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Doctor's Simple Plan to Fix Your Fatigue Fast

Monday, 22 Apr 2013 08:16 AM

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Many of us go through life being tired all the time no matter how much sleep we get. In fact, doctors say that fatigue is the No. 1 complaint they get from patients. Dr. Jacob Teitelbaum, author of the best-selling book, "From Fatigued to Fantastic," tells Newsmax Health it doesn't have to be that way.



As you might expect, what we eat, how much we sleep, and how plugged in we are impacts whether we are fatigued or not. A diet of empty calories from foods made with added sugar, white flour, and fats, and stripped of vitamins and minerals are leaving us hungry for real nutrition.

"We are seeing high-calorie malnutrition," Dr. Teitelbaum says. "People are obese and malnourished for the first time in human history."

What's more, people are getting much less sleep than they did a century ago. Today, people sleep an average of six and three-quarters hours a night, compared with nine hours a night 130 years ago, he says. Add to that the many devices and programs that keep us wired — Facebook, cellphones, email — and it becomes clear why people are tired.

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"The speed of life is increasing dramatically," Dr. Teitelbaum notes. "All of these things are ganging up on people to create really a perfect storm for exhaustion."

Stress is one of the prime factors for exhaustion, and taking steps to reduce it can help relieve exhaustion, he explains. Cleaning up your diet tops the list of anti-stress tactics.

"When possible, go for whole foods," he says. "Go for colored vegetables and fruits that give you a lot of vitamins and antioxidants."

As you clean up your diet, also cut out the clutter in your life, he advises. List all the things you do in your life and separate the things you enjoy from the things you don't. Make a vow to give up the commitments you don't want and don't have to make, and keep the things you like and that make you feel good.

Also, beware of taxing your adrenal "stress handler" gland, he says. You'll know you have when you are hungry and irritable at the same time. Licorice and vitamins B5 and C can help, as well as cutting back on excess sugar.

Dr. Teitelbaum's advice is part of his formula for better health known as S.H.I.N.E.— sleep, hormones, immunity, nutrition, and exercise. The protocol was originally designed for sufferers of chronic fatigue syndrome and fibromyalgia, who are "the most severely fatigued people in the world," he says. But it also applies to people with day-to-day fatigue. In addition to the parts of it mentioned, getting enough sleep — eight to nine hours per night — and exercising regularly, preferably in the sunshine for vitamin D exposure, are also key to the plan.

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