

## **Hey Ellen, how can I feel more energy? I am exhausted!**

Well, according to Dr. Linda Page, the five most common reasons for feeling depleted are:

1. Lack of sleep
2. Stress
3. Adrenal Exhaustion
4. Thyroid malfunction
5. Over-use of stimulants (caffeine, sugar, drugs)

Dr. Page states that "fatigue-related complaints are one of the top five reasons people visit their physician." Here are some fun facts:

- "Lack of sleep drains your energy, reduces immune response... <Lose 90 minutes of the "8 hours" = reduction of daytime alertness up to 33%!>
- Chronic stress takes an extra toll, targeting organs like the adrenal glands, taxing stores to depletion
- The adrenal glands are most affected by stress, emotional strain, anger ...
- Because your thyroid gland governs your metabolism, its smooth running is crucial to providing vital energy resources. Since World War II, an above average number have developed thyroid problems ... (likely) due to new chemicals/pollutants in our environment.
- nervous system stimulants wipe out adrenals, leading to lowered energy levels.

So what can we do to correct these areas of imbalance? Some simple things to maintain energy are - don't waste time/energy with worry. Find/work at relationships with people who inspire and encourage you! Spend time in nature.

If you can't be in nature - meditate on it!! Eat right, get wellness support as needed, and ask yourself – what do I need to do to be healthy? Then listen, and act!

*Dr. Linda Page, naturopath and author of the best-selling book, [Healthy Healing, A Guide to Self Healing for Everyone](#) (now in its 12th ed.). Page owns and formulates [Crystal Star Herbal Nutrition](#) supplements.*

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