

LES PRINCIPALES CAUSES DE FATIGUE CHRONIQUE



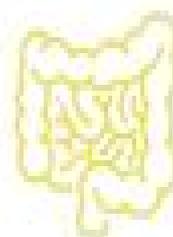
Manque de sommeil



Stress et surmenage



Carences et surcharges



Troubles intestinaux



Troubles hormonaux



Carence en fer



Sédentarité ou surentraînement



Iatrogénie ou intoxication



Causes psychiques, émotionnelles



La Fatigue Chronique Expliqueeacutee

Georges Serratrice, Jean-Louis Vildé



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