

Tiredness

Dr. Sohere Roked

Feeling Tired All the Time - A Comprehensive Guide to the Common Causes of Fatigue and How to Treat Them Joe Fitzgibbon,2001-10-11 Do you ever feel utterly exhausted? Perhaps you feel like falling asleep on your feet right now? If so, you are not alone! One in four people complains of feeling tired all the time, and finds it hard to maintain a normal lifestyle as a result. 'Doctor, I feel tired all the time' is the single most common complaint presented by patients to their doctors. In studies in the UK and the USA, up to twenty per cent of men, and thirty per cent of women identified themselves as having the complaint. Unfortunately, because fatigue is such a common problem and is sometimes caused by psychological factors, the complaint may not be taken seriously and the patient seeking help may be too easily dismissed. Feeling Tired All the Time has been written for the layperson. In it, Dr Fitzgibbon explains the common and treatable causes of fatigue. Using the most up-to-date research and information available, he aims primarily to help people identify the cause of their tiredness, and specifically to help them distinguish between 'ME' (Chronic Fatigue Syndrome) and other possible causes. Dr Fitzgibbon strongly refutes the notion that nothing can be done to help the fatigued. Each section in the book provides checklists which help the reader to recognise the conditions that might apply to them, together with a sensible and practical approach to treatment. The text is generously complemented by real-life case histories taken from the author's personal experience. A directory of support organisations is also included. Feeling Tired All the Time: Table of Contents Introduction SECTION 1. Putting Fatigue in Context - The Complex Problem of Fatigue - Normal Energy Levels SECTION 2. The Most Common Causes of Fatigue I. Psychological and Psychiatric Explanations of Fatigue - Social Attitudes to Psychological Distress - Stress - Depression - Anxiety Panic and Phobia - Hysteria and Hypochondriasis II. Physical Explanations of Fatigue - Fatigue as a Symptom of Physical Disease SECTION 3. Forgotten Causes of Fatigue I. Fatigue and Sleep - Normal Sleep Pattern and Sleep Requirements - Chronic Sleep Deprivation - Sleep Disorders II. Fatigue and Diet - Diet, Mood and Energy - Overweight and Obesity - Nutritional Deficiency - Food Allergy and Intolerance - Caffeine - Hypoglycaemia - Low Blood Sugar III. Fatigue and germs - The Truth about Candida - Parasites, Bacteria and Viruses IV. Fatigue and Chemicals - Multiple Chemical Sensitivity Syndrome SECTION 4. Chronic Debilitating Fatigue - Fibromyalgia - Chronic Fatigue Syndrome (ME) - From Controversy to Consensus in CFS - Assessing the Impact of Chronic Fatigue - The Treatment of Chronic Fatigue Appendix 1. An Effective Treatment for Allergy Appendix 2. Useful Addresses

Overcoming Tiredness and Exhaustion Fiona Marshall,Dan Rutherford,2008 With our stressful, busy lives, most people experience tiredness sometimes. Following some rest and relaxation and a good night's sleep, tiredness generally disappears, leaving us refreshed and ready to face our usual activities. For some people, however, tiredness becomes an ongoing or chronic problem which severely affects their quality of life, their relationships and their day-to-day functioning. One in 10 people suffer from persistent tiredness, with women more likely to be affected than men. Severe tiredness is a common reason for people visiting their GP. This book looks at: measuring tiredness; reasons for fatigue including medical causes such as diabetes, thyroid and cardiac problems; improving your energy; improving your sleep; nutritional issues; how your doctor can help; and, complementary remedies.

The Tiredness Cure Dr. Sohère Roked,2014-10-16 Do you rely on cups of tea or coffee in order to 'wake up'? Do you feel exhausted for no apparent reason? Are you completely stressed out at the end of the week or even day? If your answer to any of these questions is yes, then it's time to take control of your health with The Tiredness Cure. Written by Dr Sohère Roked, one of the few GPs in the UK trained in both conventional and holistic medicine, this empowering guide to overcoming fatigue will help you to: Choose the right diet and exercise to restore energy levels Discover the best supplements to help you feel great and look younger Balance your hormones and improve your gut health to be truly well, inside and out

