

# Natural Help 4...

# Fatigue



## What is Fatigue?

Fatigue is a symptom rather than a specific illness or disorder. While it is common to have the occasional day where you feel tired and less energetic than usual, people suffering with fatigue feel **tired and lethargic all the time** and seem to lack healthy energy.

**Affecting both body and mind**, long periods of fatigue can seriously impair your daily functioning and make even the simplest of life's responsibilities difficult to cope with. Both physical and **mental fatigue** are the first signs that the body is being damaged and **placed under unhealthy stress**.

While many cases of fatigue can be rectified by changes in nutrition, environment, stress levels or sleep patterns, it may also be **a symptom of a more serious problem**. Because it is such a common complaint, it is often overlooked and relatively few people seek medical advice or take the necessary steps to changing an unhealthy lifestyle.

If you have been suffering with chronic fatigue it is important to **examine your life-style** and take action. If your fatigue continues, a medical evaluation is recommended.

## Is Fatigue a Serious Problem?

If fatigue becomes an ongoing problem it is important to address it. The first step is to take a look at life-style factors that may be contributing to your feelings of fatigue.

If however the fatigue continues or you feel that you don't have the energy to address life-style problems, it is advisable to seek medical advice to rule out any serious conditions and explore treatment options.

It is especially important to call your general health practitioner if you present with other symptoms.

## Diagnosing Fatigue

Your doctor will ask you to describe the **fatigue symptoms** that you are experiencing. Keep a record of when you feel fatigued as **the pattern of your fatigue** may give clues to the underlying cause. For example note if you wake up feeling refreshed, but rapidly lose natural energy through the day, or if you wake up feeling tired and energy-less.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Your doctor will also need to ask about your medical history, your current life-style and how you've been feeling emotionally lately. A full medical check may also include blood tests to **check for anemia, thyroid function, and possible infection** as well as a urinalysis.

## Symptoms of Fatigue

**Fatigue symptoms** can be accompanied by or manifest in a range of other physical and emotional complaints. These include:

- Constant tiredness or sleepiness
- Lack of energy
- Desire to sleep more
- Headaches
- Aching muscles or joints
- Muscle weakness
- Slower reflexes and responses rates
- Indecision and poor judgment
- Low mood, irritability or depression
- Changes in appetite
- Lowered immune system functioning
- Problems with short term memory
- Attention difficulties and poor concentration
- Poor motivation

## What Causes Fatigue?

Modern Western diets, environmental pollution and the use of alcohol, recreational drugs and prescription medicines take their toll on liver functioning and on the healthy functioning of all body systems.

**Causes of fatigue** vary and isolating the exact cause may be a difficult process. Below are some of the various **causes of fatigue** that may need to be examined.

## Life-style Causes of Fatigue

- **Too little sleep** is one of the most obvious **causes of fatigue**, and yet it is often over-looked. People often under estimate the number of hours sleep they actually need in order to function optimally. The average person needs between 7 and 8 hours of sleep per day. When living a busy life, sleep is often the first thing we compromise. Chronic Insomnia, especially where you are sleeping but just not getting enough restful sleep is also a common cause. Adjusting sleep patterns may also help.
- **A stressful life-style** or too much anxiety may also lead to feelings of physical and mental fatigue. Stress has a serious affect on the physical body and prolonged or excessive stress can lead to Adrenal Fatigue – causing you to feel very run down and worn out.
- **Lack of exercise.** This is often a “catch-22” situation as you may feel too tired to exercise and think that it will make you feel even more fatigued. On the contrary, regular exercise (even 30 minutes per day) will increase energy levels and stamina.
- **Unhealthy diets or vitamin deficiency.** Our bodies function optimally



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

on a nutritionally balanced diet. Eating too much sugar and wheat or not eating enough fresh fruit, fiber and vegetables may lead to feelings of chronic fatigue. Also ensure your body is getting enough liquids through out the day, but avoid high caffeine intake! Iron deficiency – either due to inadequate iron in the diet or due to problems with iron absorption – can also contribute to fatigue.

