

How to Manage Fatigue and Increase Energy!

PERSONALIZED
HEALTH COACHING
WITH BETHEL WAGNER



One of the main issues I see people struggling with is low energy. Many folks report waking up just as tired as when they went to bed. Some feel like they are just barely dragging through their day, and others feel like they hit a brick wall of exhaustion by mid-afternoon. Sadly, many people accept fatigue as a routine part of their lives.

I struggled with fatigue for several years, starting in my mid-twenties. It took time, but I finally found answers, using a natural approach. It was this journey that transformed my health and propelled me into the field of health coaching. I can now say from personal experience that it IS possible to regain your energy!

There are many factors that can affect energy levels. They include:

- Poor gut health and nutrient absorption
- The Standard American Diet (SAD)
- Blood sugar imbalances
- Dehydration
- Incorrect breathing patterns and poor oxygenation
- Lack of physical activity
- Lack of sleep
- Poor detoxification and toxin overload
- Hypothyroidism or Hashimoto's Disease
- Hormone imbalances
- Stress
- Not enough downtime
- Mental and emotional factors

There are numerous things people can do to improve their

energy levels. Some are basic dietary and lifestyle practices, while others require the in-depth support of a doctor or other health practitioner.

Eat A Clean, Whole-Foods Diet— Needs vary from person to person, but a few principles hold true across the board. First and foremost is to eat a diet rich in plant-based foods. Be sure to include plenty of leafy greens. Eat the colors of the rainbow, and focus on low-glycemic fruits and vegetables. Remember to eat some clean protein and a small amount of healthy fat at every meal. It's simple to remember the PFF rule—Protein, Fat, and Fiber. This principle helps stabilize blood sugar levels and promote healthy detoxification.

Stay Hydrated— Our bodies consist of roughly 70% water. When we get dehydrated, elimination and detoxification slow down, and nutrients are not delivered to their destinations efficiently. These factors lead to a backlog of toxins in the body, which can cause energy levels to plummet. Make a point of drinking 2–3 quarts of pure, filtered water daily. I like to fill two quart-sized jars in the morning and set them where I will see them. That way, I remember to drink water throughout the day.

Learn Correct Breathing Techniques— Most adults breathe incorrectly. Shallow, chest breathing has become the norm, depriving people of the oxygen their bodies desperately need. People who train themselves to

use deep, diaphragmatic breathing report increased energy and reduced stress levels. Appropriate physical activity is another great way to boost oxygen and energy levels.

Prioritize Sleep— Most Americans have way too many irons in the fire. As a result, sleep usually gets the short end. Lack of, or poor quality of, sleep has these effects:

- Trashes overall energy levels
- Inhibits the immune and detoxification systems
- Reduces cognitive function
- Destabilizes blood sugar levels
- Increases hunger and cravings

One of the most productive things you can do for your health is to work on the quantity and quality of your sleep! It is equally important to clear out unnecessary activities and intentionally include downtime when you can focus on self-care and intentional stress reduction.

Deeper Imbalances— Sometimes, changing your diet and improving your lifestyle isn't quite enough. In this case, it might be time to pursue testing to look for deeper imbalances. Naturopathic and functional doctors often have excellent



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testing options available. Common underlying factors include:

- Anemia
- B vitamin deficiency, especially B12
- Hypothyroidism or Hashimoto's
- Food sensitivities
- Underlying, low-grade infection

Mental Emotional Factors—

Emotions like anxiety, depression, distrust, and anger drain your energy. On the other hand, emotions like gratitude, love, and joy help boost feel-good hormones and energy levels. Once you create a regular gratefulness and/or breathwork practice, it can go a long way toward shifting your perceptions and improving your overall sense of well-being.

If you are fighting fatigue, now is the time to act. At Sage Wellness Center, we can help you address the many causes of fatigue through the multiple modalities we offer. Health coaching, quantum biofeedback, breathwork, and crystal healing are excellent options to help reduce the stressors dragging you down. Call today to book an appointment! ■

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