

Fatigue

Natural solutions to boost energy.



Are you sick and tired of being sick and tired?

Are you tired all the time? Do you fall into bed at the end of the day, and despite getting a full night's sleep, still wake up feeling tired? If you do not get out of bed every morning feeling refreshed, you may be suffering from fatigue.

Most people live stressful, busy lives, so it is normal to experience tiredness some of the time. This tiredness generally resolves itself after rest and relaxation. Increasingly, fatigue is becoming a more common complaint but it is also misunderstood, particularly if there is no easily identifiable cause.



Eat, sleep and exercise yourself to more energy!

Your quality of life can be greatly enhanced when you experience healthy energy levels. Alongside Natural Medicines, lifestyle choices are important in addressing underlying factors interfering with energy levels.

Focus on a diet rich in wholefoods (vegetables, fruit), healthy protein and fats, fibre and filtered water. Healthy foods can make a major difference to your energy levels. Avoid processed foods (i.e. fast foods, sugary drinks, bakery foods) as these can deplete your energy.

Regular exercise can also help improve energy production. If fatigue has been a long-term issue, please work with your Practitioner to create a tailor made exercise program for you.

Developing a healthy sleep routine is important to help fall asleep easily and stay asleep. The body has an internal clock cycle and any disruption to this can impair energy. Your Practitioner can discuss practical strategies to improve quality of sleep.



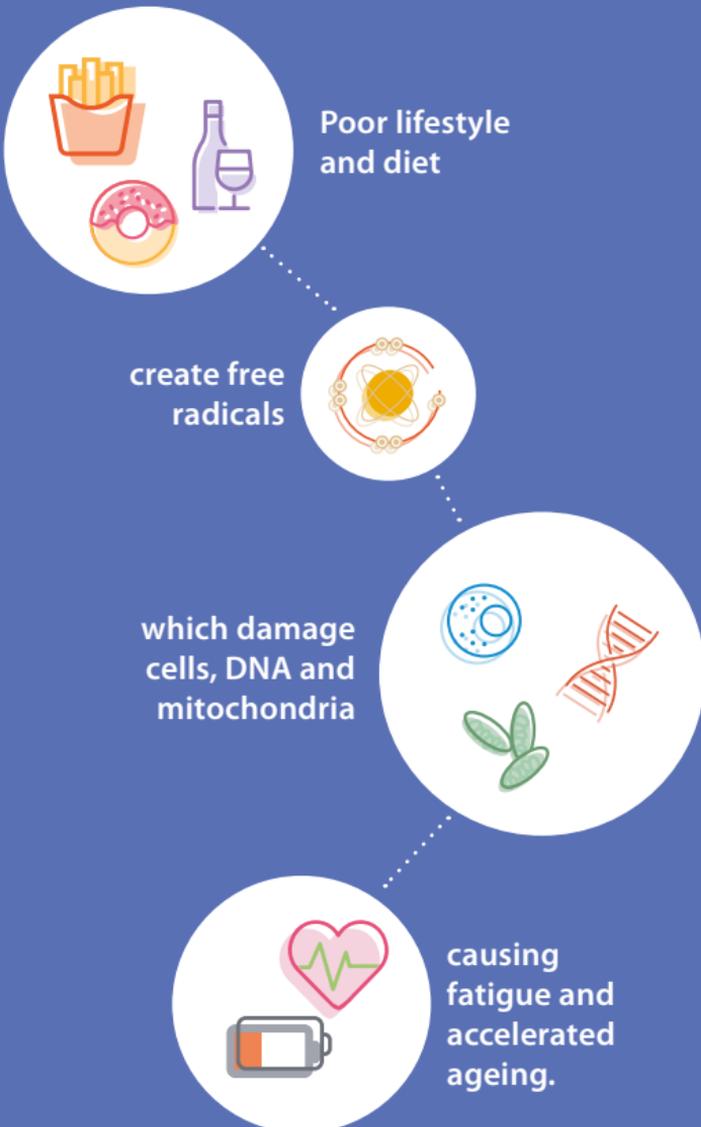
The key to more energy

If fatigue is an issue, talk to your Practitioner today – they can help you improve your energy levels by choosing the diet, exercise and supplements best suited to your needs.

When you're struggling to make enough energy

Poor energy production at the cellular level can leave you feeling tired. Mitochondria make energy and keep each cell in your body functioning well. Damage to our mitochondria is a primary reason for some people feeling fatigued. This damage occurs when bad diet and lifestyle choices stimulate the formation of free radicals.

Free radicals are potentially harmful substances that can form in your body and damage your cells, mitochondria and DNA. If mitochondria function is impaired, you may have reduced energy production. If you experience fatigue, improving mitochondria function is important for improving energy levels.



Key nutrients used to increase mitochondria energy production

There are a number of nutrients that can help support mitochondrial function and give you energy. These include:

Magnesium:

An essential mineral that is used in over 300 biochemical processes in your body and is essential for the conversion of sugars, fats and proteins to energy.

B Vitamins:

The B vitamin family are a key part of the body's cellular energy production cycle. Vitamin B3 is integral for mitochondrial support.

Carnitine:

Plays an important role in fat metabolism and energy production, as it transports dietary fats directly into the mitochondria to be broken down and burnt as fuel. Carnitine may be beneficial if you want to lose weight and boost energy.

Coenzyme Q10:

(CoQ10) is essential for energy production and is beneficial in the management of fatigue as it enhances cellular energy production and is a powerful antioxidant.

Herbs:

Certain herbs have been shown to have benefits for mitochondrial health and energy. Some examples include: Korean ginseng and withania supporting energy production, curcumin to protect against inflammation and the combination of cocoa and cinnamon which may assist with mitochondrial metabolic health.

Iodine:

This mineral is essential for the production of thyroid hormones, which assists the body to perform metabolic processes important for creating energy.



Genetic Potential Through Nutrition

**For more information ask your Practitioner
about how you can increase your energy today.**

The supplements selected for you in this clinic have been prescribed for your specific health needs. Products purchased elsewhere may not provide similar results.



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