- **Reaction to certain medications.** Some prescription or OTC drugs including antihistamines, certain cold and flu medications and beta blockers can all cause fatigue. Certain anti-depressants may also cause insomnia which results in fatigue. Check all the side effects of any allopathic medication if fatigue is a constant worry.
- **Working environment.** A stressful work environment can contribute to mental fatigue. Long hours or burnout can also result in feelings of fatigue. Shift work is another major cause of fatigue as the body is designed to sleep during the night. The body's central clock or circadian rhythm is dictated by the brain and the neurotransmitters that regulate states of alertness and states of sleep.

## Medical Causes of Fatigue

Fatigue may be related to a number of underlying medical conditions and a proper diagnosis is important. Should **fatigue symptoms** not clear after making the appropriate lifestyle changes, it is recommended that you consult your physician.

The following list includes some of the more common medical **causes of fatigue**:

- Anemia
- Ongoing sleep disorders such as insomnia, narcolepsy, or sleep apnea
- Chronic Pain
- Dehydration
- Allergies that cause hay-fever or asthma
- Poor immune system functioning and chronic infection
- Diabetes
- Hypothyroidism (under active thyroid)
- Addison's Disease
- Adrenal gland imbalances
- Certain illnesses (e.g. heart, liver or kidney disease)
- Anorexia or other eating disorders
- Vitamin and mineral deficiency
- Circulatory disorders and heart disease
- Arthritis
- Excessive Candida overgrowth in the digestive tract
- Restless Leg Syndrome (RLS) or Periodic Limb Movement (PLM)
- Regular use of alcohol or drugs
- Depression
- Chronic Fatigue Syndrome

## Help for Fatigue

Fatigue will be **treated according to the underlying cause**. In some cases, simply adjusting your life-style to include appropriate dietary, exercise and sleep needs will be enough to combat fatigue. In other cases where medical causes are at play, treating the medical illness is the first plan of action.

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Natural herbal and homeopathic remedies can be a great help when trying to combat fatigue. Certain herbs are known for their tonic effect on systemic functioning as well as their ability to increase strength and endurance, while **energizing both mind and body**.

Herbs such as Siberian Ginseng, *Olea europea* (extract of olive leaf) and *Centella asiatica* are commonly used to **fight fatigue and boost energy without negative side effects** - like those possible with pharmaceutical or dietary stimulants.

These herbal ingredients can be taken to naturally assist overall systemic functioning, help to balance all body systems naturally and are often taken by athletes, those recovering from illness or those that need the extra boost to help manage a busy life-style.

## Tips for Coping with Fatigue

- **Get into a regular sleep pattern.** Make sure that you are getting enough sleep and that the sleep is undisturbed and restful. Try cutting out caffeine or other stimulants at least 5 hours before bedtime and do not exercise, watch TV or do anything else that may be mentally stimulating before going to sleep.
- **Exercise!** While exercising may be the last thing on your mind when you don't seem to have enough energy to face the day, it may be just what you need! Keeping physically active is vital for stress relief, healthy sleep and building stamina.
- **Eat a healthy nutritional diet.** A balanced diet will energize the body and mind and help you cope better with the demands of life. Steer clear of foods high in sugar and wheat as these create temporary "highs" only to be followed by periods of fatigue. Eat regularly to keep blood sugar levels up and drink plenty of water.
- **Reduce stress.** Try keeping stress levels low and finding ways to better cope with those stressful life demands that keep arising. Prioritize, organize and find time to relax. Learn to say no to additional responsibilities that you can't cope with and seek professional counseling or go to a stress management course if you struggle to cope with stress management.
- **Quit smoking and cut down on alcohol.** Smoking replaces some of your body's oxygen supply with toxic carbon monoxide and the build up of toxins can cause fatigue. Alcohol also increases toxic build up and acts as a nervous depressant thus causing fatigue. Alcohol at night also causes poor sleep.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and



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freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

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remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Fatigue Fighter:** Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

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AdrenoBoost can make all the difference, without compromising health and **without the risk of serious side effects.**

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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