

Causes, Symptoms and Treatment of Fatigue

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What is Fatigue?

Fatigue is a symptom rather than a specific illness or disorder. While it is common to have the occasional day where you feel tired and less energetic than usual, people suffering with fatigue feel tired and lethargic all the time and seem to lack energy.



Affecting both body and mind, long periods of fatigue can seriously impair your daily functioning and make even the simplest of life's responsibilities difficult to cope with. Both physical and mental fatigue are the first signs that the body is being damaged and placed under unhealthy stress.

While many cases of fatigue can be rectified by changes in nutrition, environment, stress levels or sleep patterns, it may also be a symptom of a more serious problem. Because it is such a common complaint, it is often overlooked and relatively few people seek medical advice or take the necessary steps to changing an unhealthy lifestyle.

If you have been suffering with chronic fatigue it is important to examine your life-style and take action. If your fatigue continues, a medical evaluation is recommended.

Is Fatigue a Serious Problem?

If fatigue becomes an ongoing problem it is important to address it. The first step is to take a look at life-style factors that may be contributing to your feelings of fatigue.

If however the fatigue continues or you feel that you don't have the energy to address life-style problems, it is advisable to seek medical advice to rule out any serious conditions and explore treatment options.

It is especially important to call your general health practitioner if you present with other symptoms.

Diagnosing Fatigue



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Your doctor will ask you to describe the fatigue symptoms that you are experiencing. Keep a record of when you feel fatigued as the pattern of your fatigue may give clues to the underlying cause. For example note if you wake up feeling refreshed, but rapidly lose energy through the day, or if you wake up feeling tired and energy-less.

Your doctor will also need to ask about your medical history, your current life-style and how you've been feeling emotionally lately. A full medical check may also include blood tests to check for anemia, thyroid function, and possible infection as well as a urinalysis.

Symptoms of Fatigue

Fatigue symptoms can be accompanied by or manifest in a range of other physical and emotional complaints. These include:

- Constant tiredness or sleepiness
- Lack of energy
- Desire to sleep more
- [Headaches](#)
- Aching muscles or joints
- Muscle weakness
- Slower reflexes and responses rates
- Indecision and poor judgment
- Low mood, irritability or depression
- Changes in appetite
- Lowered [Immune System](#) functioning
- Problems with short term memory
- Attention difficulties and poor [Concentration](#)
- Poor motivation

What Causes Fatigue?

Modern Western diets, environmental pollution and the use of alcohol, recreational drugs and prescription medicines take their toll on liver functioning and on the healthy functioning of all body systems.

Causes of fatigue vary and isolating the exact cause may be a difficult process. Below are some of the various causes of fatigue that may need to be examined.

Life-style Causes of Fatigue

- Too little sleep is one of the most obvious causes of fatigue, and yet it is often over-looked. People often under estimate the number of hours sleep they actually need in order to function optimally. The average person needs between 7 and 8 hours of sleep per day. When living a busy life, sleep is often the first thing we compromise. Chronic [Insomnia](#), especially where you are sleeping but just not getting enough restful sleep is also a common cause. Adjusting sleep patterns may also help.
- A stressful life-style or too much anxiety may also lead to feelings of physical and mental fatigue. Stress has a serious affect on the physical body and prolonged or excessive stress can lead to [Adrenal Fatigue](#) – causing you to feel very run down and worn out.
- Lack of exercise. This is often a “catch-22” situation as you may feel too tired to



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exercise and think that it will make you feel even more fatigued. On the contrary, regular exercise (even 30 minutes per day) will increase energy levels and stamina.

- Unhealthy diets or vitamin deficiency. Our bodies function optimally on a nutritionally balanced diet. Eating too much sugar and wheat or not eating enough fresh fruit, fiber and vegetables may lead to feelings of chronic fatigue. Also ensure your body is getting enough liquids through out the day, but avoid high caffeine intake! Iron deficiency – either due to inadequate iron in the diet or due to problems with iron absorption – can also contribute to fatigue.
- Reaction to certain medications. Some prescription or OTC drugs including antihistamines, certain cold and flu medications and beta blockers can all cause fatigue. Certain anti-depressants may also cause [Insomnia](#) which results in fatigue. Check all the side effects of any allopathic medication if fatigue is a constant worry.
- Working environment. A stressful work environment can contribute to mental fatigue. Long hours or burnout can also result in feelings of fatigue. Shift work is another major cause of fatigue as the body is designed to sleep during the night. The body's central clock or circadian rhythm is dictated by the brain and the neurotransmitters that regulate states of alertness and states of sleep.



