
If You Notice... Read...

If you notice...	Read
Chest pain, fainting, weakness on one side, trouble speaking, thoughts of harming yourself	Ch. 10, p. 67
Someone has just told you “it’s probably stress”	Ch. 1, p. 2; Ch. 2, p. 10
You want to know what stress can really do	Ch. 2, p. 10
You’ve been offered a test or product for “adrenal fatigue”	Ch. 2, p. 10; Ch. 11, p. 74; Ch. 13, p. 88
A racing heart, palpitations, trembling hands, sweating	Ch. 3, p. 17
Episodes of a fast heartbeat that switch on and off suddenly	Ch. 3, p. 17
Weight loss you didn’t intend	Ch. 3, p. 17; Ch. 10, p. 67
Tiredness that lasts and doesn’t ease with rest	Ch. 4, p. 24
Heavy periods, a plant-based diet or regular blood donation, plus tiredness	Ch. 4, p. 24; Ch. 8, p. 53
Feeling cold, constipation, dry skin, weight gain	Ch. 4, p. 24

If you notice...	Read
Enough sleep but still tired, morning headaches	Ch. 5, p. 31
The person beside you has noticed loud snoring or pauses in breathing	Ch. 5, p. 31
Uncomfortable legs that need to move when you lie down in the evening	Ch. 5, p. 31
Drowsiness while driving	Ch. 5, p. 31
Long-lasting worry, panic attacks, avoiding things	Ch. 6, p. 39
Forgetfulness, a foggy head	Ch. 7, p. 46
Taking antihistamines, sleeping pills or several medicines at once	Ch. 7, p. 46; Ch. 11, p. 74
A woman aged 40 to 55 whose periods are changing	Ch. 8, p. 53
Abnormal bleeding, or bleeding after menopause	Ch. 8, p. 53; Ch. 10, p. 67
A man aged 40 to 55, tired, low libido, irritable	Ch. 9, p. 59
Thinking about using testosterone	Ch. 9, p. 59
Lots of coffee, energy drinks or alcohol	Ch. 11, p. 74
Many tests, all normal, and still struggling	Ch. 12, p. 82
Feeling worse a day or two after exertion	Ch. 12, p. 82
Feeling unheard at appointments	Ch. 13, p. 88
Wanting to know which tests you don't need	Ch. 13, p. 88
Wanting a concrete plan for this week	Ch. 14, p. 94