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## nature & health

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## Feel less tired - now!

By Charmaine Yabsley | 16 January 2017

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Exhausted all the time? Charmaine Yabsley taps top holistic health experts for their advice on how to wake up ready to take on the world.

### Treat yourself

"Not only do we feel tired, we look tired which doesn't help the problem," says Teisha Lowry. "Nothing revitalises the face better than a good facial. Give yourself one when you are taking off your make-up at the end of the day using a quality coconut oil. You'll feel completely relaxed which will help you sleep better, and it will also stimulate circulation, restoring your natural glow. Or try my simple aromatherapy blend to ease tiredness: mix 5 drops lemon, 3 drops clary sage, and 6 drops lavender."

### Head outdoors

"Connecting with nature may include earthing, enjoying time in the sunshine, or diving into the ocean," says Edwina Griffin. "All are proven to adjust your body's chemistry in a positive way. Earthing equalises your body to the same electric energy as the earth, you boost serotonin with the sunshine, and increase absorption of minerals by swimming in the ocean."

### Write down your thanks

"Stress is a big reason we don't sleep well," says Leo Willcocks. "One of the best ways to sleep better is to decrease stress. A powerful tool is to maintain a gratitude journal. Each day, for 30 days, write down five things that you are grateful for in your life. At the end of the 30 days, you will have 150 different things you have been grateful for. This helps to balance your thinking and see that there is more good going on in your life; no matter how bad life can be, there is always something to be grateful for at the same time."

### Take time out

"Schedule downtime," says Ali Cavill. "Ensuring you get adequate rest and relaxation is just as important as a sweaty cardio or strength workout."

### Meditate for energy

"We live in a world driven by the constant need to expel energy, which leaves us exhausted," says Alison Nancye. "By getting real about what goes into your mind and body, you will start to master your energy levels. Meditating in the morning will awaken your mind for the day. In turn, meditating before bed lets you wind down your thoughts to prepare for a deeper sleep. Drink ample water to stay hydrated and increase your protein intake to keep you going longer - and let go of negative self-talk."

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## Manage your moods

"One of the best ways to combat tiredness is to focus on increasing energy levels throughout the day," says Kate Cashman. "If eight hours of sleep isn't always possible or is still leaving you tired, then consciously managing your energy - physically, emotionally, mentally and spiritually - may be the solution. I help clients thrive even with heavy workloads by creating rituals to generate more energy in these areas. Boost energy in the afternoons with a 'dance-off', or take time in the morning to stretch and re-energise.

## Supplement support

"Skip your morning coffee, and try green tea or a supplement such as ubiquinol which supports healthy energy synthesis in the body," says Stephen Eddy. "If you're often lacking in energy, it may mean that your ubiquinol levels are low. Ubiquinol is a powerful antioxidant that is found naturally in the body. Its role is to extract energy from food and power the body's overall energy levels as well as support the health of major organs, including the heart."

## Support your adrenals

"The best way to feel more energetic is to support your adrenals," says Amie Skilton. "This includes eating balanced meals, consisting of an appropriate ratio of good quality protein, carbohydrate and fat, with additional nutrient support of B-group vitamins and vitamin C. Consume caffeine consciously - no more than two cups per day and none after 1 p.m. Go to sleep by 10 p.m., and if necessary use adaptogenic herbs like Siberian ginseng and rhodiola to get you through any challenging periods. Don't fall into the trap of skipping meals and then bingeing on sugar."

## Check your hormones

"Get your thyroid checked, by measuring not only TSH, but also free T4, free T3, Reverse T3 and thyroid antibodies," says Mags Saywell. "An estimated 200 million people worldwide have some form of thyroid disorder, and fatigue is one of the many symptoms; others include weight gain, fuzzy head, mood swings, sleep problems, thinning hair, anxiety, and menstrual irregularities in women. Once you've got your results, ensure you're taking enough iodine, selenium, vitamin D, magnesium and zinc to support thyroid function. For best results, work with a natural health practitioner who fully understands thyroid and overall hormone function."

## Play a leading role

"My tip is to visualise a favourite movie or a movie that you're currently drawn to," says Lynne Anderton. "Think about the first part of the film and the character you are drawn to. Ask yourself, 'What's their crisis? What are they struggling with and what do their behaviours tell me?' If the character's situation is resonating with your current one then, through the character, visualise what you really want. Let this thought take you into what you can remember about the middle part of the movie: what does this show you about what you need to do to get the result you want and ultimately feel energised about life again? Then apply these changes to your own life."

## Adjust your diet

"Food is energy," says Angela Emmerton. "The physical and molecular structure of food itself is energy, so make sure you add the right fuel to power you for the day. Avoid processed, refined and packaged foods, and eat real foods in their natural and pure state, such as whole fruit and vegetables. Reduce sugar and refined carbohydrates, particularly soft drinks which deplete the body of magnesium and cause fatigue. Protein at lunch will make you feel full and stabilise blood sugar. Keep hydrated, as water allows oxygen to be transported around the body, particularly to the brain. And limit stimulants, such as alcohol, drugs, tobacco and caffeine. They will give you a short buzz, but make you feel drained and lethargic once the stimulant wears off." Keep hydrated, as water allows oxygen to be transported around the body, particularly to the brain.

## Add apple cider vinegar

"Start the day with 1-2 glasses of fresh water upon waking; then drink one tablespoon of raw, unfiltered apple cider vinegar (ACV) before breakfast to cleanse and nourish the digestive system," says Tracie Connor. "We're all naturally dehydrated when we wake from sleep, and if we don't hydrate with water it can leave us drained and fatigued. Adding ACV stimulates digestion, which naturally makes us more invigorated, along with many more health benefits."

## Have a massage

"Long work days, prolonged anxiety and too much caffeine all lead to fatigue and increased production of stress hormones, which negatively impact our sleep patterns," says Melissa Rohlfs. "Remedial massage regulates these hormones and facilitates the body's natural healing processes. A regular remedial massage isn't an indulgence, it's



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necessary for decreasing the physical effects of stress. Massage therapy activates the body's parasympathetic system, bringing it back into a mode of resting and recovery to aid sleep quality and keep the brain sharp."

### Check for intolerances

"One thing that isn't always considered when feeling tired all the time is food intolerances," says Chantelle Bell. "Different from food allergies, which initiate an instant reaction, a food intolerance can present in many ways and can take anywhere from a few hours to a day to appear. Start by keeping a diet diary for two weeks; note of your daily energy levels, then look back over the two weeks to see if there are any particular patterns with energy levels and different foods. Cut the foods and get your energy back!"

### Brighten up

"Studies show that our mental health, behaviour, and general efficiency in life is influenced by colour balance," says Griffin. "When we are out of balance, we can strengthen our energy centres through the conscious use of colour - so wear bright colours to increase your energy!"

### Meet our experts

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Tracie Connor, nutritionist. [www.tracietalkshealth.com.au](http://www.tracietalkshealth.com.au) (<http://www.tracietalkshealth.com.au>)

Melissa Rohlf, co-founder of ZenNow. [www.zennow.com.au](http://www.zennow.com.au) (<http://www.zennow.com.au>)

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