

# Overcoming **Fatigue**

“Understanding and Treating a Common Ailment”

We will discuss the following:

- ◆ Exploring common causes such as adrenal fatigue and thyroid disorders
- ◆ Why doctors fail to diagnose thyroid disorders
- ◆ What are some other causes of fatigue that are often overlooked
- ◆ The importance of general health screenings including lab tests to rule out causes of fatigue
- ◆ Why antidepressants are over-prescribed
- ◆ What you need to do to restore your health

When:

**Saturday April 25<sup>th</sup> @ 10:30am**

Location:

Naturopathic Health Center of San Diego

11939 Rancho Bernardo Rd. #120

San Diego, CA 92128

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Attendance is free...please RSVP as space is limited