



Power Up!

Wake Up, Energise and Wave Goodbye to Fatigue

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KEY SELLING POINTS

- * A best seller in Europe * Methods described actually work * Easy to read format
- * Follow the book and find more energy

THE BOOK

Now available for the first time in the English language, and already an international bestseller, Power Up! Wake Up, Energise and Wave Goodbye to Fatigue is an outstanding book that should be read by anyone wishing to find natural ways of improving their health and vitality.

Written by Dr Peter Aelbrecht, the European "TV Doctor", it tackles the problems of modern living common to us all – the lack of energy, the risk of professional burn-out, the constant search for physical and emotional well-being – and comes up with a number of ways in which we can confront our issues and enjoy again a happier, healthier lifestyle.

Several years ago Dr Aelbrecht himself suffered from the symptoms he discusses in the book. He understood from personal experience the circumstances of ME (Myalgic Encephalomyelitis) and CFS (Chronic Fatigue Syndrome), and was therefore able to offer an expert diagnosis to patients who presented with such symptoms. He opened his own "Energy Clinic" which specialises in the treatment of fatigue, and along with his team of doctors, osteopaths, dieticians, psychologists, physical trainers and life coaches, he now administers his methods of well-being to a broad range of patients – from professional sportsmen and politicians to nurses and office staff.

Power Up! is based on medical and scientific fact, and is written in a simple, easy to read style. It teaches us about the good and bad things we eat, but it goes beyond being just another diet book. Dr Aelbrecht looks at the outside forces on us, such as being born and raised in Western, industrialised society, and our personal situation – circumstances, upbringing and environment – which all contribute to an individual's emotional, intellectual and physical well-being. For anyone who wishes to improve their life by finding more energy, reading this book will be the first step to achieving their goal.

CONTENTS

Introduction, Part One - Why do we lose energy? Imbalance in our brain; Imbalances in our hormonal regulation; Why your diet can make you tired; Other possible factors of energy loss Part Two – The solutions for fatigue; Therapies for restoring balance in the central nervous system; The treatment of imbalances in the endocrine system Part Three - Increase your energy levels with the right diet and food supplements; Tackling other factors efficiently; Good life hygiene

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