
Fatigue

Identifying and resolving the root cause of Fatigue

Ottawa Holistic Wellness

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OTTAWA HOLISTIC WELLNESS

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INTRODUCTION

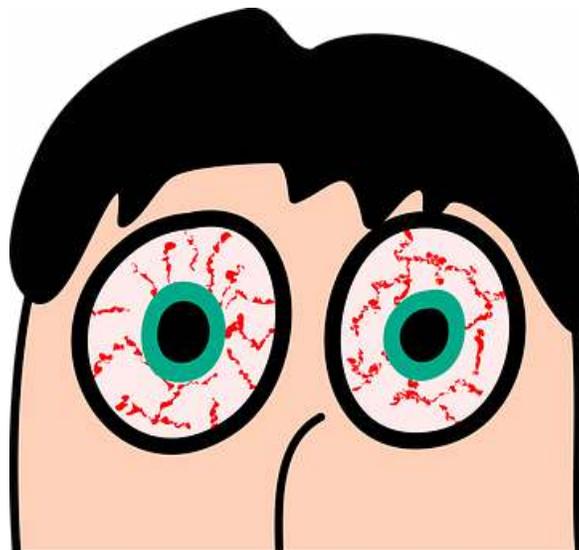
Are you always tired?

It seems to be a very common complaint, we hear it from those around us
and we feel it ourselves.

We explain it away as ***“I am just getting older”***
or ***“I work too hard”***
or ***“I need to sleep more”***
but perhaps there is an underlying reason.

Whether your hormones are out of balance,
your thyroid is not functioning correctly, you lack the correct nutrition,
stress is weighing you down, your digestion is upset,
or one of many other reasons.

Let us help you to find the underlying reasons and resolve them, naturally!



CHAPTER 1

CAUSES OF FATIGUE & WAYS TO RESOLVE THEM

There are many causes of fatigue.

It may be caused by a physiological issue such as impaired thyroid function, lack of nutrition, hormone imbalance, lack of sleep, chronic pain or allergies among others.

Emotional stresses and past traumas can also be a part of the causes of fatigue.

Whether the reason is physiological or mental / emotional, or, more often, a combination of both we can all benefit from some help to identify and resolve the underlying issues.

Physiological Causes Of Fatigue

The first step might be to investigate any physiological issues.

Family Doctors and Western Medicine:

Your family doctor can order various tests to rule out certain diseases and to identify nutritional deficiencies such as Vit D, B12 deficiency and anaemia (low iron).

It is important to remember that they are most often testing for symptoms, not the root causes of fatigue. They are not always able to get to the cause of your fatigue but can help to alleviate it. For example, if tests show that your fatigue is the result of an under-active thyroid, the next question should, to my mind, be "*Why is my thyroid low?*" There is always a reason...

I am a good example of this. I was diagnosed in 2001 with low thyroid and given replacement hormones (synthroid). This certainly made me feel way better, but it did not resolve the reason why I had low thyroid. In 2010 I started to change my diet (grain and dairy free, reducing inflammation in my body and improving digestive function), and to address nutritional deficiencies such as iron, magnesium and Vit D. In 2011 I was able to reduce and then stop taking the synthroid.. and I still do not need it in 2019.

Read more about this in my blog "[Can you Heal Hypothyroidism?](#)"

The same goes for nutritional deficiencies.. why are you not absorbing what you need? Perhaps you are vegetarian / vegan and need to supplement with omega oils, iron and B vitamins; or perhaps your digestion is not working as it should and you are not digesting / absorbing nutrients.

Naturopathic Medicine or Functional Medicine.

These doctors work with your family doctor. They look deeper, at root causes of ill health, and address issues such as lifestyle, diet, hormone imbalance, insomnia, allergies, celiac disease and digestive health. They use natural healing methods including diet, nutrition, lifestyle modification, acupuncture, homeopathy and herbal remedies.

Allergy Testing.

Allergies and intolerances can affect sleep, digestion, mood, inflammation in the body and energy levels. Medical doctors and Naturopaths can requisition or refer you for allergy testing to determine whether this is a part of your fatigue. In addition there are alternative methods such as NAET and Natural Allergy testing.