Great Health Sites

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[Natural Herbs & Remedies](#)

[Akobi Natural Health](#)

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[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

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[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight](#)

[Loss w/Green Tea](#)

[Melatrol Insomnia Relief](#)

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Medical Causes of Fatigue

Fatigue may be related to a number of underlying medical conditions and a proper diagnosis is important. Should fatigue symptoms not clear after making the appropriate lifestyle changes, it is recommended that you consult your physician. The following list includes some of the more common medical causes of fatigue:

- Anemia
- Ongoing sleep disorders such as [Insomnia](#), narcolepsy, or sleep apnea
- [Chronic Pain](#)
- Dehydration
- [Allergies](#) that cause hay-Fever or [Asthma](#)
- Poor [Immune System](#) functioning and chronic infection
- [Diabetes](#)
- [Hypothyroidism](#) (under active thyroid)
- [Addisons Disease](#)
- Adrenal gland imbalances
- Certain illnesses (e.g. heart, liver or [Kidney Disease](#))
- Anorexia or other eating disorders
- Vitamin and mineral deficiency
- Circulatory disorders and [Heart Disease](#)
- [Arthritis](#)
- Excessive [Candida](#) overgrowth in the digestive tract
- [Restless Leg Syndrome \(RLS\)](#) or [Periodic Limb Movement \(PLM\)](#)
- Regular use of alcohol or drugs
- Depression
- [Chronic Fatigue Syndrome](#)

Help for Fatigue

Fatigue will be treated according to the underlying cause. In some cases, simply adjusting your life-style to include appropriate dietary, exercise and sleep needs will be enough to combat fatigue. In other cases where medical causes are at play, treating

the medical illness is the first plan of action.

Natural herbal and [Homeopathic Remedies](#) can be a great help when trying to combat fatigue. Certain [Herbs](#) are known for their tonic effect on systemic functioning as well as their ability to increase strength and endurance, while energizing both mind and body.

[Herbs](#) such as [Siberian Ginseng](#), Olea europea (extract of olive leaf) and Centella asiatica are commonly used to fight fatigue and boost energy without negative side effects - like those possible with pharmaceutical or dietary stimulants.

These herbal ingredients can be taken to naturally assist overall systemic functioning, help to balance all body systems naturally and are often taken by athletes, those recovering from illness or those that need the extra boost to help manage a busy life-style.

Tips for Coping with Fatigue

- Get into a regular sleep pattern. Make sure that you are getting enough sleep and that the sleep is undisturbed and restful. Try cutting out caffeine or other stimulants at least 5 hours before bedtime and do not exercise, watch TV or do anything else that may be mentally stimulating before going to sleep.
- Exercise! While exercising may be the last thing on your mind when you don't seem to have enough energy to face the day, it may be just what you need! Keeping physically active is vital for stress relief, healthy sleep and building stamina.
- Eat a healthy nutritional diet. A balanced diet will energize the body and mind and help you cope better with the demands of life. Steer clear of foods high in sugar and wheat as these create temporary "highs" only to be followed by periods of fatigue. Eat regularly to keep blood sugar levels up and drink plenty of water.
- Reduce stress. Try keeping stress levels low and finding ways to better cope with those stressful life demands that keep arising. Prioritize, organize and find time to relax. Learn to say no to additional responsibilities that you can't cope with and seek professional counseling or go to a stress management course if you struggle to cope with stress management.
- [Quit Smoking](#) and cut down on alcohol. Smoking replaces some of your body's oxygen supply with toxic carbon monoxide and the build up of toxins can cause fatigue. Alcohol also increases toxic build up and acts as a nervous depressant thus causing fatigue. Alcohol at night also causes poor sleep.

Related Products

- [Fatigue Fighter](#) - Helps maintain energy levels and feelings of well being, overall systemic and immune functioning
- [AdrenoBoost](#) - Protects [Adrenal Glands](#) from the damaging effects of stress to maintain healthy functioning
- [HGH Energizer](#) - HGH Energizers Health supplement provides essential nutrients that may be lacking due to the strain that is often put on the body's health. Each serving provides a complete, full potency formulation of [Vitamins](#), [Minerals](#) and L-Arginine.
- [Total Balance](#) - [Total Balance](#) provides a broad spectrum of around 80 of the nutrients that your body needs...including [Vitamins](#), [Minerals](#), trace elements,

[Joint Advance](#)
[Revitol Anti-Aging Skincare](#)
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[Antioxidants](#), [Amino Acids](#), neuronutrients, bioflavonoids, carotenoids, herbal extracts, enzymes and other complementary co-factor ingredients.

