

Why Am I Always Tired? – The Supplement Guide



Top Natural Supplements to
Cure Your Fatigue By Tomorrow...

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PROCEED WITH THE SUGGESTED DIET, EXERCISE, AND SUPPLEMENT ROUTINE AT YOUR OWN RISK.

Introduction

This guide is an excerpt from the book *Why Am I Always Tired? – The Surprising Truth About Fatigue And How To Boost Your Energy – Naturally*.

In this section you will find the top all-natural supplements that will boost your energy, and help eliminate your fatigue practically overnight.

Here it's, in it's original form:

I have broken this section down into stimulants which will give you immediately more energy, and alertness aids which are slightly different.

These supplements will not provide the 'boost' that stimulants provide, but can increase mental clarity and reduce or eliminate brain fog entirely.

We will also cover some sleep aids, which can be used to help you get to sleep, and remain asleep through entire sleep cycles. This will increase your overall energy by giving more rest for every hour you spend asleep.

The remaining sections are general supplements that can help if you have deficiencies, or just improve your motor function & overall energy levels.

When to Use Supplements

The goal of this section is to give you an overview of the supplement options you have. I do not want you to use these supplements as a replacement for everything discussed in the other chapters of this book.

Supplements can generally do one thing, and that is give you relief of your symptoms. Just like taking morphine for a broken arm, it may alleviate your pain, but if you don't set the broken bone, it will never truly heal properly.

You should have the goal of using supplements in this guide as a way to train yourself into a new lifestyle plan that incorporates the diet, exercise, and sleep routines described in the previous chapters.

Use the supplements to help you sleep or focus, but only temporarily. Use them as a lifestyle plan to adapt and overcome challenges, but not as over-all strategy.

Many of the supplements listed are all natural, and there are many different companies that sell them. The best way to decide which supplements will work for you, and which companies to purchase from is to see the results that others have had using them.

Use our modern technology to your advantage. Find and read the unbiased Amazon reviews for their effects.

Results will vary from person to person. There is no one cure-all supplement, you need to know what is right for you, talk to an alternative health professional, or try them for yourself and keep a journal to record your results with them.

Why Am I Always Tired? – The Supplement Guide

As far as dosage; always talk to a health care provider and read the instructions carefully.

Remember this rule of thumb: only take the minimum dosage for effectiveness.

If you find 1 dose is enough to help you get the sleep you need, there is no reason to take more than that dose. In fact, you will want to wean off that dosage as soon as possible.

Keep a journal so you know what you take, and what the effect is. Be smart and measure.

Stimulants

Stimulants are the fastest way to see an immediate boost in your energy and productivity levels. You can feel the effects of them almost immediately, and many times they will last for up to 8 hours depending on the stimulant.

Most stimulants will build up a tolerance over time, and many will lead to addiction. Withdrawal symptoms can be painful, so avoid becoming addicted to stimulating substances.

Stimulants also have the negative effect of making you even more tired than you were before you took them. This is the crash often associated with sugar-highs and coffee withdrawals.

Caffeine

Caffeine is the most widely consumed legal psychoactive drug in the world. In North America alone, 90% of adults consume caffeine daily!

Caffeine is everywhere. It is in coffee, tea, energy drinks, soft drinks, and weight loss pills.

Caffeine has a great number of benefits for those who want more energy. It will temporarily ward off drowsiness and restoring alertness. It is both a central nervous system and metabolic stimulant.

The effects are also increased wakefulness, faster and clearer flow of thought, sharper focus, and better general motor coordination.

Why Am I Always Tired? – The Supplement Guide

Caffeine even acts as an appetite suppressant, and after Ephedra was banned, has become the primary active ingredient in diet pills.

There is no greater supplement to having more energy than caffeine; however, there is a downside to using it.

Using caffeine can throw off your natural rhythms. If you feel tired there is usually a bigger reason for it and using coffee/caffeine to mask these symptoms do not address the cause.

Plus if taken too late in the day, it can throw off your sleep cycles where even if you manage to fall asleep, you will not fall asleep as deeply and get the rejuvenation you need.

Caffeine's effect lasts for about 5 hours, and will stay in your system for up to 8. If you consume caffeine 8 hours before going to sleep, you will find yourself not getting the rejuvenation you need, and will tend to be groggier in the morning.

Like most stimulants, consistent use will build up a tolerance that requires you to take more of the drug to have the same effect. This means if there is another reason for you feeling tired, such as nutrient deficiency, you will need more and more of the drug in order to have the same result.

Caffeine also has addictive properties. Withdrawal symptoms include headaches, irritability, inability to concentrate, drowsiness, insomnia, body and joint pain, and may appear 12 to 24 hours after you stop using it. These symptoms can last from 2 to 9 days!

