

Sick of Being Tired?

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If you have a late night and feel a little less energetic the next day, that's to be expected. Life happens, and every day isn't likely to be 10/10 energy. If fatigue is an ongoing problem and you struggle to have energy regularly, there are a few different aspects to consider.

Fatigue can look different for everyone. There may be clues to the cause of your fatigue based on when and how you experience fatigue. If you wake up feeling fatigued every morning, as if you hadn't even slept, for example, this may indicate that your sleep quality is impacted, and a sleep study might be a good idea. On the other hand, if your energy is generally good, but any amount of exercise is followed by intense fatigue, this can sometimes be traced to a dysfunction in the mitochondria, the parts of every cell that produce energy. If your fatigue is chronic, daily and ongoing, anemia or thyroid may be implicated.

It's always a good idea to do a little inventory of some health basics when evaluating fatigue. Think sleep, food, hydration and stress. Are you getting enough sleep? While sleep needs may vary, statistics show that about one-third of Americans are chronically sleep deprived. It's vital to get enough sleep. Eight hours is a good sleep goal. Sleep has impacts well beyond energy, but without adequate sleep, it is not possible to resolve energy issues.

Diet can also play an important role in energy and, in particular, dieting. Calorie restriction in dieting can cause more fatigue. If fatigue and a new diet start at the same time, that's something important to consider. Nutritionally adequate amounts of protein, vitamins and minerals and a balanced approach to carbohydrate intake are also important in maintaining good energy.

Hydration is also vital for a healthy functioning and energetic body. This



means adequate water intake, but also adequate electrolytes.

We get most of our electrolytes from food, but when we are sweating more or feeling weak, an electrolyte supplement can often be really helpful.

Stress also impacts energy. Stress management and coping strategies are within your control. Simple strategies such as deep breathing can have profound impacts. Some physiological impacts of stress can be tested with, for example, adrenal function testing, which can reveal the need for more specific treatment approaches.

Many medical issues can cause fatigue, and treatment for most of them will include elements of these fundamentals. If you are struggling with fatigue, consider asking your doctor to check you for anemia and thyroid issues. A naturopathic provider can also test your adrenal and mitochondrial function.

There is help for fatigue.



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