

## BOUNDLESS ENERGY: FINDING THE HIDDEN CAUSES OF CHRONIC FATIGUE

*StoneTree Naturopathic Clinic, Collingwood, ON*

We've all been tired. A hard day at work, a long day with the kids, or an intense period of exercise can leave us longing for bedtime. But when *every* day feels like that, it can be a sign of deeper problems.

Traditional wisdom looks to an iron deficiency or thyroid dysfunction as the typical culprit. Both are easily measured using lab tests. But what if your test results are normal, yet you still feel exhausted?

First of all, you may have levels that aren't considered low, but could be still sub-optimal. What's considered normal may not be normal for *you*.

But there are other hidden causes of chronic fatigue:

- **Other hormonal imbalances:** There are other hormones in the body that can lead to fatigue. Excess stress can cause adrenal fatigue, and unbalanced sleep hormones can make it challenging for us to get the rest we need.
- **B12 deficiency:** Vitamin B12 is involved in DNA replication, and proper thyroid and nerve function. Reduced levels (not always revealed in blood tests) are common as we age, and can be remedied with B12 injections.
- **Toxicity:** Environmental toxins interfere with mitochondria, which are the powerhouses of the body. Low energy production equals fatigue, but can be remedied using detoxification tools and protocols.
- **Food intolerances:** Sensitivity to certain foods can create a low-grade inflammation in the body that leads to fatigue. A blood test can reveal intolerances to a wide range of foods.
- **Lifestyle factors:** Too much dietary sugar, dehydration and insufficient exercise can all leave us feeling tired.

See your health care provider for help in restoring your energy levels.

To learn more about solutions for chronic fatigue, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)