

Dealing With Fatigue: Natural Ways to Increase Energy Levels

Energy loss is defined in a number of ways. Exhaustion, lethargy, tiredness, weariness, listlessness, lassitude and fatigue are just some of the terms in common usage. All these refer to a state where the body runs out of steam. You may lack vitality, feel drowsy, lack general interest and concentration and remain inactive.

Description

Lack of energy may be temporary, from overexertion, or your body sending a message that it needs to rest.



In a society where overwork and sleep deprivation are normal we all feel tired from time to time. However, the lack of energy (or fatigue) referred to here is more than just a few hours of tiredness. Although it is not a disorder in itself, severe energy loss can be a symptom of disease or bodily imbalance and can occur at any age. It may be a first indication that your body is not working as it should and needs attention.

If energy loss is prolonged, no matter how much rest you take, with constant feelings of fatigue after only short bursts of activity, it is an indication of a more serious imbalance.

Nutritional deficiencies, malnutrition, malabsorption and lack of exercise all contribute greatly to energy loss, as does almost every illnesses and disease. As well as this fatigue can also be a side effect of many medications and chemical imbalances.

Nutrients

Neurons (unique cells that process and transmit information) in your

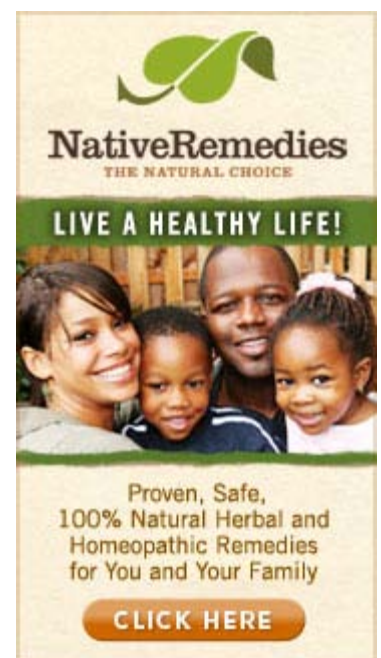
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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



brain and nervous system communicate millions of electrical messages per second. You need essential nutrients for this electrical system to work correctly. When an imbalance occurs these nutrients stop being replaced. Left uncorrected your system will overload and malfunction, nutrient levels plummet and you begin to slow down, become forgetful and of course lose energy.

Age-Related Energy Loss

The main reason for loss of energy in aging is due to the continual lack of nutrients over years of insufficient dietary practice, an inadequate lifestyle, surrounding environmental factors and years of long-term medication. These all lead to a progressive decrease in muscular strength and flexibility, immune deficiency and disease vulnerability, making your body fight harder day-by-day to remain healthy.

By adulthood your resting metabolism has already decreased by 10%. In older age, along with your oxygen intake, your metabolism continues to decrease by a further 10%. Most of your total daily energy comes from this resting metabolism, therefore nutrient intake must be sufficiently increased and/or adjusted accordingly as we age to maintain sufficient energy use.

Energy-Sappers

Many conditions list 'lack of energy' or 'fatigue' as a symptom, in fact almost all of them!...

- **Respiratory disorders**
- Arthritic disorders – ankylosing spondylitis, osteoarthritis, rheumatoid arthritis
- **Mood disorders – depression, bipolar disorder**
- Gastrointestinal problems – celiac disease, constipation, diarrhea
- **Dehydration**
- Musculoskeletal disorders – fibromyalgia
- **Sleep disorders – insomnia**
- Menopause and premenstrual syndrome
- **Obesity, and, of course...**
- Chronic Fatigue Syndrome (CFS)

Many medications also list energy loss or fatigue as a side effect. See Causes below.

Causes

Common examples of conditions causing loss of energy include:

- **Anemia**
- **Insomnia**
- **Allergies**

Great Health Sites

[Natural Holistic Health Blog](#)

[Respiratory Disease & Infection Guide](#)

[PetAlive Natural Pet Remedies](#)

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- **Arthritis**
- Autoimmune disease
- **Chronic fatigue syndrome (CFS)**
- Colds and flu
- **Pregnancy**
- Hypotension
- **Migraine**
- Premenstrual tension
- **Chest infections**
- Glandular fever
- **Gastrointestinal disorders.**

Certain medications cause loss of energy too:

- **Antihistamines**
- Blood pressure medications
- **Sleeping pills**
- Steroids
- **Diuretics**
- Beta blockers
- **Decongestants**
- ACE inhibitors
- **Heart medications**
- Narcotics, and
- **Muscle relaxants**

Diagnosis

Diagnostic tests may also be performed to help in a diagnosis. These may include blood tests and urinalyses (e.g. for anaemia, thyroid function and possible infections).

