

## **I'm so tired all the time...**

I hear it every day...

Fatigue is extremely common, especially among women. It is often assumed that the tired person is depressed when their blood tests come back in the normal range.

Yet they still experience anxiety, fatigue, and even insomnia. Adding exercise, reducing caffeine, increasing caffeine, vitamins, new beds and pillows, vacations, counseling, and more -- and they still feel tired.

I have found that these patients often have adrenal fatigue.

They may be living a stressful lifestyle or have experienced a series of losses. They may never get enough sleep. They may have financial problems or additional stresses resulting from the pandemic. They may be geriatric patients facing some life challenges. Most do not eat an organic, vegetable-filled diet with additional supplements to counteract pollution and dietary deficiencies. They often do not get enough sleep or do any of the things that can de-stress the body and allow it to heal.

As a result, their adrenal glands overwork and eventually become sluggish, and they can no longer physically cope with their daily lives. They may feel calm, but inside their body is overworking. It is important to treat the adrenals to help them regain their energy.

We do this through specific supplements that nourish the adrenals and help them to heal. We also help the patient to get better sleep, whether this means investing in a new bed or simply taking supplements that improve sleep. We help them find a way to get to sleep and stay asleep without medication.

Beginning some mild exercise, such as daily walks, leads to relaxation and a reduction in muscular tension.

Other soothing activities such as massage, hobbies, and increased social time with family and friends are encouraged.

We now know that the nervous system can develop unhealthy stress patterns which leads to illness. You may have a brain and nervous system, that does not respond to, and recover from, stresses correctly. We can check your brain and nervous system to see if you have unhealthy stress patterns.

Give us a call and make an appointment so we can discuss your issues and how we can help. (818) 841-1313