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Adrenals:

The Tiny Power Plants

Your adrenal glands sit quietly on top of your kidneys, acting like emergency power generators. They're built for short bursts of action — not endless stress. When life keeps hitting the “on” switch, the adrenals stay revved too long, leaving you drained, wired, or both. Supporting these tiny power plants with gentler rhythms, fewer stimulants, and strategic rest helps your metabolic engine run cleaner and steadier.

Adrenal Glands = small organs atop kidneys that release cortisol & adrenaline.

01 Mini Teaching
Chronic stress keeps them humming until burnout hits. Gentle recovery brings them back online.

02 Example
They're your body's “emergency generators.” Great for sprints, not for marathons.

03 Try This Today
Swap your afternoon coffee for an herbal tea or a short walk. Notice the difference by dinner.

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