

Feeling Fabulous Instead of Fatigued

A few years ago, doctors diagnosed me with Chronic Fatigue. They said they did not have a cure but they could manage it for me with drugs. I told him this was not acceptable. I eventually found a naturopathic practitioner and a board certified internal medicine specialist to work with. With their help and commitment on my part, I overcame this debilitating illness.

Often, my clients come in completely exhausted. 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 to help others and yourself. The areas most effective for 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. This is the inner edge of foot from the big toe to the heel. Use the thumb walking technique and repeat each area three times. 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.

Diet and exercise are essential to making progress to regain energy. Avoid or reduce your consumption of caffeine, sugar, alcohol, and wheat. Eat foods high in fiber, omega 3 oils, vitamin c and b, and be sure you are getting enough protein. A gentle walk restores 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. Feel free to give me a call to schedule an appointment for a massage or health consultation.

Be well,

Rebekah Wright LMT