Why Am I Always Tired? – The Supplement Guide

Recently, caffeine withdrawal was characterized as a mental disorder by the American psychiatric association!

In larger coffee drinkers, symptoms including depression and anxiety were reported as withdrawal symptoms as well.

Caffeine, like most supplements in this guide are great for an initial boost in energy when taken earlier in the day.

If you are currently a heavy coffee drinker, it is best if you wean yourself off caffeine all together, but avoiding quitting cold turkey.

A good replacement for morning coffee is coconut oil, as it will give you a natural boost of glucose, which is what our body uses to energize our cells.

Nicotine

Nicotine is the addictive stimulant found in cigarette smoke and nicotine patches. In the US alone, 18.1% of all adults smoke on a daily basis. Nicotine is both a stimulant and a relaxant which can relax your body, and also make you more alert.

I don't think I need to tell some of your that nicotine is highly addictive, and very difficult to give up.

The purpose of this guide is not to convince anyone to quit smoking; however, it is necessary to discuss cigarette smoke as a potential cause of fatigue over time.

With nicotine being a stimulant, smoking late at night can prevent you from getting fully into a deep sleep which means you will feel less rested in the morning.

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If you are smoker, consider the implications of smoking on your fatigue, it could be a bigger cause than you think.

Alertness & Awareness Aids

These provide more focus, many times by having a calming effect. It may seem counterintuitive for a relaxer to be included in a list of more energy, but when you can reduce your stress and focus your attention, it takes away the toll on your body and your natural energy is unlocked.

Lemon balm

Lemon balm is a mint herb native to Europe and the Mediterranean regions. It is commonly used as flavoring in ice-cream and herbal teas. The oils from lemon balm are also commonly used in aromatherapy.

According to studies, lemon balm is effective against stress and can increase calmness, significant increase in the speed of mathematical processing with no reduction in accuracy”.

This supplement can be a great performance enhancer for office professionals, reducing your stress while helping you focus and accomplish tasks.

Lemon balm is prescribed in Austrian medicine as both a tea and oil for topical use.

You can buy lemon balm as oil for aromatherapy, in capsule form, and teas for daily use.

Why Am I Always Tired? – The Supplement Guide

Lavender Oil

Lavender oil is the oil produced from distilling lavender flowers. These flowers are common in the foothills of the Himalayas and are also produced in Bulgaria.

Lavender is used in aromatherapy and in many popular perfumes strictly for its scent.

The scent of lavender oil aids in relaxation, reduces anxiety, and is a natural stress reliever for some people. Lavender oil has also been said to relieve tension headache.

Aside from aromatherapy, the oil is used topically to relieve the pain from minor burns, sunburn, and sunstroke.

You can buy lavender oil as an oil extract cheaply in most retail stores, or online.

Kava

Kava (also known as ‘Kava-Kava’) is a type of tea that is commonly consumed in western pacific countries like Fiji, Polynesia and parts of Hawaii. The tea is used in religious ceremonies and at social gatherings. In the south pacific, ‘kava culture’ is almost as big as ‘coffee culture’ is here in the US.

The roots of a kava plant contain a chemical called kavalactones. Kavalactones are sedative and anesthetic.

A study done by found Kava to be more effective than placebo at treating social anxiety. This has a natural way to reduce stress and anxiety which gives you more focus and more brain function.

Why Am I Always Tired? – The Supplement Guide

There are a number of other effects and benefits of kava:

- Increases Focus
- Reduces ADHD
- Reduces general anxiety

You can buy kava in pill form, however it is generally consumed as a tea, or as Kava bars. There are parts of the world where drinking Kava is a social activity.

St. John's wort

St. John's wort is sold as an over the counter treatment for depression. St. John's comes from a flowering plant that is common throughout Europe.

Trivia tip: this supplement gets its name from the common harvest day - Saint John's Day on the 24th of June.

There have been a number of studies that show St. John's wort is effective at treating depression, and it's actually prescribed for patients with depression in Germany.

St. John's wort can be used as a mood enhancer, which will give you more energy throughout the day, especially if you are prone to mild or seasonal depression.

You can find St. John's wort in pill form in any drug or supplement store.

Why Am I Always Tired? – The Supplement Guide

Ginseng

Ginseng is a root found in North America and Asia. It is often served as a hot or iced tea. You can also find it in pill form. Some people even chew whole roots, or grind them down for their tea.

It has been used in Asia for years as an energy supplement, and is still one that can help you today when you need a boost.

You should know that too much ginseng can cause nausea, diarrhea, headaches, and blood pressure issues.

Ashwagandha

Ashwagandha is considered to be the “Indian ginseng.”

In Indian medicine, also known as ayurvedic medicine, ashwagandha has been used to combat fatigue, tension, and exhaustion for thousands of years. The herb is also used to promote the body's resistance to stress.

