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Ann Louise Gittleman

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> "This may well be a seminal book--a courageous eye-opener that could fundamentally alter our approach to the treatment of chronic fatigue."
>
> -- From the foreword by Michael Rosenbaum, M.D.

Answering the question on the minds of 75 percent of Americans, *Why Am I Always So Tired?*, leading nutritionist Ann Louise Gittleman shows us how we canbe more alert and active by eliminating excess copper in our diets and increasing our zinc intake. The time-tested formula points out which culprits steal energyfrom us--namely trendy, low-fat diets--that make otherwise healthy people feel drained.

This revolutionary book offers Gittleman's insights into how we can modify our diets and lifestyles to increase our energy and prevail over the chronic fatigue thatplagues us with symptoms such as: anxiety, insomnia, skin problems, frequentcolds, and roller-coaster emotions. Using her research and breakthroughfindings, Gittleman helps us eliminate these problems and access the energywe didn't know we had.

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