



Dealing With Fatigue

Do you always feel like you're running on empty?

Are you tired of being tired? Do you wake up exhausted every morning having to drag yourself out of bed to start your day? Do you feel like no matter what you do, you just can't find the energy to complete even the simplest of tasks? If you answered yes to any of the above questions then you may be dealing with chronic fatigue.

Studies show that 4 out of every 10 people complain of low energy levels throughout the day. Let's say you are a very busy person and you have a lot to do throughout the day. You don't have time to be tired so all you do is take your day as it comes. Have you ever thought about what it could be doing to your health?



How Does Fatigue Happen?



The human body is like a finely tuned machine, a machine that needs to always be running at full capacity. Everyday, our body completes millions of processes from chemical reactions to blood cell production and immune function. It is how we function. Even the simplest of things depend on everything working smoothly, such as maintaining posture or reading this page. Our bodies require energy to work.

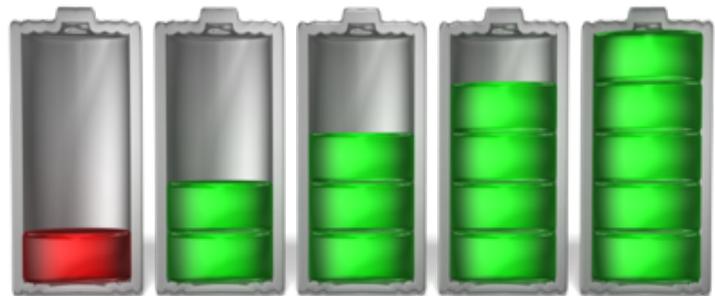
Energy is produced through our metabolism and depends on many factors. Think of it as supply and demand. Our body needs food or energy to fuel our metabolism. However, there needs to be a balance of the energy being consumed and the energy being created. When we use more energy than we make, fatigue sets in and the body has trouble working at full capacity.

How Can Being Fatigued Affect My Health?

Running on fumes can be bad for a car's engine, just as it can be detrimental to your health. When the body's muscles are chronically tight, they constantly burn energy to maintain their tone. When the body has to perform tasks differently because the muscles are fatigued, more energy is consumed. When there isn't enough energy in the system to meet the demand, everything's physiological function decreases, including the body's immune system. Take a moment to think about the last time you had a sinus infection or a cold. Was it a period of time that was very busy in your life? Most illnesses are opportunistic, meaning that they wait for an opportunity of low immune function to show up. Aside from just being sick, fatigue can lead to being less active and weight gain, which can lead to increased stress on the joints of the body.

Signs That You May Be Fatigued

- Increased Irritability
- Increased Anxiety
- Decreased Energy Levels
- Waking Up Tired
- Increased Muscle Tightness
- Increased Frequency of Illness



How to Deal With Fatigue

If you suspect you may be suffering from chronic fatigue, speak to a physician about natural ways to combat the signs and symptoms. Eating an energy dense diet, ensuring adequate amounts of sleep are achieved, reducing chronic muscle tension, and engaging in stress relieving techniques are all great ways to start getting back to the healthy and energetic person you want to be.