The pattern of energy loss itself usually gives away any significant problem and healthcare practitioners may rely on your presentation and severity of symptoms for their diagnosis.

Signs & Symptoms

Symptoms of 'serious' energy loss are pretty much universal, regardless of the cause.



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- **Confusion**
- Dizziness
- **Blurred vision**
- Fever
- **Constipation**
- Dry skin
- **Intolerance to cold**
- Restless, disturbed sleep
- **Headaches**
- Weakness
- **Exhaustion**
- Palpitations
- **Vertigo**
- Feelings of muscle weakness
- **Slowed movements or central nervous system reactions**
- Shortness of breath

If you are taking medications (including over-the-counter medicines) these may cause similar symptoms and drowsiness too.

Conventional Treatments

Prescription drugs are often given to try to increase energy levels. Many treat the symptoms that are apparently causing the fatigue, but suppressing these doesn't generally deal with the actual cause.

There is really very few if any successful drugs that will restore the loss of the energy you once had. You really need to go back to 'basics' and review your lifestyle, diet etc.

Natural Treatments

To restore natural levels of energy in your body you must start at the 'beginning'. In other words examine every aspect of your diet and lifestyle. Make adjustments to improve these and this will help. However, you will still need to do more.

Because it is likely that the lack of energy is primarily as a result of nutrient deficiencies then an effort should be made to replenish any shortfall. The specific nutrient deficiencies are almost impossible to define as there are so many nutrients that contribute to the millions of processes that take place in your body every day and for which different nutrients are needed for this to effectively take place.

Below are some essential nutrients that contribute to 'energy' but there are many more that are needed to build a strong 'energy' foundation.

Amino acids, the building blocks of proteins and

L-Arginine L-Lysine L-Tyrosine L-Methionine	muscle tissue. Studies show that even a single amino acid can specifically elevate general circulation within 15 minutes, providing a source of energy. They sustain energy-protein metabolism and promotes immunity and energy.
Bee Pollen	A natural energizer helpful against the aging process, shown to consistently increase energy levels. It contains various vitamins, minerals, fatty acids and protein. Increases in strength as high as 40-50% have been recorded in those taking regular doses of bee pollen...but, it has to be prepared in a specific way in order to be effective.
Siberian Ginseng Extract	Boosts energy and alertness in older people. It contains polysaccharides and other natural sugar components, lipids, fatty acids, flavonoids and alkaloids. These ingredients alter blood flow to the brain and modify levels of neurotransmitters.
Acetyl L-Carnitine (ALC)	Derived from lysine and methionine and synthesized in the liver and kidneys. It is essential in fatty acid oxidation and a key energy source for the body. Has shown an increase in metabolic rate and energy in cells exposed to toxins and treated with ALC.
Acetyl L-Cysteine	A stable form of l-cysteine used to produce glutathione, an antioxidant needed to fight free radicals. Increased Glutathione levels have found to increase health and energy status in elderly subjects.
Inositol Hexaphosphate	Found in whole grains and seeds. It assists in the regulation of various cell functions and has antioxidant properties. It is shown in clinical trials to inhibit free radicals and boost immune system activity.

The above ingredients are available individually and each has significant capabilities in their own right. However, to initiate effective treatment experts note these ingredients are not individually potent enough to combat energy loss issues and prevent reoccurrences.

Recommended Products

Option 1:

If your energy levels are OK most of the time but you have periods in which you feel that your energy levels could do with a 'top up' then our **Natural-Energy** supplement with New Zealand Bee Pollen may be the answer.

It can be taken on an empty stomach and all 6 capsules can be taken at the same time...say mid afternoon. Most customers report an increase of energy levels to see them through the rest of the day. It is a much healthier option than an 'energy' drink as all the nutrients are beneficial for your body and there is no sugar.

Natural-Energy may be taken every day or intermitantly as required.

Product	Quantity Per Day	You Need
Natural Energy	6 capsules per day	1 - 2 bottles per month

Option 2:

If you low energy levels are more chronic and you are perpetually tired then you need more than just a 'top up'. You need to focus on replenishing your basic nutrient levels and give your organs what they need to become fully functional again. This is best done by taking **Total Balance**, plus **Omega 3/DHA Fish Oil** and for the first month or so adding the Natural-Energy

Product	Quantity Per Day	You Need
Natural Energy	6 capsules per day	1 - 2 bottles per month
Total Balance	Variable	Variable
Omega 3/DHA Fish Oil Premium	2 soft gels per day	1 bottle per month

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
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Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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