

Fatigue

Fatigue is a very common complaint that most people will experience throughout their life. Fatigue is not just tiredness, it is a sense of physical or mental weakness or may be expressed as a lack of energy or motivation.

Fatigue can indicate that you are simply doing too much or your body has undergone physical or mental stress. It can indicate that you are bored due to lack of stimulation or physical work or it can indicate that an internal organ or body system is exhausted or is having a difficult time.

Identify the Root Cause

- 🌿 Take a few moments to look at when the fatigue started, what makes it better or worse and how it is affecting your life.
- 🌿 Identify and address as many factors as possible that you know contribute to your fatigue.
- 🌿 If your fatigue is chronic or unrelenting you need to work with your naturopathic doctor or other health care practitioner.

Address Other Symptoms

- 🌿 Fatigue can be a message that the body is dealing with other concerns.
- 🌿 Don't allow infections or minor health concerns to go unattended.
- 🌿 Utilize the training and specific treatment advice of a naturopathic doctor.

Nutrition

- 🌿 Eat regular meals to balance out energy throughout the day.
- 🌿 Ensure that you are getting the right amount of needed nutrients.
- 🌿 Address health concerns that impact your ability to digest or absorb nutrients.
- 🌿 Avoid overeating or eating too many empty calories as this puts additional work load on the body.
- 🌿 Address food allergies or intolerances.
- 🌿 Avoid caffeine, refined sugars and alcohol.
- 🌿 Minimize cold foods and drinks as they impede digestion and require increased energy to warm the food to body temperature.



Sleep

🕒 Sleep late one day without any alarm or interruptions to identify whether or not the body is requiring additional sleep.

🕒 Nothing takes the place of a sound, restful sleep.

🕒 During the deeper stages of sleep the body regenerates and restores itself resulting in improved health and energy.

🕒 If something is affecting your sleep it will affect your energy levels.

Exercise

🕒 Choose an exercise program that makes you feel relaxed, energized and calm when you are finished.

🕒 If your energy level drops after exercise than it may be contributing to your fatigue.

🕒 Regular, low intensity exercise is often the most beneficial when you are fatigued.

Breathing

🕒 Take slow, deep, regular breaths throughout the day.

🕒 Alternate nostril breathing is a great way to calm the nervous system and increase energy levels. Alternate closing one nostril and then breathing into one nostril and exhaling from the other.

🕒 Rapid breathing through the nose stimulates the nervous system and delivers more oxygen to the cells increasing energy levels quickly.

Stress

🕒 Physical, mental or emotional stress is often a contributing factor.

🕒 Take the time to identify the aspects of your life that cause you a lot of stress and that affect your energy and overall health.

🕒 Do some form of relaxation, breathing exercises, meditation or creative visualization on a daily basis.

🕒 Attitude influences health, immune function and energy levels. Recognize when you need an attitude adjustment.

Lifestyle

🕒 Recognize the impact that negative emotions or thoughts have on your energy level. Find safe, healthy outlets for expression.

🕒 Check out your posture as it may be impacting on your energy levels.

🕒 Listen to your body. When your energy level drops it is time to change something in your life.

🕒 Become aware of your life and get a sense for how much time you spend doing different activities and how they affect you.

Work with your Naturopathic Doctor

🕒 to identify the root cause of your fatigue

🕒 to address any underlying conditions that may be contributing

🕒 to identify specific naturopathic treatments to improve energy levels and overall health.