

# Maximizing Your Energy on a Gluten-Free Diet

with Dr. Samantha

The experience of fatigue is unique, personal to you, and can vary from day to day. The reasons behind it are equally as unique.

During this talk listen and watch for the things that feel most familiar to you.

We will discuss:

1. KINDS OF FATIGUE
2. CAUSES OF FATIGUE
3. HOW TO ALLEVIATE YOUR FATIGUE FROM THE INSIDE OUT

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