

Eva
Cwynar, M.D.
with Sharyn Kolberg



the
fatigue
solution

Increase Your Energy
in Eight Easy Steps

From Fatigued to Fabulous by Dr. Eva Cwynar

I once treated a working mother who was suffering from severe fatigue, an almost total lack of energy, a low sex drive and chronic infections after the birth of her second child. She was a busy professional and was worried that her constant tiredness would affect her ability to do her job and to care for her family. Her concentration and memory were unreliable at best. Sleep, what little she got, never refreshed her. She had no interest in having sex with her husband. Typically she crawled into bed around 7:00 p.m., leaving her children to be cared for by others. Internists, ob-gyns, infectious disease specialists, gastroenterologists, ear nose and throat doctors were all mystified by her run-down condition. I had her blood and saliva tested for vitamin, mineral and hormone levels and the results showed severe as

well as some minor, more subtle nutrient deficiencies and hormone imbalances. With the help of the nutritionist in my office, I started her on an energy-specific diet to support her body's systems and help them absorb more nutrients while giving her the vitamin and mineral supplements her body lacked. Within two weeks, she felt more focused and could now stay awake in the evenings after work. Most encouraging, her immune system was strong enough to resist the flu bug running through her office. After five weeks, I was thrilled to learn that her overall energy level had increased dramatically and her sex drive had revived. Why was this case so special? Because this patient I'd healed was me, Dr. Eva Cwynar.

Every day, all over the world, millions of women just like me are grappling with many of these same mind and body issues, and more: 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. Well, it's time to take the "F Word" out of our lives! This book takes a metabolically- and science-based approach toward increased energy production and, with seven

simple steps, gives you the practical know-how you need to immediately start revitalizing, rejuvenating, and re-energizing all aspects of your life.

The biggest complaint I hear over and over again from women who come to see me in these times of overscheduled, overstressed, and over-stimulated lives, is that they are more than just tired. They're fatigued to the point of burnout. They've lost the energy they used to have and they want it back again. **From Fatigued to Fabulous** is the seven-step solution to waking up energized, staying active throughout the day, and enjoying a peaceful night's rest.

Too many women are willing to accept that the older they get, the less energy they will have. The myth that has been perpetuated by doctors and patients alike is that there's nothing you can do about most of the problems associated with getting older. You have aches and pains? That's to be expected. You're putting on weight? That's to be expected. You're losing your hair? That comes with the territory. You're losing interest in sex? Of course; you're getting older.

From Fatigued to Fabulous is here to say that there is no reason to accept any of these things as inevitable consequences of aging. It will not only show you how to boost your energy levels, but it will help you get back the enthusiasm for life you had when you were younger. Grateful patients around the world have expressed these sentiments over and over again. When a friend told one patient who had successfully followed the Fatigued to Fabulous program that she must be thrilled by "the new you," the patient replied, "No, this is the old me. I got the old me back, and that's what I really wanted."

From Fatigued to Fabulous is scheduled to be published first quarter 2012 by Hay House Publishing. **If you would like to be on the list to receive updates on the book, special offers or early notice of the on sale date, [please join Dr Cwynar's Email List](#).**

WHAT PEOPLE ARE SAYING ABOUT THIS BOOK

"I was feeling fatigued almost every day and now I can actually feel my vitality getting stronger every day. Many thanks, Dr. Cwynar!"

Riki Lake

Talk Show Host, Actress, Author

"Usually, someone comes to Dr. Eva when they are at their wit's end. I know I did! I was tired, sluggish, losing energy and gaining weight! Most of my girlfriends felt out of sync in the same way. Our story is HER story, and Dr. Eva turns it all around so you can look good and feel better. This book is all about super charging your life and reclaiming the way you used to feel through a 360 approach that is offered with Dr. Eva's big sister approach backed by her unique experience. Read on....an energetic, vital new you is waiting!"

Leeza Gibbons

TV Personality and Philanthropist

"I wish everyone could have access to Dr. Eva's personal care and attention. The Fatigue Solution is the next best thing—it's one book that should be on every woman's bedside table."

EVE

Singer and Actress

"I have been going to Dr. Eva for years. In that time there is not a question she can't answer, or a problem she can't fix. Now every woman can receive expert advice from Dr. Eva. Women if you care about your vitality, your health and your future you'll buy this book."

Dayna Devon

TV Personality

"Over the years, I've been asked 'How do I get more energy?' more times than I can count. And now, thanks to Dr. Cwynar, we finally have the answer. Packed with helpful tips for increasing vitality, The Fatigue Solution is an invaluable guide to living life to its fullest."

Kathy Smith

Fitness Expert, Author and CEO

"Dr. Eva Cwynar takes a woman's complaint of fatigue seriously. Drawing on her work as an endocrinologist, she outlines an 8 step solution for women that is prescriptive, practical and empowering."

Marie Savard M.D.

Women's Health Expert and Author (ABC News Medical Contributor)

"I have nothing but respect and admiration for Dr. Cwynar and her Fatigue Solution program. I recommend this book to everyone I know."

Ellen K

Radio Host & Television Correspondent

"The Fatigue Solution has the medical recipe for all the demands my position holds. Bravo Dr. Cwynar!"

Sylvia Bongo

First Lady of Gabon, Africa

I have spent the last 40 years taking complex information and delivering it in a very simple manner allowing people to achieve success in every area of their life. Dr. Cwynar has done the same with her new book, The Fatigue Solution. You can stop searching for the answers on how to gain back that spunk and energy you once had, as she has done that for you. Along with millions of other women learn how to go from Fatigued to fabulous in just 8 easy steps - Enjoy your road to success!

Jack Canfield

Co-Creator, #1 Best Selling Book Series, Chicken Soup for the Soul &

The Success Principles, How to Get from Where You are to Where You Want to Be

"Creating a schedule is one thing; keeping up with it is another. The Fatigue Solution is the key to maintaining the energy necessary to accomplish it all. My compliments to Dr. Cwynar."

Lyn Davis Lear, Ph.D

Philanthropist, Political Activist and Wife of Norman Lear

"The entertainment business is extremely draining on all levels. We work long hours under difficult circumstances. The Fatigue Solution offers an easy program for excellent results. Everyone can benefit from the simple lifestyle changes Dr. Cwynar suggests."

Morgan Fairchild

Actress and Activist

" As an Olympic-level athlete, I have to be at my best at all times. Reading the Fatigue Solution has helped me to achieve that goal. Dr. Cwynar's advice, from how to maintain maximum energy levels to how to deal with the stress of intense competition, has proved invaluable. She's a champion in my book!"

Leslie Morse

International Equestrian Champion

"Hormone imbalance can wreak havoc on your body. Dr. Cwynar has been able to help me, and this book will be able to help you too. She helped me to understand the problem as well as the solution. I highly recommend The Fatigue Solution. "

Dr. Andrea Rich

"Dr. Cwynar is a very conscientious and efficient physician."

Slash