Physical / Structural Causes Of Fatigue

Misalignment and imbalance in your body will upset the correct functioning of many of the body's systems. In addition, living with chronic pain can lead to fatigue, so reducing pain levels can go a long way towards improving energy levels.

Chiropractic, Massage and Osteopathy all work with the physical body; the muscles, ligaments, spine, joints and organs, releasing tensions and bringing balance to your structure. This will allow your body to work in the most optimal way and healing to take place.

Emotional Causes Of Fatigue

Once physiological causes have been dealt with or ruled out you may wish to consider emotional causes of fatigue.

Whether it is from past traumas, genetic memories from previous generations, or current stresses in your life, we can all benefit from some help to release these.

Some modalities to consider are as follows:

Counselling and Psychotherapy can approach these emotions from the conscious mind. Make sure to choose someone that you are completely comfortable with, and that is suitably experienced in your type of issue.

Hypnotherapy works with your subconscious mind. During a session, you work together to access the subconscious, let go of the restrictions and limitations provided by the conscious

mind, and bring about the release and shift of those trapped emotions. The majority of people will remain aware of their surroundings to some degree during the process, this is normal.

CranioSacral Therapy accesses these traumas and emotions from the body level.

A good CS therapist will sense the shock and trauma resonating in your body even after your conscious mind thinks it has been resolved. They work extremely gently, facilitating the release of these emotions and bringing the body back into balance.

Reiki, Chakra Balancing and Energy Healing all work with your body's energy to rebalance, release trapped emotions, bring calm and deep relaxation.

During a healing session the body enters a parasympathetic state, also called the rest and digest state, which is responsible for long-term health, improved digestion, conservation of energy, and maintenance of a healthy balance in your body's systems

Emotional Blueprint Reflexology. A unique combination of reflexology to identify and release emotions from the body and counselling / journeying / coaching to work with the mind.

Acupuncture is one modality that can help both physiological and emotional issues. It is an ancient method that rebalances the body, allowing correct function of all your body's symptoms and healing to take place. It can be used initially for symptom relief and longer term to bring lasting healing.

Conclusion:

There can be many causes of fatigue. You may wish to simply address symptoms or to look deeper into those causes. One thing is for sure, unless we do deal with causes we will be stuck addressing symptoms over an extended period of time, possibly our whole lives.



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!

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CHAPTER 2

5 LEADING CAUSES OF FATIGUE



I am an avid listener of health podcasts. One of my favourites is the Dr Michael Ruscio Radio show. On his weekly show, he interviews different functional medicine experts.

A recent show featured my friend and Ottawa Functional medicine practitioner, Dr Carri Dryzka talking about the causes of fatigue.

Since I thought they did such a great job and so many of my clients complain of tiredness, I thought I would summarize the interview in this blog.

When looking for the root cause of fatigue or any other symptom, for that matter, it is best to start with the simplest explanation.

1. Vitamin-R Deficiency

There is not a vitamin R. Vitamin-R is a term coined by Dr Carri to mean Rest, Relaxation and Recreation. If you have a Vitamin-R deficiency, you are not getting enough rest, relaxation or recreational time in your life.

Rest time means the amount of healthy sleep you are getting.

Relaxation time indicates the amount of time you are doing restful activities or hobbies that allow your body to recuperate.

Recreation time is the extent to which you are doing fun exercise and moving. Dr Carri's fun recreation is boxing.

So if you are feeling weary all the time, check first that you are getting enough vitamin R.

2. Blood Sugar Imbalances

One of the most common but frequently overlooked causes of fatigue is blood sugar imbalances. You can experience fatigue both when your blood sugar is too low or too high.

The medical term for low blood sugar is hypoglycaemia.

As well as fatigue a common symptom of hypoglycaemia is “Hangry”, which means that you get irritable when you leave it too long before eating. A simple solution for controlling blood sugar is to ensure that you don’t skip meal times and eat small and frequent meals.

When you have too much sugar in your blood, this can be a sign you are on the way to or have pre-diabetes or diabetes. An early symptom of high blood sugar is feeling tired after eating. An easy solution is to eat fewer carbohydrates, such as bread and pasta and more protein and healthy fats.

3. Food Sensitivities and more

In the words of Anne Wigmore, “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

Regarding fatigue, there are some different ways that food can negatively affect us.

