



THIS WEEK'S TOPIC

# Get Your Energy Back

“Everything in life is more difficult when your energy levels are low.”

What's one thing everyone wants "more" of, and it's not money. It's more energy. Your energy level affects everything in your life. Everything in life is more difficult when your energy levels are low.

See if any of these symptoms apply to you:

Do you have difficulty waking up or does your snooze button get a serious workout every morning?

Do you need multiple cups of coffee before you'll talk to anyone?

Are you yawning or sleepy in the afternoon or at the end of your work day?

Do you fall asleep in front of the TV?

Low energy can cause other symptoms such as lack of enthusiasm and even depression. When



you are experiencing any of these symptoms of fatigue on a regular basis, these are symptoms that should never be ignored. Your body is signaling that something's wrong, and it's smart for you to pay attention. The most common underlying causes of fatigue are: overworked adrenal glands, a sluggish thyroid, anemia, and blood sugar problems.

Your adrenal glands sit over the kidneys, where they play a significant role in the

body, secreting more than 50 hormones necessary for life. The adrenal glands "kick-in" in times of stress, with adrenaline, cortisol, and hormones. But during "prolonged" or intense periods of stress the adrenal glands can become exhausted. Adrenal fatigue occurs when the level or duration of stress exceeds the body's capacity to compensate and adequately recover from stress. Once this capacity to recover is exceeded, some form of adrenal fatigue occurs.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

During prolonged stress your body can become depleted of essential nutrients. A poor diet or eating too many carbohydrates contribute to weakened adrenal glands. Stimulants such as caffeine, alcohol or sugar can overwork the adrenal glands and perpetuate adrenal fatigue. If you think about how many people are living a lifestyle of high stress, eating on the go and depending on caffeinated beverages or sugar for quick energy, you can see why adrenal fatigue has become a common problem.



red blood cells. Red blood cells carry oxygen to the cells and remove carbon dioxide. To make healthy red blood cells and hemoglobin we need iron but the body also needs other nutrients like B12, folic acid, B6, copper, molybdenum and vitamin C. Low

levels of any of these nutrients can be the underlying cause of low energy.

One more indicator to rule out in cases of fatigue is a blood sugar problem. Your blood sugar is tightly regulated and the further

your levels stray away from optimal values, your body must struggle to function. Sluggishness in the mid-morning or afternoon should not be dismissed as an ordinary and expected part of your day. Extreme fatigue, especially when the symptoms of shakiness, dizziness, or sweating are present, could be a warning sign of a blood sugar problem.

If you feel tired day after day, don't accept it as "normal", as "over doing it" or you're just getting older. Being healthy means having energy. But the very first step is to find out what is causing the problem. Is it adrenal fatigue? Is it your thyroid? Anemia or blood sugar? Your Wellness clinician can suggest non-prescription ways to address these and other conditions. By talking to your clinician, testing to find out what levels may be out of balance and discovering the root cause, you can take that "first step" on the path to recovery, and get your energy back.

Another cause of fatigue, is a sluggish thyroid. If your thyroid function is weak, sustaining energy output is difficult. You just don't seem to have the energy you used to have. Fatigue, weight gain, hair loss, dry skin, brittle nails, cold hands and feet, symptoms some people attribute to "getting older" may actually be due to a sluggish thyroid, a mistreated thyroid, or an undiagnosed thyroid problem.

An under active thyroid, or hypothyroidism, is especially common in women. 13% of women between ages 35 and 65, and 20% over age 65 have hypothyroidism. However up to 40% of women have borderline hypothyroidism according to newer data.

Another cause of fatigue that is sometimes overlooked is anemia. People who have anemia have low levels of red blood cells or hemoglobin which is a key protein found in