



## personal *Energy Crisis?*

If your get-up-and-go has gotten up and gone without you, you're not alone. "The single biggest complaint I hear from my patients, day in and day out, is fatigue," says cardiologist Nieca Goldberg, MD. A recent HealthFocus International survey finds 45 percent of adults are concerned about feeling tired.

If you're one of them, this is an ideal time to upgrade your diet, cutting back on carbs and highly refined foods. Aim to exercise more—it can relieve stress, enhance mood, and jump-start a sluggish metabolism. Herbal adaptogens—ashwagandha, astragalus, cordyceps, holy basil, reishi, rhodiola, and schisandra—are often helpful if taken in adequate doses. Avoid alcohol and take a high-quality B complex.

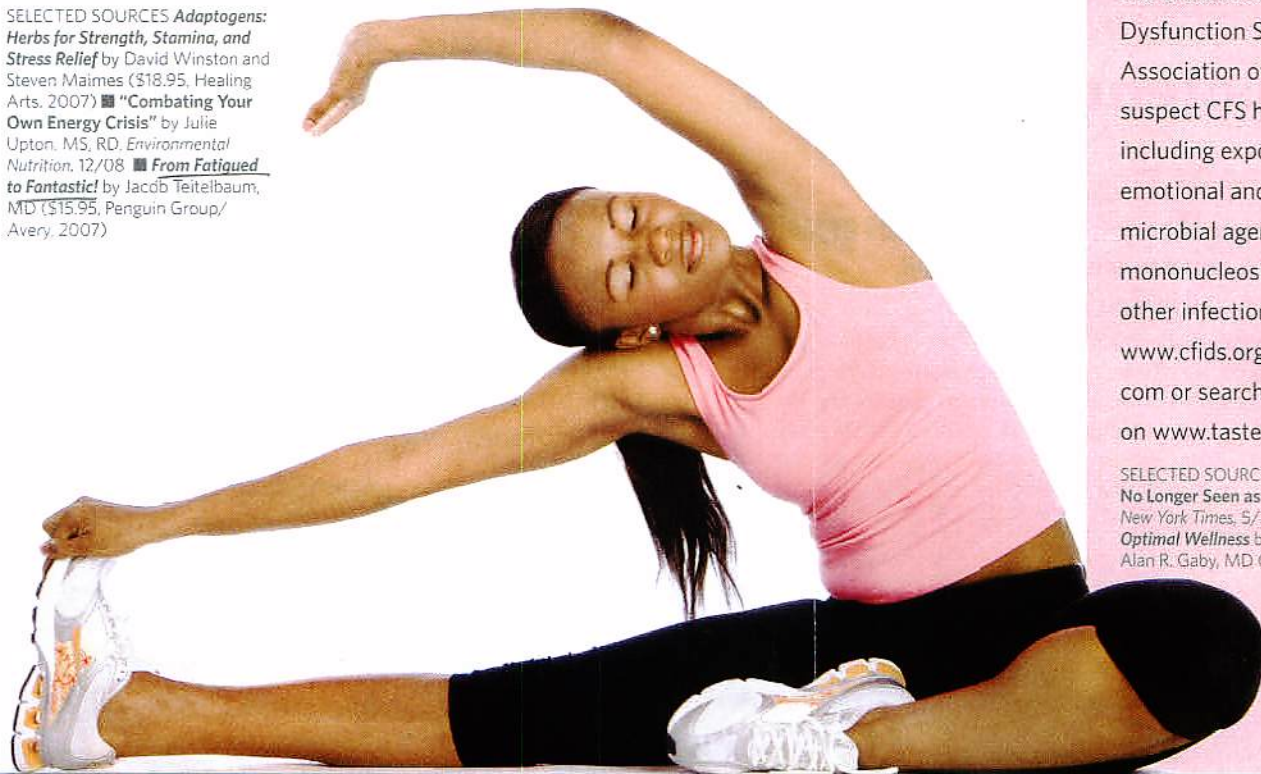
Lingering fatigue can signal more serious problems. If you sleep seven to eight hours a night and are still tired, you may want to consult your health-care provider in order to rule out the following conditions:

- Anemia (the leading cause of fatigue in women

of childbearing age)

- **Candida** (symptoms run the gamut from abdominal bloating and pain to vaginitis)
- **Caffeine dependence/overload** (from coffee, chocolate, and many kinds of meds)
- **Chronic fatigue** (particularly if you can't seem to get enough sleep, feel like a truck hit you during the day, and have frequent infections)
- **Depression** (chronic blues or seasonal affective disorder deserve attention as do major mood disorders)
- **Food allergies** (try an elimination or raw foods diet)
- **Hypothyroidism** (underactive thyroid can also lead to infertility, sensitivity to cold, and weight gain)
- **Silent heart disease** (especially if your usual activities wear you out)
- **Urinary tract infection** (a urine test is easy and inexpensive).

**SELECTED SOURCES Adaptogens:** *Herbs for Strength, Stamina, and Stress Relief* by David Winston and Steven Maimes (\$18.95, Healing Arts, 2007) ■ *"Combating Your Own Energy Crisis"* by Julie Upton, MS, RD, *Environmental Nutrition*, 12/08 ■ *From Fatigued to Fantastic!* by Jacob Teitelbaum, MD (\$15.95, Penguin Group/Avery, 2007)



## No "Yuppie Flu"

For decades people with chronic fatigue syndrome (CFS) have struggled to convince employers, family and friends, and the medical community that they aren't imagining their debilitating fatigue and flu-like symptoms—or shirking their responsibilities. "People with CFS are as sick and functionally impaired as someone with AIDS, with breast cancer, with chronic obstructive pulmonary disease," says William Reeves, MD, at the Centers for Disease Control.

"It's unlikely that this big cluster of people who fit the symptoms [difficulty concentrating, joint pain, headaches, low-grade fever, poor exercise tolerance, sleep disorder, sore throat, swollen lymph nodes] all have the same triggers," says Kimberly McCleary, who heads the Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) Association of America. Experts suspect CFS has multiple causes including exposure to toxins, emotional and physical trauma, and microbial agents (in Lyme disease, mononucleosis, parvovirus, and other infections). To learn more, visit [www.cfids.org](http://www.cfids.org) and [www.endfatigue.com](http://www.endfatigue.com) or search for "chronic fatigue" on [www.tasteforlife.com](http://www.tasteforlife.com).

**SELECTED SOURCES "Chronic Fatigue Syndrome No Longer Seen as 'Yuppie Flu'"** by David Tuller, *New York Times*, 5/30/08 ■ *Natural Medicine, Optimal Wellness* by Jonathan V. Wright, MD, and Alan R. Gaby, MD (\$21.95, Vital Health, 2006)