Food sensitivities:

Food sensitivities occur where undigested food proteins react with your immune system to create inflammation in the gut and elsewhere in the body.

This inflammation can lead to fatigue.

The two most common food proteins that humans react to are gluten and casein. If you suspect that food sensitivity is causing your fatigue, then the two most scientifically validated ways to identify the culprits are an elimination diet or an IgG Blood Food Allergy Test.

In my practice, I also use applied kinesiology muscle testing which has helped me diagnose food sensitivities in thousands of clients.

Histamine Intolerance:

Histamine is a chemical that your immune system produces when it encounters an allergen. Some people can develop an excess of this chemical in their body.

Symptoms of excess histamine or histamine intolerance include fatigue, headaches, hives and heartburn.

Histamine intolerance can occur because:

- Your body does not break down histamine very well.
- Bacterial overgrowth in the small intestine.
- Parasites
- You are eating foods high in histamine

If you suspect that your fatigue is caused by histamine intolerance, you can try following a low histamine elimination diet.

Food Intolerances:

Food intolerance occurs when your digestion is unable to break down a particular part of the food.

The most common food intolerance is to lactose. Lactose is the sugar component found in dairy. For some people, as they get older, their digestive system stops producing the enzyme lactase that assimilates lactose. If you have lactose intolerance and consume dairy products, it may cause you to experience fatigue.

4. Gut infections, anaemia and inflammation

Gut infections may cause you to experience fatigue directly by stimulating inflammation in the body or indirectly by inducing nutritional deficiencies or anaemias.

The two most common gut infections are small intestinal bacterial overgrowth (SIBO) or parasites. Both these infections can lead to iron and Vitamin B12 deficiency or anaemia, which both cause fatigue.

You can test for SIBO using a breath test and for parasites using a stool test.

Testing for iron and B12 can be arranged through your family physician although it is essential to get a second opinion on your results from a Functional Medicine practitioner or Naturopathic Doctor.

5. Low Thyroid Function

Symptoms of low thyroid or hypothyroidism include fatigue, weight gain, hair loss, constipation, and depression.

The most common form of hypothyroidism is Hashimoto's disease which is caused by your body's immune system attacking your thyroid, i.e., autoimmunity.

The most frequent trigger for Hashimoto's is gluten. You can test for Hashimoto's through a blood test looking for Thyroperoxidase and Thyroglobulin antibodies.

Disclaimer:

This article is not intended to provide medical advice, diagnosis or treatment.



About the Author

Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role. He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.

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CHAPTER 3

FATIGUE & STRESS



I want to look at the issue of Fatigue and Stress, and ways we can resolve that stress.

Are you always tired?

With no obvious reason to be tired?

Ever wondered if your emotions are triggering your fatigue?

Or perhaps you know that you have experienced some emotional trauma in your life and that it still weighs you down...

Past Traumas

If you know you experienced trauma in the past perhaps it's time to take steps to deal with it! Just having someone to talk to can be enough.

There are many Counsellors and Psychotherapists out there. Look for one that draws you and feels a good fit. You may need to meet with a few to find the one that suits your needs.

Reiki and Energy Healing can help release those traumas from the body.



Hypnotherapy also works with the subconscious, releasing the emotions and replacing them with something more positive.

Another option is Emotional Blueprint Coaching. A unique combination of reflexology and counselling / visualization / journeying it will also release the negative emotions and replace them with those that are more positive.

The NOW Stuff

A certain amount of stress and pressure can be invigorating. It stimulates adrenalin, increasing focus, physical ability and energy. However, long term or excessive stress will lead to exhaustion and an inability to 'see the light at the end of the tunnel'.

Our daily lives have become more and more stressful and demanding, we are set huge expectations and given no time for ourselves. We don't always get enough sleep or take time to eat well or to honour our own needs.

And if we do allow ourselves some "me time" in which to destress and breathe, to do that something just for ourselves, then we feel guilty because we 'should' be doing something else.

Does this sound familiar in your life?

If so its time to start make changes...

Where to Start to Address Your Fatigue and Stress?

Start small, with just one thing at a time. Work up to the bigger things and make sure to tell yourself you deserve to look after yourself. If we do not nurture ourselves we will end up unable to nurture anyone else.

