

ATHELUNE

The Athelune Signal Series

6 Guides to Help Women Understand What Their Body Is Telling Them.

The body communicates through signals long before serious problems appear.

Many women try to fix fatigue, poor recovery, or declining performance by pushing harder or eating “cleaner”.

Often the signals are simply asking for something different.

The Athelune Signal Series introduces some of the most common signals women experience when energy, nutrition, and training fall out of alignment.

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WHY MANY WOMEN FEEL TIRED EVEN WHEN THEY EAT “HEALTHY”

COMMON REASONS INCLUDE:

- INSUFFICIENT OVERALL ENERGY INTAKE
- LOW CARBOHYDRATE INTAKE DESPITE TRAINING
- LONG GAPS BETWEEN MEALS
- POOR SLEEP QUALITY
- EXCESSIVE TRAINING LOAD

**HEALTHY FOOD CHOICES ALONE DO NOT
GUARANTEE SUFFICIENT ENERGY.**

UNDERSTANDING SIGNALS IS THE FIRST STEP.

THE ATHELUNE METHOD EXPLORES HOW TO INTERPRET AND RESPOND TO THESE SIGNALS IN MORE DEPTH.

LEARN MORE AT: WWW.ATHELUNE.COM