



# Escaping Your Low Energy Trap: Uncommon Solutions Your Doctor Never Told You About

*Anna Manayan*

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How much of our plague of low energy is due to a recognized “disease”? How much falls outside this disease model, yet is still medically significant? *Escaping The Low Energy Trap* is the first to take a common symptom and examine its uncommon roots as it impacts one’s energy irrespective of whether the cause is considered a disease, nutritional deficiency, medical condition or some other imbalance manifesting indefinitely and cyclically taxing one’s energy reserves.

Written by a clinician speaking to his/her patient, plagued with persistent low energy to the point that lifestyle is impacted, it asks the question that one’s well informed doctor should be asking. It answers them with information a lay person can understand and use, systematically checking off all possible sources, uncommon sources, presently overlooked by mainstream medicine.

Myths about low energy causes are dispelled. When is low energy a red flag? It walks you through the signs commonly overlooked and what they mean. It provides you with consequences for ignoring these signs. Obvious and not so obvious culprits are identified. It explains how allopathic medicine is designed to miss these culprits. It spells out what you can do to unveil your cause(s) for low energy. It will let you know how much you can do on your own and how to access laboratory tests that will act as guideposts for your recovery. With this life changing insight, answers and opportunities unveil to help you escape from your low energy trap!

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