Chronic Fatigue and Tiredness Susan M. Lark,1993

Tired Teens Philip R. Fischer,2021-07-20 A Mayo Clinic pediatrician's guide to the causes of fatigue in teenagers—and finding the care they may need. What happens when a perfectly healthy teen suddenly becomes tired and lethargic? In *Tired Teens*, Dr. Philip R. Fischer draws upon decades of experience as a pediatrician to pinpoint causes of chronic fatigue in teens and explains how teens and parents can help combat these debilitating conditions. Preparing for college applications, keeping up with schoolwork, and balancing a variety of extracurricular activities, all while maintaining a social life, is causing modern-day teens to become overworked and under-rested. While some students manage to keep up with this packed schedule, many teens go from being A+ students to barely being able to get out of bed in the morning. Some causes of excessive tiredness, like lack of sleep and improper sleep hygiene, can be easy to remedy. However, other causes, like digestive problems, hormonal changes, and postural orthostatic tachycardia syndrome (POTS), may require more serious care. In *Tired Teens*, Dr. Fischer explains how to identify the warning signs and symptoms of chronic fatigue in teens, helping you determine if your teen's excessive tiredness is simply a symptom of a busy schedule, or the result of an unexpected disorder, like autonomic dysfunction and POTS. Finally, the book provides expert advice on receiving an evaluation and diagnosis for adolescent fatigue, and outlines different treatment plans available to those diagnosed with this invisible illness. By simplifying these issues in a clear and digestible way, Dr. Fischer makes it easy for teens and parents to learn how to manage and treat persistent tiredness. Whether you're a teen experiencing chronic fatigue or the parent of one, *Tired Teens* offers hope and guidance about how to overcome chronic fatigue and POTS for good.

Pupillary Movements During Acute and Chronic Fatigue Otto Lowenstein,Richard Feinberg,Irene E. Loewenfeld,1963

The Exhaustion Breakthrough Holly Phillips,2015-06-02 It's become the norm to complain that we're always tired. In *The Exhaustion Breakthrough*, Dr. Holly Phillips aims to end this accepted state of exhaustion and send a message to readers that they do not have to be drained of energy just because they have a demanding job, a family, or an active social life--or all three. She also explains the insidious nature of fatigue, educating readers on the havoc that persistent tiredness wreaks on the body and mind, from weight gain and cognitive impairment to even a higher risk of heart attack and stroke. Dr. Holly's passion for the subject stems from the quest to cure her own constant weariness--which she struggled with for more than 20 years--as well as the countless complaints of chronic tiredness she hears from patients each day in her internal medicine practice. While a few readers might find a link between their fatigue and a medical condition such as chronic fatigue syndrome or fibromyalgia, Dr. Holly knows that many more will discover that diet, exercise, and sleep habits are contributing to their lack of energy. This guide will help readers understand their exhaustion, rule out any underlying illnesses, correct any allergies or hormonal issues that may be contributing to extreme tiredness, and incorporate lifestyle factors and alternative therapies that will improve overall energy. Clear, comprehensive, and practical, *The Exhaustion Breakthrough* shines a bright light on an issue many people have simply accepted--but that they don't have to any longer.

Fatigue in Patients with Cancer Agnes Glaus,2012-12-06 Current literature shows that there is a gap in our knowledge about how tired ness/fatigue in cancer patients should be defined and measured. Existing fa tigue-related research in cancer patients shows conceptual and measurement differences (Piper 1993). There is no continuum of tiredness/fatigue in univer sal use. What do patients mean if they fill in a visual analogue scale indicating that they feel very tired? Is it an indicator of general well-being, and thus an 1993)? Most articles estimate of general quality of life (Hirny and Bernhard written by English authors use the word fatigue to identify extreme tired ness. It could be said that in the English language, tiredness that is perceived as unusual, continuing distress is fatigue rather than tiredness. In the German language, tiredness (Mudigkeit) is not primarily a term for distress attributed to disease or unusual effort. But tiredness becomes a distressing phenomenon when it no longer regulates a healthy balance between rest and activity but represents unusual, abnormal or excessive whole-body tiredness that is dis proportionate to or unrelated to activity or excessive exertion (Piper 1993). As there is no word for fatigue in the German language, the definition extreme, unusual tiredness (in German: extreme, unubliche Mudigkeit), is used to explain the term fatigue:' This clarification is needed to ensure that future fatigue research conducted in German-speaking countries can be com pared with such research carried out elsewhere.

