LIFESTYLE | **HEALTH**

OMG! Here's Why You Feel Cold All The Time

Nope, it's not the weather.

by Ana C. Pascual

Do you ever feel a little bit chilly even though people around you are saying that it's warm? Although it's normal to feel cold since the rainy season has just arrived, experiencing an unusual icy sensation, especially in the hands and feet, could be a sign of a serious health problem.

You're not getting enough iron.

Iron is an essential mineral that is needed to deliver oxygen to your cells for energy, and having low levels of iron could be the reason you're feeling chilly all the time. Jacob Teitelbaum, MD, author of *From Fatigued to Fantastic!* says, "If you're not making enough energy because of low iron, your thermostat may get stuck and can't be turned up high enough, so you feel cold." To boost your iron levels, try eating iron-rich foods such as liver and oysters or take over-the-counter iron supplements.

You have poor circulation.

You may have a circulation problem when your whole body feels comfortable, but your hands and feet feel icy. According to *Healthline*, people who experience chronic cold hands and feet may have a condition called Raynaud's disease, which causes the small arteries in your hands and toes to narrow, preventing proper blood flow.

For more reasons why you feel cold all the time, visit Femalenetwork.com!

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