

**LIBRACIN NATURAL MEDICINE IND. LTD**



# FATIGUE

**- CAUSES & NATURAL REMEDY -**

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## What is fatigue?

- Fatigue is generally defined as a feeling of lack of energy and motivation that can be physical, mental or both.
- Fatigue is not the same as drowsiness, but the desire to sleep may accompany fatigue.
- Apathy is a feeling of indifference that may accompany fatigue or exist independently.
- In addition, individuals often describe fatigue using a variety of terms including weary, tired, exhausted, malaise, listless, lack of energy and feeling run down.

Fatigue is common. About 20% of Americans claim to have fatigue intense enough to interfere with living a normal life. A physical cause has been estimated to be responsible 20% to 60% of the time, while emotional or mental causes comprise the other 40% to 80% of cases of fatigue. Unfortunately, fatigue can also occur in normal individuals that experience intense physical or mental activity (or both).

However, in contrast to fatigue that occurs with some diseases and syndromes, normal fatigue in healthy individuals is quickly relieved in a few hours to about a day when the physical or mental activity is reduced. Also, people occasionally experience fatigue after eating (sometimes termed postprandial depression) which can be a normal response to food, especially after large meals and this may last about 30 minutes to several hours.

In addition to the many terms attributed to "fatigue", there are further problems with the terminology used to describe fatigue. There are several "fatigue syndromes" that occasionally appear in the medical literature. For example, Epstein-Barr chronic fatigue syndrome, post viral infection fatigue syndrome, and adrenal fatigue syndrome are among the most commonly seen. However, many physicians do not recognize these as syndromes because the criteria used to define them as syndromes are too diffuse and many consider the associated fatigue (sometimes chronic fatigue) as either a symptom or complication of the underlying associated diseases. However, there is a well-defined chronic fatigue syndrome recognized by specific criteria. Basically, two sets of criteria need to be met to establish a diagnosis of chronic fatigue syndrome:

1. Have severe chronic fatigue for at least six months or longer with other known medical conditions (whose manifestation includes fatigue) excluded by clinical diagnosis; and

### 2. Concurrently have four or more of the following symptoms:

- Post-exertional malaise
- Impaired memory or concentration
- Unrefreshing sleep
- Muscle pain
- Multi-joint pain without redness or swelling
- Tender cervical or axillary lymph nodes

Consequently, people and their health-care professionals need to spend some time together to clearly determine whether or not the problem or symptom is truly fatigue, and if it is, any associated symptoms that may accompany the fatigue should be explored.



Any serious illness, especially painful ones, can make you tired. But some quite minor illnesses can also leave you feeling washed out.

Here are 10 health conditions known to cause fatigue.

## 1. Coeliac Disease

This is a type of food intolerance, where your body reacts badly when you eat gluten – a substance found in bread, cakes and cereals.

Other symptoms of coeliac disease, apart from tiredness, are diarrhoea, anaemia and weight loss. Your GP can check if you have coeliac disease through a blood test.

## 2. Anaemia

One of the most common medical reasons for feeling constantly run down is iron deficiency anaemia. It affects around 1 in 20 men and postmenopausal women, but may be even more common in women who are still having periods.

Typically, you'll feel you can't be bothered to do anything, your muscles will feel heavy, and you'll get tired very quickly.

Women with heavy periods and pregnant women are especially prone to anaemia.

## 3. Chronic Fatigue Syndrome

Chronic fatigue syndrome is a severe and disabling tiredness that goes on for at least six months. There are usually other symptoms, such as a sore throat, muscle or joint pain, and headache.

## 4. Sleep Apnoea

Sleep apnoea is a condition where your throat narrows or closes during sleep and repeatedly interrupts your breathing.

This results in bad snoring and a drop in your blood's oxygen levels. The difficulty in breathing means you wake up often in the night and feel exhausted the next day.

It's most common in overweight middle-aged men. Drinking alcohol and smoking makes it worse.

## 5. Underactive Thyroid

An underactive thyroid gland means you have too little thyroid hormone (thyroxine) in your body. This makes you feel tired.

You're also likely to put on weight and have aching muscles. It's most common in women and happens more often as you get older.

Your GP can diagnose an underactive thyroid by taking a blood test.

## 6. Diabetes

One of the main symptoms of diabetes, a long-term condition caused by too much sugar in the blood, is feeling very tired. The other key symptoms are feeling very thirsty, going to the toilet a lot, and weight loss. Your GP can diagnose diabetes with a blood test.

## 7. Glandular Fever

Glandular fever is a common viral infection that causes fatigue, along with fever, sore throat and swollen glands. Most cases happen in teenagers and young adults. Symptoms usually clear up within four to six weeks, but the fatigue can linger for several more months.



## 8. Depression

As well as making you feel very sad, depression can also make you feel drained of energy. It can stop you falling asleep or cause you to wake up early in the morning, which makes you feel more tired during the day.

## 9. Restless Legs

This is when you get uncomfortable sensations in your legs, which keep you awake at night. You might have an overwhelming urge to keep moving your legs, a deep ache in your legs, or your legs might jerk spontaneously through the night.

Whatever your symptoms, your sleep will be disrupted and of poor quality, so you'll feel very tired throughout the day.

## 10. Anxiety

Feeling anxious is sometimes perfectly normal. But some people have constant uncontrollable feelings of anxiety, which are so strong they affect their daily life.

# NATURAL REMEDY

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**B. Neem Tea** > <http://libracin.com/product/neem-tea-plus-vernonia-bitters/?ref=19>

**C. Nutri-Shield** > <http://libracin.com/product/nutri-shield/?ref=19>

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