Eighteen Natural Ways to Beat Chronic Tiredness Norman D. Ford,1993

Extreme Fatigue Arlen Kelson,2021-04-30 Fatigue is a term used to describe an overall feeling of tiredness or lack of energy. It isn't the same as simply feeling drowsy or sleepy. When you're fatigued, you have no motivation and no energy. Being sleepy may be a symptom of fatigue, but it's not the same thing. This book may give you: Fatigue: Herbal Remedies For Tiredness Extreme Fatigue: Herbal Remedies For Tiredness Fight Fatigue Guide: Home Treatment For Fatigue

Tired of Being Tired Michael A. Schmidt,1995 In Tired of Being Tired, Dr. Michael A. Schmidt describes in short, succinct chapters the many factors that contribute to fatigue and factors that affect mental clarity. This book will help you assemble the pieces of your own puzzle and develop a strategy to achieve peak energy that is unique to you. With this knowledge in hand, you can proceed to the basic strategies at the end of the book that boost energy and restore balance. Some of the diverse issues that are raised in this book include: - vitamin and mineral deficiencies that cause low energy - prescription drugs that cause fatigue - psychological triggers of fatigue and poor mental clarity - digestive problems that may point the body's energy system - environmental toxins and how to protect against them - laboratory tests to help solve the riddle of poor energy

Doctor, Why Am I So Tired? Richard N. Podell,1989-02 Tired of feeling tired? Now there's hope. With new conditions such as Epstein-Barr virus syndrome making the headlines, it's not surprising that Americans make ten million doctor visits each year seeking relief from fatigue. Unfortunately, they don't always get help: doctors often see tiredness as a complaint, rather than a medical condition. DOCTOR, WHY AM I SO TIRED? is the first comprehensive guide to the medical causes of fatigue, designed to bridge the gap for both patients and doctors. Discover and overcome the hidden but real causes of chronic fatigue such as: * Physical illness -- from anemia to hepatitis * Psychological disorders -- including stress, depression, and sleep disorders * Nutritional problems * Medicinal side effects * Environmental health issues Dr. Richard N. Podell, a pioneer in the treatment of fatigue, provides a Health History questionnaire to help identify the symptoms that can point to possible undelying causes. He also discusses how to select a physician and the benefits and risks of proposed treatments.

Doctor, Why Am I So Tired? Richard N. Podell,1989-02 With many Americans juggling family and career, it is no surprise that Americans make 10 million doctor visits a year, complaining of fatigue. Now, at last, here is a book by an expert who treats this condition seriously. A refreshing guide to the many causes of fatigue.

Why Am I So Tired? (EasyRead Large Bold Edition) ,2020

Feeling Tired All the Time Joe Fitzgibbon,2001 While stress and depression are the most frequent reasons for tiredness, there are many other possible causes such as diet, food allergy, nutritional deficiency and chemical sensitivity. This book is an introduction to the common and treatable causes of fatigue written for the layperson. The author explains the main causes of fatigue, why some people feel permanently worn out, and suggests ways to address the problem and resume a normal, healthy life. The text is thoroughly researched, simply written and the author uses a number of case studies to help illustrate the points raised. A directory of support organizations is also included.

AARP No More Fatigue Jack Challem,2011-12-12 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In No More Fatigue, you'll learn about a complete program to overcome a new epidemic-The Fatigue Syndrome. Do you feel exhausted, rundown, and stressed-out all the time? Do you have trouble sleeping well at night and wake up feeling exhausted? More and more of us have these problems. In this groundbreaking new book, bestselling Inflammation Syndrome author Jack Challem tackles a new kind of syndrome tied to nutrition, adrenal fatigue, and thyroid problems. Challem explains what the Fatigue Syndrome is and spells out how the Five Circles of Fatigue contribute to it. Then he shares his comprehensive plan that combines nutrition, physical activity, and sleep solutions to help you combat fatigue and feel better. This energy-boosting book Uncovers the role that eating habits, hormones, illness, aging, and other factors play in fatigue Discusses the growing problems of adrenal fatigue and low thyroid hormone Presents a complete nutrition and lifestyle program to conquer fatigue and re-energize your body and life Includes energy-enhancing recipes and meal plans to help you combat fatigue and stress With No More Fatigue, you will rediscover the joy of feeling well rested, re-energized, and ready to take charge of your health and your life.

