

Chronic Fatigue

If you have been suffering with chronic fatigue and low energy you most likely have experienced years of frustration trying to find relief from this unremitting problem. You have probably endured numerous doctor visits and lab tests which did not give you the missing piece to the puzzle. So you suffer on thinking "maybe it is all in my head". In your continuous efforts to take care of everyone around, you fail to heed the warning signals your body is sending and you just keep trudging onward. Before you know it months turn into years and this problem has become a part of your life, one that you readily accept as "normal".

This state is indeed not a normal physiological state of the human body. We are made to withstand incredible amounts of physical and emotional stress, until we just can't any more and our bodies become out of balance and disease sets in. The human body is an amazing thing, in the way that it can intrinsically communicate with us, telling us what it needs and what it has had too much of. There are many body states that can cause low energy that need to be ruled out such as: low thyroid, anemia, Chronic fatigue syndrome, infections, depression, nutritional deficiencies, candida autoimmune disease, cancer, diabetes, hormonal imbalances and many more. Ruling all of these out with a qualified health practitioner is your best chance at finding the root of the cause.

In the meantime by taking the following steps one by one is sure fire way to get the boost you need.

1. **Detox:** Each year the average person in North America is exposed to 14 pounds of food preservatives, pesticide and herbicide residues. The toxic load on our bodies is increasing every year. If not eliminated, the toxic substances stored in our bodies have detrimental health effects and can lead to chronic disease and cancer. Detoxification is one of the central concepts of natural healing. Cleansing on a regular basis aids in the elimination and neutralization of toxic wastes and helps to revitalize the natural functions of the body.

The following are some symptoms that can be associated with an overburdened body:

- Headache
- Constipation
- Gas/bloating
- Allergies
- Slow healing
- Stomach cramps
- Fatigue
- Fogginess
- Diarrhea
- Acne
- Eczema
- Frequent colds
- Weight gain
- Joint pain
- Muscle aches
- Low energy

By going on a 1-3 week cleanse you will achieve the greatest benefits. Team up with a partner or a group and have some fun with it! Cleanses are available at health food stores or from Natural Doctors.

2. **Diet:** A healthy intestine is vigilant against undesirable pathogens and toxins. One that is overburdened and compromised fails to perform its immune defensive role and may start contributing to the emergence of an autoimmune illness or other chronic disease. By maintaining a healthy diet that is rich in organic fruits and veggies, whole grains, lean proteins and complex carbohydrates our bodies will respond with health, vitality and increased energy.
3. **Digestion:** When our digestive systems fail to function properly our food will not be digested and the nutrients will be lost. We are then left with symptoms of gas, bloating, irregular bowel movements, cramping and a general feeling of ill-health. As we age our bodies do not produce enough (and in some cases none at all) digestive enzymes and our "good bacteria" fails to thrive. By regularly supplementing with a digestive enzyme and acidophilus we will then be able to absorb our nutrients, digest food properly and regulate bowel movements. As our digestive systems become balanced the energy will be restored to the rest of the body.
4. **Lymphatic Stimulation:** The Lymphatic system is the "other circulatory system which commonly gets overlooked. We have lymph glands located through out our body which can become clogged with waste material. This clogging prevents the lymphatic system from carrying out its main job of fluid drainage, immune response and transport of dietary fats. Acquire a dry brush (which looks like a loofah-sponge) and gently scrub the entire body using circular motions before you get into the shower. Just by doing this 3 times per week you can increase your metabolism and stimulate your lymphatic system. Try jumping on a mini trampoline for 15 minutes per day. This is the best way to get the lymph moving and it is excellent for your heart.
5. **Exercise:** Often we feel too tired to exercise, but exercise will give us the extra energy we need to get the most out of the day. Start with a daily walk and slowly increase the pace and length. Having a walking or gym buddy or signing up for a class will make you accountable to someone and more likely to achieve your goal.
6. **Breathing:** Regular breathing exercises, especially done early in the morning when the air is fresh, will clear the mind and invigorate the body. (See additional info on breathing)

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7. **Water:** Next to oxygen, water is the human body's most important nutrient. Yet 75% of North Americans are chronically dehydrated and fail to drink the recommended amount of water per day. Water plays a vital role in regulating body temperature, transporting nutrients, oxygen and glucose to the cells to give us energy, removing waste, cushioning joints and strengthening muscles, protecting organs and tissues, softening stools, and maximizes mental function. Water's ability to dissolve a multitude of substances allows our cells to utilize valuable nutrients and minerals. So drink up daily!

8. **Nutrients:** Even with the best diet we still require the addition of certain supplements for optimal health. As women our needs are more precise than men's. The following is considered the baseline for health.

Nutrient	Dose	Function
Calcium/Magnesium	1000mg/1000mg	Prevent osteoporosis. Aid in the healthy maintenance of muscles, nerves and bones.
Multi-Vitamin	As directed	Prevents nutrient deficiencies and maintains good health.
Essential Fatty Acids (Flax Seed Oil)	1-2 tablespoons per day	Balances hormones, anti-inflammatory, anti-oxidant, aids on digestion, and maintains skin health.
Greens Powder	As directed on label	Enhances energy, digestion, detoxification and is loaded with nutrients and minerals.
B-Vitamins	100mg 2-3 times per day	Essential for a proper functioning nervous system and adrenal glands. Helps to decrease stress and anxiety.
Stress busters (Ginseng, Ashwagandha, Licorice, Borage, Rhodiola, Chinese Thoroughwax, St. John's wort)	As directed	These all help to adapt better to stressful situations and decrease the negative effects of stress.