

# WELLNESS *review*

## Has this year left you feeling absolutely exhausted?

Most people today are living extremely stressful, busy lives, so it is normal to feel tired sometimes. This tiredness generally resolves itself after some rest and relaxation. Increasingly though, persistent tiredness is becoming a major problem for many people. Fatigue is a common presenting complaint in the majority of Australians and New Zealanders, but it is also often misunderstood, and at times even dismissed, particularly if there is no easily identifiable cause.

If you have to drag yourself out of bed and struggle through your day, then you may benefit from some natural supplements to help give your energy levels a boost.

### *What causes fatigue?*

Factors that may contribute to fatigue include:

- Low iron levels
- Inflammation
- Infection
- Small Intestinal Bacterial Overgrowth (SIBO)
- Digestion, liver issues and malabsorption
- Hormonal imbalances
- Excess body fat
- Unstable blood sugars
- Stress (physical and emotional)
- Toxicity
- Mitochondrial dysfunction
- Poor sleep
- Diet
- Inactive lifestyle

As you can see, there are multiple reasons why you may feel fatigued. Essentially, when your body systems are not working at their optimum levels, this can affect you both physically and mentally, ultimately having an effect on all facets of your life. However, natural medicines can help.

### *Marvellous magnesium – an essential mineral for fatigue*

Magnesium, an essential mineral, is used in over 300 chemical processes in your body! Magnesium also plays a key role in the production of energy. Many Australians and New Zealanders are low in magnesium due to dietary insufficiencies. Fortunately, your Practitioner can help if you are magnesium deficient – they can prescribe a pleasant-tasting magnesium powder that may help with your energy production

### *Nutrients for giving fatigue the nudge*

Other nutrients that can help support cellular energy production and give your energy levels a boost are malic acid, carnitine, coenzyme Q10, lipoic acid, essential fatty acids and B vitamins.

**Malic Acid:** This nutrient can help boost energy production as it is a key component in our cellular energy production pathways. Malic acid can help facilitate the production of energy and may increase stamina.

**Carnitine:** Carnitine is an important nutrient that plays an important role in fat metabolism and energy production. It transports dietary fats directly into the mitochondria to be broken down and burnt as fuel for energy production. Carnitine may be beneficial if you want to lose weight and get an energy boost at the same time.

**Coenzyme Q10:** Coenzyme Q10 (CoQ10) is a vitamin-like compound that is essential for energy production. CoQ10 is beneficial in the management of fatigue as it enhances cellular energy production and is also a powerful antioxidant.

**Lipoic Acid:** Another useful nutrient for anyone who is tired is lipoic acid. Lipoic acid is important for the transport and conversion of carbohydrates into energy. It is also a powerful antioxidant.

**Omega-3 Essential Fatty Acids:** Omega-3 essential fatty acids from fish oils or krill oil are vital for the integrity and stability of every cell in our body. Omega-3 oils stimulate energy production and help lower stress levels.

**B Vitamins:** B Vitamins are essential, especially when under stress. All the B vitamins are vital for the Krebs cycle to produce energy. A combination that includes magnesium with B vitamins is likely to help you feel energised and able to enjoy life.

### *You are what you eat*

If you are tired, make sure you eat a healthy, well-balanced diet and drink plenty of water throughout the day. The quality and balance of the food you are consuming will have a considerable impact on your energy and vitality. Where possible, avoid overly processed foods and eat organic, natural foods, if available. Ask your Practitioner about how dietary changes can help provide you with more sustainable energy levels.

### *Use it or lose it*

Engaging in regular physical activity is also important. Being active can help address some of the underlying problems causing your fatigue. If you have been suffering from fatigue for a long time, it is recommended that you work with your Practitioner to create an individual exercise program that is suited specifically to your requirements.

### *Recharge your batteries!*

The holiday season gives us all the chance to have a well deserved break for rest and recovery, so take the time to enjoy being with loved ones and recharge your batteries. If you want to start the new year with more bounce in your step, then ask your Practitioner today about tailored dietary, lifestyle and exercise advice to help you leave fatigue behind.

