



PRACTICAL ADVICE TO FIGHT FATIGUE

Bestselling author and energy expert Jacob Teitelbaum, MD, describes the lack of energy epidemic and how we can optimize energy levels while also improving our health. Teitelbaum explains what's wrong with energy drinks and what's right with a diet and lifestyle that can promote high energy.



Jacob Teitelbaum, MD, is medical director of the national Fibromyalgia and Fatigue Centers and Chronicity, author of the popular free iPhone application "Cures A-Z," and author of the bestselling books *From Fatigued to Fantastic!*, *Pain Free 1-2-3—A Proven Program for Eliminating Chronic Pain Now* and *Beat Sugar Addiction NOW!*. His newest book is *Real Cause, Real Cure (RealCauseRealCure.com)*. Teitelbaum has made frequent media appearances including on *Good Morning America*, CNN, Fox News Channel, the *Dr. Oz Show* and *Oprah & Friends*. He lives in Kona, Hawaii. For more information, visit EndFatigue.com.

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