Some examples of small steps you could consider are:

- **Go to bed at a reasonable time.** If you are concerned about not having 'done everything' then take a step back and ask "Do I really need to do that now? Can it wait till tomorrow?"
- **Schedule time for yourself each day, "Me Time".** Put it in your daily agenda and stick to it. Whether you sit for 10 minutes with your coffee, have a bath, read a book, listen to music, go for a walk or call a friend for a chat.
- **Make time for lunch** (just 15minutes is a good beginning). Put away work, leave your desk, turn off your phone, perhaps go outside.. disconnect and take time out of your day to focus on the food and enjoy every mouthful.
- **Find an activity you like and commit to it.** Walking, a reading group, singing, sewing, meditating, playing sports or going to yoga are just some examples. Being with other people can be great for the soul too.

-
- **Schedule a treat for yourself.** Maybe you like massage, reflexology or reiki. Or would like to get a manicure?

And finally, ask for help!

This is something we often find so hard to do.

There is no shame in saying ***“I am overwhelmed, I cannot do all this on my own”***.

It is not a failure, it is what we, as human beings, need to do.

Your family and friends are there to support you as you support them, we all have limitations and sharing a task can be beneficial to everyone involved.

And remember...

Society has too much blame, shame and guilt. We all have the right to enjoy our lives, to do what brings pleasure and to not feel guilty about doing so. We can only be there for others if we nurture ourselves first.

Find pleasure and joy in your life and let fatigue be a thing of the past!



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!

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CHAPTER 4

FATIGUE & TRAUMA

Did you know there is a strong link between Fatigue and Trauma?

As a reiki practitioner and energy healer I see many people who have emotional memories in their bodies from past traumas.

Those emotions can be from physical, sexual and emotional traumas that they have experienced during their life, from their parents' lives (genetic memories) and, some believe, from past life experiences.

Whatever your belief system, or the origin of those emotions, they can become lodged anywhere in our bodies, cause a disruption in our energy and lead to physical dysfunction.

They weigh us down, and can trigger many issues including aches and pains, depression, anxiety, insomnia, and often fatigue. They sit like a heaviness inside us, creating lethargy and despondence and an inability to live life with the joy we deserve.

The first, most important step, to resolving this fatigue is to acknowledge the the link between Fatigue and Trauma.



We are often afraid to admit to weakness and expose our vulnerabilities.

Many of us would rather seek a physical reason as it is more comfortable to deal with that.

Case Study:

Meet Bill,

Discovering the link between **Fatigue** and **Trauma** was eye opening and the first step to healing for Bill.

At 41 years old he came to me suffering unrelenting fatigue, pressure and pain in his chest, palpitations and digestive issues. Up until a year before he had been fit and healthy.

Despite extensive testing, the medical profession could find no reason for his symptoms. His work and family life were suffering and he was desperate to find some relief.

A friend who had been to see me recommended he '*give reiki and energy healing a try*'. He was very skeptical, but desperate for relief so willing to see if I could help.

I found that he carried a huge amount of sadness and grief, along with some fear. This was mostly sitting in his chest, heart and large intestine. He said that his life had been great; loving parents, no major traumas or events that he could remember.

I then asked him about his parents. He told me that his aunt had died of a terminal illness a couple of months before his birth. His mother had nursed her for several months before she died, and during the earlier part of her pregnancy. He said she had never really got over the death.

He also said that not long before his health declined their child's pet rabbit had died. Of course this was a sad day, however, it caused an exceptional amount of grief in him totally out of proportion to the actual event. He said he couldn't understand why he had reacted so strongly.

This does, however, make sense to me... he was carrying his mother's fear and grief, which he had soaked up whilst in utero. The death of the rabbit had then **triggered that memory** in his body, causing an excessive reaction. He was still living in that memory.

Over several sessions we worked to release that fear and grief. Bill gradually felt lighter, felt the joy coming back into the world. His fatigue lifted, his mood changed and his digestion slowly returned to normal. He no longer has palpitations or the pressure and pain in his chest.

He still comes to see me once in a while '*for fine tuning*' as he puts it, to address life's everyday stresses.

And, finally...

We all carry emotions relating to memories that are our own or our ancestors’.