- [Natural Energy](#) with [NZ Bee Pollen](#) - [Natural Energy](#) is a natural compound that can help increase your energy levels, especially those nagging mid-afternoon 'fatigues', and increase your natural vitality through the many benefits of pure natural [Bee Pollen](#).

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Natural Help for Energy & Fatigue

In today's fast-paced world, it is not uncommon to feel our energy levels being depleted as the day progresses. **Health and energy go hand in hand** and a healthy body has a fine-tuned set of mechanisms in place to regulate energy levels. Because a variety of body systems contribute to this process, the best way to maintain optimum natural energy levels is to **support the body through systemic balance**.

The **body relies on every organ to support natural energy levels**. When one body system is compromised a domino effect is created, with one system affecting the next. To complicate things further, today's modern lifestyle is filled with fast food (including food additives), pollution and stress! This can directly affect natural energy levels and over time, this can lead to common feelings of tiredness and lack of energy – even in otherwise healthy people!

Modern Western diets, environmental pollution and the use of alcohol, recreational drugs and prescription medicines all take their toll on the body's ability to remain energized.

Fortunately there are steps you can take to help the symptoms of fatigue. Review the following protocol to learn how you can **relieve the effects** of this condition.

1. Make sure you exercise. Although you might feel too tired to do so, lack of exercise is worse for fatigue as muscles will weaken. Any form of exercise will improve your body's health by **facilitating blood flow** and metabolism. It will also help you build and **strengthen muscle tissue**.

2. Follow a healthy diet regimen. Along with regular exercise it is always important to maintain a healthy diet, with natural, balanced foods - fruits, vegetables, whole grains, beans, fish. **Avoid processed and fast foods**, refined sugars and excessive alcohol. You want to make sure your body has **essential nutrients** it needs for proper function, while at the same time avoiding toxins are harmful substances.

3. Supplement important nutrients. Unfortunately, most of us do not eat properly. Also, **most foods are depleted of essential nutrients** due to overprocessing. So in most cases it makes sense to supplement important nutrients.

There are **natural energy boosting herbs** such as siberian ginseng, gotu kola and maitake.

There are **natural energy boosting vitamins** such as the B, Family, particularly B12, Biotin and Folic Acid. B vitamins help fight fatigue by helping our body use the sugar glucose (fuel) and aiding in the formation of red blood cells (energy transport).

There are **natural energy boosting minerals and nutrients** such as NADH, Co-Enzyme Q-10 and magnesium, all of which can treat chronic fatigue syndrome symptoms by increasing energy production in cells.

Natural energy boosters are not difficult to find. Eating a well-balanced diet that incorporates fresh fruits and vegetables is a simple way. Also, **adequate sleep is a vital component to support natural energy levels and increase stamina**. Scientists are still unsure of the exact processes in the brain that take place during sleep, but what they do agree on is that sleep is an anabolic, or building, process - sleep helps to restore the body's energy supplies that have been depleted through the day's activities.

Natural remedies and herbs for supporting energy have been used in traditional medicine for thousands of years to maintain stamina as well as the body's natural health, endurance and energy levels. In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the natural energy tonics present in a wide range of herbs for energy health.

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely **support healthy energy levels, stamina and endurance**.

Fatigue Fighter contains a selection of herbs for healthy energy - known for their supportive function in **maintaining natural health and energy levels**, as well as balanced metabolism, stamina, endurance and routine, healthy performance without stimulants or caffeine. **Fatigue Fighter** can make all the difference, without compromising health and without the risk of serious side effects.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

What's the Best Way to Treat Chronic Fatigue Syndrome Symptoms?

Should you take all of these herbs, vitamins and minerals separately or together in one comprehensive formula?

We recommend that you **take these nutrients together** if possible for many reasons:

1. Taking each herb, vitamin and mineral separately could prove very costly as you would have to buy many different supplements.
2. Mixing and matching herbs and nutrients on your own could be dangerous to your health.
3. Many nutrients working together can be more beneficial than a single nutrient on its own.
4. All of these nutrients have to be balanced perfectly in order to be optimally effective.

We have found a nutritional product that contains all of the natural ingredients to **treat Chronic Fatigue Syndrome symptoms** as well as other nutrients for general health in a synergized comprehensive product.

The product is called Total Balance, and we have made it our core nutritional supplement. It is made up of all natural nutrients - herbs, vitamins, minerals, amino acids and other important nutrients for overall well-being.