This herb will also help promote mental clarity, concentration, and alertness.

It is available in a pill, in an oil, or as a powdered tea from ground roots.

Why Am I Always Tired? – The Supplement Guide

Ginkgo biloba

Ginkgo is a tree that was one of the few living creatures to survive an atomic blast from only 1km away.

Recent medical studies have indicated that it can improve cognition in dementia patients. It is still being studied today as a possible treatment for Alzheimer's.

Ginkgo can help your memory and concentration; keeping you more focused.

It is sold in pill form, and as a pure ginkgo leaf and oil extract.

Green Tea

The green tree leaf is another Asian herb, traditionally used as tea. This tea is known to carry disease fighting antioxidants, improves immune function, and helps cardiovascular health.

It is a great coffee alternative with more health benefits without the usual crash. It does have mild amounts of caffeine, but much less than coffee.

If you ever find yourself with a caffeine headache, green tea can be used to lessen the symptoms by introducing just a little caffeine back into your system.

Green tea is sold as extract, and also as a tea in leaf or bagged form.

Why Am I Always Tired? – The Supplement Guide

Alpha-GPC

This natural compound is actually found in the brain of healthy human beings, and can also be extracted from soy.

Studies are looking at this compound as treatment for Dementia and Alzheimer's as Alpha-GPC helps to clear brain fog, and improve your memory.

It is considered a nootropic (helpful for neurobiological processes) and is available in pill form.

Creatine

This compound also occurs naturally in the body to help fuel muscle process. Half of stored Creatine in your body comes from the food you eat.

Body builders and athletes use supplemental creatine to increase athletic performance.

One study reveals that vegans who took this compound saw an increase in brain function, higher IQ, and tend to remember longer lists of unrelated topics. Another study found it to improve cognitive function of the elderly.

Creatine comes in micronized powder format, and is able to be dissolved in shakes or drinks. Some say you should take it with a sugary drink to increase absorption rates.

Limit yourself to 5 grams per day, and do not do a 'loading phase' or load your body with creatine. Do everything gradual and gracefully. Proper use of creatine (among other things) will help you see results with workouts.

Why Am I Always Tired? – The Supplement Guide

MCT OIL

Medium Chain Triglycerides are long-chain fatty acids used as energy by the body.

The highest concentrations are extracted from coconut and palm oils, but it is also available from camphor trees.

Simply put, MCT contributes to ketone bodies, which are three chemicals that are produced by your liver. These ketones are picked up by cells and converted to energy for use in their normal function.

MCT is best administered by a tablespoon of coconut oil.

Sleep Aids

Valerian

Valerian is an ancient flowering plant that blooms in the summer months in Europe and Asia.

It was used as a sedative in ancient Greece and Rome. Hippocrates described its properties as useful for insomnia, and in the treatment of migraines and pain.

The active ingredients are contained in the oils that are present in the dried roots of the plant.

Consuming valerian, or even chewing on its roots, can help treats sleep disorders, anxiety, stress, and cramps since it serves as a natural muscle relaxer.

There are a few adverse effects you should know; too much valerian and you'll feel nauseous, apathetic, and dull.

Because valerian is a depressant, it should not be used with other depressants such as alcohol, prescribed meds, or OTC medications that depress the central nervous system.

It is sold as ground root (for tea), or in an oil for mixing, or in a pill form. If you can find the roots to chew (some stores still sell them) have some 30 to 60 minutes before you intend to fall asleep.

Chamomile

Chamomile is a daisy-like plant native to Europe and Asia.

Why Am I Always Tired? – The Supplement Guide

Topically, it is used for inflammation in hemorrhoids, and is taken orally as an anti-inflammatory for digestion.

Chamomile tea has a relaxing effect on digestion, and is usually great for settling the stomach or your nerves after meals and before bed-time as a relaxation supplement.

You can buy it in pill form, as an oil, or ground up for tea in a powder or bag.

Note: The US NIH listed chamomile as a probably cause of miscarriage, so pregnant/nursing women should avoid it.

Also, those individuals who are allergic to ragweed may also be allergic to chamomile.

Why Am I Always Tired? – The Supplement Guide

Passionflower or Passiflora

There are over 500 different species of flowering plants known as Passiflora, and they grow all over the world.

The medicinal properties of Passiflora were known to Native Americans who used dried up leaves in a tea to treat depression, insomnia, hysteria, and epilepsy.

It is a natural stress-reliever that will help you sleep better.

You can find Passiflora as an oil extract, or as dried leaves and pedals for teas, or in simple pill form from most pharmacies.

Melatonin

This compound is a hormone found in plants, animals, and even micro-organisms. Melatonin levels circulate in your blood and control your natural circadian rhythms.

You can find Melatonin in St John's wort, rice, corn, tomatoes, and other edible foods. You'll also find it in grapes and wine.

