

HOW TO RECOGNIZE THE WARNING SIGNS OF METABOLIC BURNOUT

DR. ASHLEY BURNETT



NO.
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PERSISTANT FATIGUE

When your body is overstressed or metabolically burned out, disrupted cortisol and energy regulation can leave you feeling exhausted despite adequate sleep, with persistent grogginess and afternoon crashes.

NO.
2

UNEXPECTED WEIGHT CHANGES

Insulin resistance can develop, leading to stubborn abdominal weight gain and resistance to fat loss despite diet and exercise.

NO.
3

HORMONAL IMBALANCES

Stress and burnout can disrupt key hormonal systems affecting reproduction and metabolism, leading to menstrual irregularities, worsened PMS, fatigue, hair thinning, reduced libido, and even thyroid dysfunction.

NO.
4

INDIGESTION & BLOATING

Chronic stress can disrupt the gut-brain axis, impairing digestion and nutrient absorption, leading to bloating, irregular bowel movements, nausea, and increased cravings for quick-energy processed foods.

NO.
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POOR DETOXIFICATION

Impaired detoxification pathways and sluggish liver metabolism can lead to the accumulation of toxins, contributing to fatigue, inflammation, cognitive sluggishness, and overall metabolic strain.

NO.
6

INTENSE CRAVINGS & STIMULANT RELIANCE

Inefficient utilization of glucose and diminished adrenal reserves can drive relentless cravings for sugar, carbs, and caffeine as the body searches for immediate energy.

NO.
7

MENTAL & EMOTIONAL SHIFTS

Impaired glucose metabolism and elevated stress hormones can disrupt brain chemistry, leading to brain fog, memory lapses, mood instability, and heightened emotional sensitivity.

NO.
8

SLOW RECOVERY

Metabolic burnout can impair cellular regeneration and amplify systemic inflammation, resulting in prolonged soreness, delayed healing, and a diminished capacity to recover from physical or physiological stress.

NO.
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LOW SLEEP QUALITY

Elevated cortisol can disrupt the body's natural circadian rhythm, leading to restless nights, frequent waking, and persistent daytime fatigue.

CONTACT US

contact@liveyura.com

www.liveyura.com