

## 5 Natural Ways To Reduce Fatigue

What are the causes of fatigue?  
by RussellStubbs

What are the causes of fatigue?

There are numerous causes of fatigue. There are a number of health conditions that can cause fatigue, these include viruses and bacterial infections along with many others. Fatigue can also be as a result of some form of stress. The number of people reporting fatigue is constantly rising.

Could fatigue be caused by stress?

Once other health conditions have been explored and discounted there are a number of natural approaches that can help. When the fatigue can not be attributed to an illness, the cause is very often some form of stress. If left unattended this could develop into Chronic Fatigue Syndrome or M.E. (Myalgic Encephomyalitis).

Prevention is better than cure!

Over 2% of the population are now estimated to be suffering from Chronic Fatigue Syndrome or ME. Stress can be reduced naturally using the right techniques. These techniques can be used to reduce stress related fatigue which helps to prevent the development of a chronic condition.

Why relax when I am already fatigued?

Whilst attempting to improve energy levels, the thought of relaxing can seem pointless for some. There is a tendency for the system to be constantly switched on when under stress. Fatigue is often caused by this over activation of the stress response.

How do I reduce my fatigue?

Regular deep relaxation of the mind and body can be nourishing for a fatigued system. This is a different form of relaxation than the type we experience when sleeping. There are a number of simple focussed relaxation techniques available. For some, the use of a guided relaxation recording can be helpful.

Focussed breathing techniques

Eastern traditions have used breathing techniques for thousands of years in Yoga, Chi Gung and Tai Chi. More recently in the west, medical science has proven that breathing techniques have many physiological benefits. Stress and anxiety are associated with shallow breathing. Physical tension is caused by this poor quality breathing which can lead to more stress related fatigue.

## Self-applied tapping techniques

In the reduction of stress, acupuncture has proven to be highly effective. In conditions such as anxiety, acupressure has proven to be more effective than acupuncture. Acupressure can easily be self-applied through the use of tapping techniques. Stress relief points on the head and body are tapped using the finger tips in order to reduce fatigue.

## Are you drinking enough water?

Dehydration is a common cause of fatigue. We are made of mostly water and so we need adequate water to operate at optimum levels. Drinks like tea and coffee act as diuretics which cause us to lose valuable fluid. Sweet carbonated drinks take considerable effort for our system to extract any usable water. Try replacing some regular drinks with warm or cold fresh drinking water.

## Eat the right foods

Try to avoid eating processed sugary foods like sweets and chocolates. After giving a short term high, these foods soon leave you feeling more depleted. As an alternative try fresh or dried fruit for a sweet snack. Try to eat foods that contain complex carbohydrates like oats, whole grain, brown rice, and muesli. These foods will be broken down more slowly producing a steady supply of energy.

## To sum-up

There are many stresses in our lives that are unavoidable and lead to fatigue. The world that we live in over stimulates us and encourages constant communication. We need to take time-out of our busy lives in order to nurture and rest our systems. It only takes a few minutes a day to reduce stress using natural and effective techniques.

## About the Author:

About the author: Russell Stubbs provides free information and resources for reducing fatigue at [www.fatigueguide.com](http://www.fatigueguide.com). He is a UK Advanced Lightning Process Practitioner He runs ME / Chronic Fatigue Syndrome recovery courses in the UK, Norway and Denmark. Visit the website for information on Lightning Process courses in the UK