



Nutri Patient Information Guide # 1

Fatigue – How You Can Beat It

One of the most common causes of visiting a healthcare practitioner is the complaint of fatigue. There are different kinds of fatigue. It may be constant, beginning in the morning after a full nights sleep or it may build up throughout the day.

Adrenal Fatigue

The adrenal glands are situated on top of the kidneys and one of their main jobs is to release hormones which help the body maintain a state of alertness. If the adrenal glands are over worked and underpaid - burning the candle at both ends and not providing sufficient nutrients to support them, fatigue will soon prevail.

The Demands of Life

Nutritional status can and does play a major role in the prevention and treatment of fatigue. By making some changes to your diet and lifestyle and incorporating a nutritional supplement programme into your daily regime, your body will be able to recover from feeling constantly fatigued and you will feel more able to cope with the demands of life.

Nutritional Support

In order to help alleviate fatigue it is extremely important to ensure optimum levels of certain nutrients are consumed daily, especially nutrients which the adrenal glands require for correct functioning. Today, the use of pesticides, highly refined food processing techniques and a poor diet and lifestyle, make it very difficult to obtain optimum levels of nutrients. Nutritional supplements can help to make up for this shortfall. The supplements you should consider in order to help you banish fatigue from your life are as follows:-

Iron - Iron deficiency is another common cause of fatigue especially amongst menstruating women. Iron supplementation along with vitamin C, which ensures the body absorbs the iron efficiently, may help in these situations.

Zinc - Necessary for the production of adrenal hormones and it is therefore extremely important to ensure high levels of zinc are maintained. Zinc is often lacking in todays diets and therefore a zinc supplement could well prove extremely beneficial.

Vitamin C is vital to help the body cope with fatigue. There are large amounts of this vitamin found in the adrenal glands. Vitamin C helps to boost the immune system which can be weakened when one is suffering from adrenal fatigue. Although we get vitamin C from fresh fruit and vegetables the amounts are often not enough for optimum health. A daily supplement of 1000mg of vitamin C per day is recommended.

Pantothenic Acid is a very important vitamin involved in adrenal function and long term deprivation could bring about chronic adrenal problems.

B Complex which includes pantothenic acid would be very beneficial as well as ensuring the diet contains plenty of green leafy vegetables and wholegrain products.

Magnesium is involved in the production of adrenal hormones and therefore helps to reduce the risk of adrenal exhaustion.

Adrenal Concentrate

The adrenal glands become severely depleted under conditions of stress and fatigue. Tissue concentrates taken as a supplement can help to restore adrenal balance.

Blood Sugar Balance

Many people suffer from tiredness and fatigue after a meal, particularly if the meal is high in carbohydrates, for example bread, pasta, potatoes and sugary foods. This could be due to their poor handling of sugar (known as hypoglycaemia) and may be helped by taking supplements of chromium which helps to stimulate glucose tolerance factor which enables the body to completely utilise glucose for energy. If you feel that your adrenal glands are extremely fatigued you may wish to speak to your health care practitioner about the introduction of some of the above nutrients into your diet. They will be able to provide you with a supplement that may help support your adrenal glands and help eliminate the constant fatigue you may be experiencing. Look for a supplement that contains adrenal tissue concentrates as well as zinc, vitamin C, pantothenic acid, the B complex vitamins and magnesium.

Elimination

It may also be worth considering eliminating the following from your diet:-

Caffeine - This is a stimulant and can cause irritability and lead to over stimulation of the adrenal glands so the body is less able to cope with stress. It can prevent the absorption of some essential nutrients such as zinc and iron. Zinc is a major constituent of the adrenal glands.

Alcohol - Excessive intake depletes many vitamins and minerals which can impair the detoxification process of the liver and cause adrenal stimulation. However, moderate amounts of alcohol have been shown to have a beneficial effect on cardiovascular disease.

Sugar - In excess sugar impairs the function of the adrenal glands and has been linked with suppressing the immune system.

Allergens

Food sensitivities have been shown to be associated with chronic fatigue. Once they have identified particular foods to avoid, many people have found a great deal of improvement in their symptoms. Discuss with your health care practitioner food sensitivity testing available from Great Smokies Diagnostic Laboratory.

Chronic fatigue

Chronic fatigue or M.E is still a great mystery in our society today. Many sufferers of M.E have found some relief from their debilitating symptoms by removing parasites, healing an inflamed gastrointestinal tract and helping support the liver in its detoxification of poisons - all this can be helped by nutritional intervention. **Functional Assessment tests** may be employed to analyse the body's state of health. **Great Smokies Diagnostic Laboratory** can analyse stool samples for parasites and other pathogens. The test known as the CDSA can assess the digestive and absorptive abilities of the gastrointestinal tract, as well as the levels of beneficial and pathogenic bacteria. The liver detoxification process is extremely useful for analysing the liver's ability to detoxify poisons. If the liver is compromised this may lead to chronic fatigue.

Fatigue Recovery

From the results of these tests your health care practitioner will be able to tailor a nutritional regime specifically to your needs, and the best procedure for helping in the recovery from general or chronic fatigue. By making a few small changes to your diet and lifestyle, and implementing a nutritional regime tailored to your needs, you should soon find that fatigue is a thing of the past.

Thank you for taking the time to read this information guide. If you wish to order any of the supplements mentioned, please contact your healthcare practitioner who can prescribe Nutri products specific to your personal requirements.

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