At times these memories are triggered, and brought to the forefront.

Finding ways to release and resolve the emotions associated with these memories can greatly enhance our quality of life, and ultimately our overall health and well-being. We cannot change what happened in the past, but we can let go of the emotions and file those memories away in the filing cabinet that is our history.

Do you know someone like Bill?

Reiki and Energy healing or other types of Energy Medicine may be just what they need!



About the Author

Sue Taylor is co-founder and Clinic Director at Ottawa HolisticWellness. She works as a Natural Allergist and Energy Healer. Her passion is to work with clients to find the root cause of their health concerns, then offering ways in which to resolve these causes. She will support you through any necessary changes and help you to regain your life!

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CHAPTER 5

CRANIOSACRAL THERAPY: TO HELP TREAT OR MANAGE FATIGUE

I have a pretty long history of insomnia.

Since my late teens sleepless nights have mainly come in bursts, often not lasting more than a few weeks, thank goodness. But when I was a new mother, I was pretty sure the sleep deprivation was going to make me crazy.

It probably did...

Craniosacral Therapy has been one of the best forms of treatment for me. A few treatments during a rough patch gives me the gift of weathering my bouts of insomnia with much more ease and grace.

This works because Craniosacral Therapy directly and effectively reboots our Nervous System. With a gentle touch, the body is soothed and nervous system firing in the body shifts into the Parasympathetic (the rest and digest part of the nervous system).



Our bodies get the chance to do some of the work it needs to do. The necessary repair work that is done while we sleep. This is the work that allows us to have the resources we need to function throughout the day.

Fatigue can come about for many reasons, not just from insomnia.

Many of my clients are dealing with some degree of fatigue. We live in a society that spends so much time in artificial light, in front of screens that stimulate and stress out our nervous system. We have programmed ourselves to stay “on.” So much so that when it is time to turn “off,” it can become a challenging shift.

Emotional stress can also cause fatigue.

The mind and body are engaged in processing emotion and often accompanied by mental tension. If we are choosing to self medicate with alcohol or pharmaceuticals, or self soothe with food, this can stress our organs, resulting in erratic light sleep and middle of the night wake-ups.

Dedicating time with an experienced professional to help your body and soul process these emotions, release the areas where tension is being stored, and shift into stillness is a valuable self-care measure.

The work speaks for itself.

So many of my clients feel so much better after getting off the table. This gentle form of therapy has been a game-changer in my life. I encourage anyone to give it a try.



About the Author

With a gentle and soothing approach, Erica Sainsbury registered massage therapist, can help each client move towards a more open, yet profoundly relaxed body and mind. She uses techniques from Swedish massage, cupping massage and craniosacral therapy. homoeopathy, physical medicine, and counselling.

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CHAPTER 6

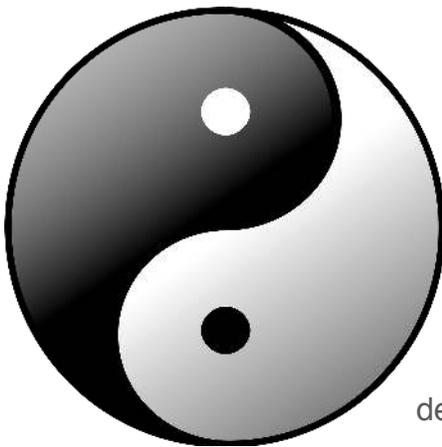
FATIGUE: A TRADITIONAL CHINESE MEDICINE PERSPECTIVE

Not having enough energy is a common complaint and too often a good night's sleep does not remedy this problem. There are many reasons why we might be tired. Dehydration, blood sugar imbalances, an under active thyroid, Epstein Barr virus infection and anemia to name a few.

Within the framework of Traditional Chinese Medicine, there are several patterns of imbalance that can lead to fatigue.

Qi Deficiency

Qi, which loosely translates as Life Force or energy, can be consumed at a greater rate than it is made. A trend in this direction for too long leads to a Qi deficiency. We make Qi with every breath we take and meal we consume, so if our digestion is sluggish or our breath is impeded our Qi can become depleted. This type of fatigue is exasperated by activity.



