, easy to follow.

A clear and articulate guide to getting to the root cause of fatigue written by a physician who gets it.

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Fix Your Fatigue: The four step process to resolving chronic fatigue, achieving abundant energy and reclaiming your life! Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat

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