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**BottomLinehealth** Editor: Rebecca Shannonhouse

## Feel Cold All the Time?




**Q. Even when my home is warm, I often feel cold. What's going on?**

**A.** Feeling chilly is a common complaint, especially for women in midlife and beyond but also for some men. Age-related changes, such as slower metabolism and loss of muscle mass, cause the body to produce less heat. Strength training to build your muscles may help.


Cold intolerance also can signal some health conditions such as underactive thyroid (hypothyroidism), low iron levels or fibromyalgia. If you frequently feel chilly and have other symptoms, such as fatigue, talk to your physician, since you could have one of these conditions.

**Source:** Jacob Teitelbaum, MD, internist in Kailua-Kona, Hawaii, and author of *Real Cause, Real Cure* (Rodale). [EndFatigue.com](http://EndFatigue.com)


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