

Feeling Fabulous Instead of Fatigued

A few years ago, I was diagnosed with chronic fatigue. I eventually found a naturopathic practitioner and an internal medicine specialist to work with. With their help and quite a bit of commitment on my part, I was able to overcome this debilitating illness.

So many clients come in completely exhausted and I tell them that massage is a great place to start when dealing with fatigue. Massage calms the nerve endings in the central nervous system and the adrenal cortex. It stimulates circulation of blood, water and lymph. The body needs to go through a natural cycle of rest and action. The old song, "What goes up must come down" is certainly true when it comes to overcoming fatigue.

You can utilize reflexology in your free time to help yourself and others combat fatigue. The target areas that are most effective for combating fatigue are the central nervous system and the endocrine system. The reflexes for the central nervous system are all along the "spine" of the foot which is the inner edge of foot- from the big toe to the heel. The endocrine system is comprised of the pituitary gland on the pad of the big toe, the pineal along the inside of the big toe, the thyroid on the ball of the foot, the adrenals in the arch, and the ovaries/testes below the ankle on the heel.

More so than massage and reflexology, diet and exercise play an integral part in regaining energy. Try to avoid or reduce your consumption of caffeine, sugar, alcohol, and wheat. This will help keep your blood sugar levels regulated. Eat foods that are high in fiber, omega 3 oils, vitamin c and b, and be sure you are getting enough protein. A gentle walk will also help restore energy. Commit to incorporating gentle exercise into your daily life. One of the best resources I have found for chronic fatigue is the book *From Fatigue to Fantastic* by Dr. Jacob Teitelbaum.

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