Yang deficiency

Yang is our masculine energy. It is active, warm and expansive. Our digestive fire is dependent on a healthy supply of Yang energy, as is our ability to transform and transport fluid efficiently around the body. Common symptoms of Yang deficiency are a feeling of cold to the core, loose stools and water retention. The exhaustion can be debilitating and is also worse after activity.

Yin deficiency

Here it is our feminine energy that needs some boosting. This cool, moist and contractive force keeps our Yang energy in check. This sort of fatigue is the 'tired and wired' type. Symptoms such as hot flushes, dry eyes, hair and skin are common with this imbalance as the Yin energy isn't strong enough to hold down the Yang which in turn dries up our fluids.

Blood Deficiency

This pattern closely identifies with anemia. It can result from a diet lacking in Blood building materials, overworking, under sleeping, surgery or recent motherhood (responsible for postpartum as well).

Here one might feel cold, sleeping may not come easily or may be dream disturbed, menses may be light or missing all together. One might experience dizziness, dry skin, hair and nails or diminished visual acuity. Here tiredness is also worse with activity.

Liver Qi Stagnation

Liver Qi stagnation is a commonly seen pattern. Resulting more often from emotional "stuckness" or as my teacher said 'unfulfilled' desires. This pattern can't be seen in the tongue and is only detected using the pulse in Chinese medicine. With this pattern, one is prone to feelings of frustration and irritability. If you catch yourself sighing you are likely experiencing some Liver Qi stagnation. Whatever it was you were sighing about you really don't want to do! The Liver's job in TCM is to ensure the smooth flow of Qi. Digestion is commonly negatively impacted with this pattern. This is analogous to how the stress response takes away from our rest and digest function. Here we may be more tired in the morning with our energy picking up as the day goes on.

Dampness Or Phlegm

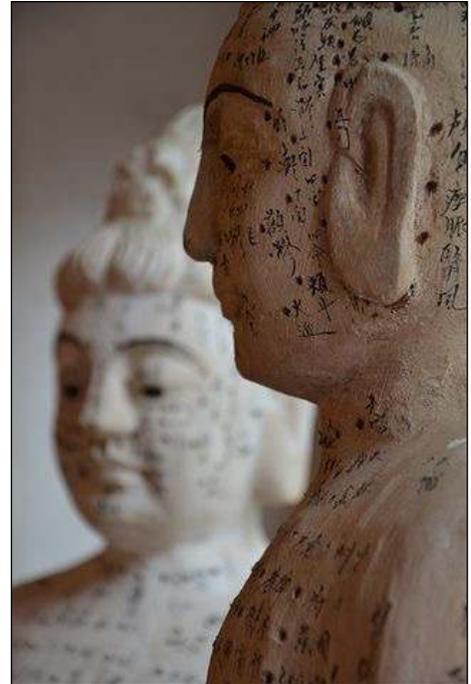
Dampness occurs when our fluids are not being properly distributed, as in with edema. If Dampness congeals it becomes Phlegm. Extra weight or a sinus infection are examples of what we call visible Phlegm and mental illness and foggy thinking are examples of invisible Phlegm (misting the Mind). With either of these patterns our limbs may feel heavy and our stools may be loose, with symptoms exasperated with humid or wet weather. Heavy, sweet and greasy foods can contribute to these patterns and certainly are not recommended.

Once your pattern is determined then action can be taken to battle your fatigue. Choosing foods to support your pattern and keeping good sleep hygiene are two musts. Herbal formulas, body work and energy building exercises such as yoga or Qi Gong can also be very helpful.

Acupuncture is another possible tool to help bring the body back in balance. In my clinical experience, acupuncture brings about more energy quite quickly for most of us whilst for others who are quite depleted it takes more time and we may even feel more tired initially as the adrenals take a back seat.

Acupuncture encourages your organs to work at their best, nudges the body into parasympathetic to help with a good night's sleep and dissolves blockages enabling the smooth and effectively flow of Qi and Blood.

And THIS is the key to good health.



About the Author

Emily Dunn studied in Ottawa to become a registered acupuncturist and has additional training in Dr. Tan's Balance Method, Master Tung's Points and facial rejuvenation for cosmetic acupuncture. What inspires Emily as an acupuncturist is the ability to use a millennia old, drug-free method to help people relieve their symptoms and to facilitate natural healing.

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