

# WELLNESS review

## Fatigue

*Are you sick and tired of being sick and tired?*

Do you jump out of bed every morning with a spring in your step? Or do you drag your body out of bed and struggle through your day? With our stressful, busy lives, many people are tired. However, for an increasing number of people, persistent unremitting tiredness is a major problem. 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 you an energy boost.

### *What causes fatigue?*

Things that may lead to fatigue include

- Low iron levels
- Inflammation
- Infection
- Hormonal imbalances
- Digestion and liver issues
- Excess body fat
- Unstable blood sugars
- Stress and mood changes

As you can see, there are multiple reasons why you may feel fatigued. A common reason people get fatigued is poor energy production. To keep your energy levels up, you need to ensure that all your body systems are in balance and working effectively. You also need to make sure that the energy centres of every cell in your body, the mitochondria, are working effectively.

### *The energy "powerhouses" - the mitochondria*

Every cell in your body contains energy centres known as the mitochondria, which require certain nutrients to work efficiently. No matter what else is going on in your body, if mitochondrial function is impaired, you will have reduced energy production. Support of healthy mitochondrial function is essential for optimising your energy levels. If you experience fatigue, improving mitochondrial function is an important first step toward improving your energy levels.

*Would you like to know the key to unlocking the energy centres in your body?*

Nutrients are the key to increasing energy in your body, as they are used to support the mitochondria. These important nutrients required include

- **Coenzyme Q10:** Coenzyme Q10 may be helpful in the management of fatigue as it enhances cellular energy production and is also a powerful antioxidant.
- **N-Acetyl Carnitine:** Carnitine plays an important role in fat metabolism and energy production. It acts by transporting dietary fats directly into the mitochondria to be broken down and burnt as fuel for energy production. It is also able to cross the blood brain barrier and assist with mental fatigue.
- **Lipoic Acid:** Lipoic acid is important for the correct transport and conversion of carbohydrates into energy whilst protecting the mitochondria from damage (as it is a potent antioxidant).
- **Magnesium:** Magnesium is an essential cofactor required for energy production in all cells; and without adequate levels of magnesium inside your cells, fatigue is inevitable. Magnesium is needed everywhere in the body; in fact, over 300 processes in the body depend on magnesium. With regards to energy production, it is important for the conversion of sugars, fats and proteins to energy.
- **Omega-3 Essential Fatty Acids:** Essential fatty acids are vital for the integrity and stability of every mitochondrial membrane in the body. Omega-3 oils stimulate the growth and size of the mitochondria, along with helping to lower stress levels, which overall can contribute to higher energy levels.

Your Practitioner can help you improve your energy levels by choosing the supplement(s) best suited to your needs.

### *Five key steps to get you bouncing out of bed*

To get you bouncing out of bed, first and foremost, you need to ensure that you lead a healthy life. By following these five simple steps, you will be on your way to better energy, and a new lease on life.

1. Get adequate, regular and consistent amounts of sleep each night.
2. Eat a healthy, well-balanced diet and drink plenty of water throughout the day.
3. Exercise regularly.
4. Learn better ways to relax.
5. Avoid stimulants or excess alcohol.

Optimising energy levels can significantly improve your quality of life and help you regain your enthusiasm for living. If fatigue is affecting your life, come in and see our qualified Practitioners to help you to determine which diet, lifestyle and nutrient factors are letting your body down and causing your fatigue.

