

## **EXHAUSTION** 13.05.2012

I'm sure each and every one of us has suffered from exhaustion at some point in our lives. It can be very debilitating and needs to be given the attention it deserves or the potential for a downward spiral in health and life situations can knock the wind right out of our sails so to speak.

In this busy world we often find ourselves trying to do the right thing for everyone else, that along with being the master of so many things at once, our energy levels and enthusiasm for life can drop dramatically. There are many herbs, supplements and dietary advice that will help with your recovery and help you regain your inner strength and vitality, however one of the biggest problems is that often we just need to stop what we are doing for a while and "smell the roses," so to speak.

Our internal dialogue or thought patterns, if you will, can have a powerful effect on the way we feel. The quality of your thoughts and beliefs can have a profound effect on your health. It's hard not to be a bit negative when you feel tired out and exhausted, but with a little effort on your part you can start to turn the situation around. Emotions are a strong driving force and they can create energy in a positive sense or a negative sense, so let's keep it positive! If you need some help there are some fantastic CD's on positive thinking, I have found Happiness and Self Esteem by Rick Collingwood, is a great choice.

There are also some amazing herbs that can help build up your core strength and adapt your physical body to your level of stress. The actions of these beautiful herbs can assist you to find some energy so you can continue to do the things you are passionate about in life, however we can't expect a pill or potion to fix everything without putting in a little effort ourselves. You can find a lot of the herbs in your local health food shop but if you are really exhausted it might be wise to see a practitioner and have a general check up so the herbs and supplements can be put together specifically for you we are all unique and what is right for one is not necessarily right for another.

Withania somnifera is a beautiful herb to adapt the body to your level of stress and nurture strength of spirit, its gentle, supportive, calming, and a wonderful tonic to support this busy generation. Siberian ginseng is fantastic for physical stress, debility and fatigue. It is an amazing herb and over time can help raise your vitality for life, I love this herb and have found it to help many tired, run down individuals through the years I've been practicing. Rehmannia glutinosa is probably my most popular herb in clinic, this is because it is so wonderful at nourishing the adrenal cortex. When we get stressed, tired and exhausted the adrenal glands secret hormones, one of which is cortisol. Cortisol is normally produced in the early hours, it helps us wake up, it is a heating hormone (think of heat as life and cold as lack of life) however when we get out of balance cortisol can be produced in excess, this may lead to flushes of heat, your levels of inflammation can increase and it can also encourage weight gain around the trunk of your body. Rehmannia has an adrenal restorative action, it is wonderful for inflammatory disorders involving the immune system, autoimmune disorders and it's well known to help the body cope with your level of stress, which may help you gain a little bit of energy so that you can start the healing process.

Along with taking a beautiful herbal tonic to regain some core inner strength, you also need to get adequate rest. Try to get to bed early, no later than 10pm, because there are several stages of sleep, and it is in the delta stage that most of the healing takes place. Usually we go through **delta** sleep in the early part of the night, from 10pm till 2am. This is a deep sleep stage and it's really important for recovery & detoxification, a lot of people don't go down to stage 4 Delta sleep and so they age faster and let's face it none of us want to age faster! If you are having trouble sleeping you may find Valerian useful, it has a mild sedative action and due to its tonic action can build up and support the body during times of convalescence. I have found it works best taken over a two week period and I've even taken it during the day and found it actually helps me feel calm, which allows me to think clearer.

The other two important factors here are diet and exercise, however if you are suffering from exhaustion you will probably need to start exercising slowly with a regular walk around the block and bit by bit pick up the pace. As you feel better, increase the distance and maybe put in a gentle jogging action.

While you are doing this try to notice the birds, the colours around you, the wonderful things that nature has provided and you will begin to notice a shift and a raise of mood and energy. By increasing the blood flow and oxygen in the body and enjoying the beauty that surrounds us your body can naturally release happy endorphins which help us feel better.

I have run out of room to talk about diet but truly it's not rocket science! Just try to eat good wholesome foods, fresh fruit and vegetables, nourishing soups and avoid heavy starches and refined carbohydrates.

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