

GLOBE healthreport

Medical news YOU can use!

7 THINGS THAT MAKE YOU EXHAUSTED!

WHAT'S really making you tired?

About one-third of us feel exhausted all the time, say experts, but the reasons can be surprising – and easily remedied.

“Sadly, most physicians aren’t trained to handle fatigue effectively so it can be frustrating for the patient to get relief,” explains Dr. Jacob Teitelbaum, author of *Real Cause, Real Cure*.

But once your doctor has ruled out more worrisome causes, Teitelbaum says you can handle the rest with these tips:

- If restless leg syndrome is disrupting your sleep, check for an iron deficiency and add magnesium to your diet.
- Stop being such a perfectionist! The constant anguish to get things right saps your energy.
- Cut down on coffee. Caffeine is a stimulant which gives you



Coffee and junk food may give you a temporary boost but will leave you feeling even more tired



a temporary boost but can ultimately leave you feeling more tired. Switch to decaf after your second cup of the day.

■ Eat fewer high-carb foods, which cause energy spikes in blood sugar levels. Switch to complex carbohydrates like whole grains, fruits and vegetables to give you steady, all-day energy.

■ Eating more protein, such as meat, fish, cheese, beans and yogurt, will give you steady energy release, preventing the 4 p.m. slump.

■ Check blood sugar levels. If your tiredness is accompanied by sight problems, constant thirst and frequent infections, you could have undiagnosed type 2 diabetes.

■ Check your testosterone levels.

Men who are tired and also suffer loss of body hair, libido and concentration, may have Low T. Teitelbaum says moderate doses of bioidentical testosterone can help.

- LYNN ALLISON
newstips@globefl.com

