

## Chronic Tiredness Article 2

### The Major Causes of Chronic Tiredness and Chronic Fatigue Syndrome

Hi, it's Peter Mills from Centenary Natural Therapies Clinic, and thank you for reading our series on chronic tiredness and Chronic Fatigue Syndrome. Let's have a look at the five major causes of these. The first one is

1. Adrenal fatigue or adrenal exhaustion. We see this condition quite a lot. One of the main symptoms is that, even if you have had the best night's sleep ever, you still wake up the next morning feeling zonked and have to drag yourself out of bed. It can be caused by stress or overwork over a long period of time, a shock or trauma, or a chronic illness. Quite often it is caused by your body saying "Hey, I'm tired, I need a rest, give me a break" but your mind says "Nope, got to keep going!", so your body says "Ok, I'll pump out some extra adrenaline. That will give me a boost, give me some energy, keep me going." The trouble is, your body is not designed to run off adrenaline all the time, so if this is happening regularly, your body starts to get burnt out.
2. The second one is low-level infections in the body. This can be from an old virus that your body has never fully gotten rid of, such as having glandular fever when you were young, or from a mild long-term sinus infection, that you may not even realise that you have. In my experience, 50% of people with sinus infections don't know that they have one. If you have any lingering infection in your body, you will eventually end up feeling totally drained.
3. Third is low thyroid function, which can make you feel tired, sluggish, and could make you feel low or anxious as well. Often a client will come to us who has had a blood test, and their doctor says that their results are within normal range, so their thyroid is fine. However, when we check the blood test, their results are often near the bottom end of the range, which we believe is too low. Once your results are below the 'normal' range, you are considered bad enough to be put on thyroid medication for the rest of your life. We believe in improving your thyroid before that happens.
4. Fourth is toxicity. Many people are surprised at the level of toxins they have in their body. However, every day we take in additives or preservatives in our food, every time we fill up our cars with petrol we breathe in petrol fumes, and the shop you walked into may have been sprayed for pests that morning. Over time these chemicals can build up in your body and cause problems. As well as fatigue, you may also feel that your brain is not working as well as it should.
5. The last of the top 5 is low levels of key nutrients in your body, either through a lack of these in your diet or from inadequate digestion. Australian soils are quite low in a number of important minerals, so many people are lacking the right level of nutrients for their bodies to work properly. And if your digestive system is not processing and absorbing your food correctly, your body will never be able to get out of second gear.

These are some of the more common causes of fatigue, and the first two are the main causes of Chronic Fatigue Syndrome and Fibromyalgia as well. However there can be dozens of other causes, which is why a Comprehensive Health Assessment is very important. Please give us a call if you would like to book in for your free Assessment, so that you and I can both understand what is causing your fatigue, and we can give you the right advice from there.

Thank you, and we hope to see you soon.

*"You have all helped me find my healthy and balanced self again through all my pain, dullness and ill health that I have suffered with for years, and restored my wellbeing, health and my enthusiasm for life."*

Melissa, Camira