

Fight Fatigue—The Natural Way

By Woodland Publishing, Inc.

In ads for Energizer batteries, do you relate to the bunny that “keeps going and going?” Or do you feel more like a bunny whose batteries are worn out? According to an *American Family Physician* article, fatigue is a common complaint in clinics throughout the country. Fatigue may cause many symptoms, including sleepiness, physical weakness or inability to concentrate. Staff members at the Mayo Clinic in Rochester, Minn., explain that fatigue is often the result of lifestyle problems.

Stress is a common cause of fatigue. Prolonged exposure to stress ultimately leaves the body worn out and fatigued. Overwork, inadequate sleep, poor nutrition and insufficient physical activity also lead to fatigue.

Adequate rest, regular exercise and proper nutrition help reduce fatigue. In addition, a variety of natural products may help boost energy. The following supplements are some of the most promising for supporting mental clarity and sustained energy:

1. *B vitamins*. The B vitamins—B1 (thiamine), B2 (riboflavin), B3 (niacin), B6, pantothenic acid, biotin, B12, folate and choline—are also known as the “energy vitamins” because of their key role in metabolism and energy production. B vitamins are water soluble, however, and cannot be stored by the body, making it important to consume them daily.
2. *Ginseng*. According Chinese history, ginseng has been used for thousands of years, where people valued the root as a tonic for general wellness. Today, ginseng is classified as an *adaptogen*, a term referring to herbs that support the body’s ability to manage stress.
3. *Eleuthero*. Eleuthero, also known as “Siberian ginseng,” is another adaptogen and is closely related to ginseng. Some experts suggest that eleuthero is effective for enhancing endurance. Many herbalists regard eleuthero as milder and less potent than true ginseng.
4. *Rhodiola*. Rhodiola has traditionally been used to increase endurance and to combat fatigue. In Russia, rhodiola is known as the “golden root,” where it has been used to help people cope with the extreme Siberian climate. Rhodiola, like ginseng and eleuthero, is classified as an adaptogen. However, preliminary research suggests that rhodiola may have an entirely different mechanism of action, making it an alternative to other adaptogens.

Fatigue may be part of everyday life, but it doesn’t have to be. Simple lifestyle changes may be the difference between endless energy and perpetual fatigue.