No More Fatigue Jack Challem,2011-03-01 A complete program to overcome a new epidemic-The Fatigue Syndrome Do you feel exhausted, rundown, and stressed-out all the time? Do you have trouble sleeping well at night and wake up feeling exhausted? More and more of us have these problems. In this groundbreaking new book, bestselling Inflammation Syndrome author Jack Challem tackles a new kind of syndrome tied to nutrition, adrenal fatigue, and thyroid problems. Challem explains what the Fatigue Syndrome is and spells out how the Five Circles of Fatigue contribute to it. Then he shares his comprehensive plan that combines nutrition, physical activity, and sleep solutions to help you combat fatigue and feel better. This energy-boosting book Uncovers the role that eating habits, hormones, illness, aging, and other factors play in fatigue Discusses the growing problems of adrenal fatigue and low thyroid hormone Presents a complete nutrition and lifestyle program to conquer fatigue and re-energize your body and life Includes energy-enhancing recipes and meal plans to help you combat fatigue and stress With No More Fatigue, you will rediscover the joy of feeling well rested, re-energized, and ready to take charge of your health and your life.

CBD Oil for Chronic Fatigue Syndrome: Effective Remedy to Combat Extreme Fatigue and Tiredness Dr Karl Burmer,2019-02-26 Chronic fatigue syndrome is a condition involving deep fatigue, unrefreshing sleep, and a worsening of symptoms after exertion. Its exact cause is unknown, but it is believed that a combination of genetic predisposition and environmental factors bring it about. With no simple test to identify it available, diagnosis is based on the symptoms and exclusion of other causes. Treatment is aimed at modifying your lifestyle and relieving symptoms with medications and therapies. The condition is also known as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) or systemic exertion intolerance disease (SEID).Every person with chronic fatigue syndrome has his or her own unique set of symptoms, the intensity of which can vary. The symptoms that are required for the diagnosis of ME/CFS are fatigue, post-exertional malaise, and sleep problems. In addition, either cognitive impairment (brain fog) or a worsening of symptoms while you are upright (orthostatic intolerance) must be noted.The fatigue and drop in activity level must be present for at least six months. The characteristics of the fatigue must include that it is not relieved by sleep or rest, it isn't the result of strenuous exertion, and it significantly lowers your ability to function normally in most situations. Your symptoms may worsen for 24 hours to days or even weeks after physical or mental exertion.Other common symptoms include: Sudden and distinct onset, especially following a flu-like illnessPain, including muscle aches, joint aches, or headachesFlu-like symptoms that may include a sore throat, swollen lymph glands, or low-grade feverSensitivities and intolerances to heat, cold, noise, light, or alcoholThere can be many additional symptoms including anxiety or a sensation of irregular heartbeat. Common overlapping conditions include depression, irritable bowel syndrome, tinnitus, premenstrual syndrome, and endometriosis.CBD Oil provides a great relief for Chronic Fatigue. Get a copy of this book to learn more

Fatigue Lauren B. Krupp,2003 Only 4 1/2 by 6, this clinical handbook in The Most Common Complaints series fits easily into a pocket or lab coat for quick reference. The author presents a general overview and brief descriptions of the current theories on the causes of fatigue, and detailed guidelines for diagnosis and treatment. Readers will find to-the-point discussions of the pathophysiology of fatigue and clinical aspects of common disorders. This book is a must have for the proper diagnosis and appropriate treatment of this challenging clinical problem. Discusses the hottest topics in the field, such as fatigue co-variables · multiple sclerosis · chronic fatigue syndrome · Lyme disease · HIV infection · and current treatment approaches. Features a concise, well-organized format for easy access to information. Includes key point boxes for a quick reference by the busy clinician.

Overcoming Fatigue - the Essential Guide Caroline Khambatta,Nicky Jevon,2013-12 Many people feel tired after very busy times - this is natural. Feeling lethargic and fatigued for long periods that do not obviously relate to physical exertion is a different issue. Fatigue is not the same as tiredness. Tiredness has a natural flow and a distinctive cause and effect. Fatigue behaves differently. Many people describe it as feeling as though

their battery has been removed. Fatigue does not respond to rest in the same way that physical tiredness does and requires a different approach. This book looks at the whole person and addresses factors of stress-related fatigue including the physiology, energy levels, emotions, life balance, activity and looking after yourself. Discover how you can reduce your fatigue. Learn how to boost and replenish your natural energy using practical ideas and activities. Whether fatigue is new to you or an ongoing issue, this is the essential guide to accessing and sustaining healthy energy levels.

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