Melatonin regulates the sleep wake cycle by chemically causing drowsiness and lowering the body temperature.

Supplements can produce vivid dreams and dramatically increase REM sleep. It can also suppress libido since you'll be too drowsy to care about anything other than sleep.

For obvious reasons, you should avoid driving or operating machinery after consuming melatonin in any form.

Why Am I Always Tired? – The Supplement Guide

There is a growing following that supports the anti-aging properties of melatonin. Young children reach peak production of melatonin during the night, and there are studies on how it can be used to stop or reverse the aging process of certain cells in adults.

Use natural or supplemental sources of melatonin as a natural sleep aid to change natural circadian cycles.

This will be great for those of us who get jet lag from travelling, and those who are troubled with general sleeplessness.

You can find it in pill form, and some stores even sell it as a liquid. Melatonin should be used in small doses for no longer than three months without consulting with a physician.

General Helpers

Supplements in this section may not apply to everyone, but if you have a deficiency you may see a dramatic improvement.

If your diet is proper, or you take a multivitamin, odds are you will not have to worry about these. Check with your doctor to see if you have any deficiencies. The only sure-fire way to reveal deficiencies is through a blood test.

In general, it is better to eat foods that have these vitamins and minerals naturally, rather than take any processed supplements as a long-term solution.

Why Am I Always Tired? – The Supplement Guide

Testosterone Boosters

Testosterone is a hormone produced by males, and it has a huge impact on a variety of men's health issues.

When your testosterone levels drop (usually in males around age 30 to 40) you can experience a "crisis" of vital hormones that make males lose libido, feel depressed, and moody.

The "mid-life crisis" in males can often be attributed to the physical and physiological changes a man goes through in his late 30's and early 40's.

Thankfully, there are a few ways of naturally boosting testosterone levels.

Losing weight has been said to trigger a release in testosterone and restore your confidence.

There are some who argue that a boost in confidence is what actually triggers the release of more testosterone via a psychosomatic response, but this is poorly substantiated by research, and only suggested by middle-age athletes.

Performing Tabata routines and other intense workouts will trigger testosterone release since your body is responding to rapid changes in demand for energy levels.

Eliminating processed sugars from your diet, and adding zinc can also trigger the release of this essential male hormone.

You can also be prescribed testosterone by a doctor as a topical gel or patch, but these often come with side-effects.

Why Am I Always Tired? – The Supplement Guide

Try to perform the natural methods of boosting testosterone, but seek professional medical consultation if you believe your testosterone levels are low enough to hurt your quality of life.

Magnesium

Magnesium is a dietary mineral that is essential for all biological systems. The primary source of cell energy is transported by magnesium, so a deficiency will slow you down and make you feel tired.

An absence of dietary magnesium makes life on earth impossible. Luckily for all life on the planet, you can find magnesium in almost any food.

A deficiency can make you lethargic, and can cause brain fog; rendering you incapable of making good judgment decisions, focusing, and sleeping normally, among other errors and disorders.

This is because dietary magnesium is used by the brain to regulate the firing of neurons.

A blood test will reveal your magnesium levels, but if you are always tired and experiencing frequent muscle spasms, anxiety, and migrates; you may have a lack of this mineral in your diet.

Juicing should provide you with enough magnesium from the plants we are using. You can also supplement it with tablets sold in almost every pharmacy or food store.

Remember, supplements are only a patch to help you. You should add more magnesium to your diet, only if you've

Why Am I Always Tired? – The Supplement Guide

tracked problems back to low levels, and have a blood test to confirm a deficiency.

Vitamin B 12

B12 was discovered in the 1920's as playing a key role in the normal brain and nervous function of human beings. It is also essential for the production of blood cells, and used in the metabolism of every cell in the body.

B12 is produced naturally by healthy bacteria in your gut that you acquire from animal proteins, especially liver, fish, and chicken and dairy products.

It can also be "grown" in a lab, but this form is not biologically active or wholly as beneficial as natural forms.

There are some non-animal sources of active B12, such as the Japanese black tea, Batabata-Cha.

Vegans and vegetarians may need to supplement since the only true source of natural B12 is via the waste products from bacteria in animal proteins.

A deficiency in vitamin B12 can produce chronic fatigue, depression, and poor memory. At significant low levels, and not far from normal range, you can even begin to experience a form of mania.

Asides from eating foods which contain biologically active B12, tablets are sold over the counter as a temporary supplement.

Why Am I Always Tired? – The Supplement Guide

Fish Oil

Fish Oil is derived from the tissues of oily fish, and contain essential fatty acids.

The human body does not produce this oil, and neither do the fish. Fish have to acquire the acids from eating their prey or algae, and thus, we must acquire it from them through our diet if we wish to experience the benefits.

These oils contain Omega 3 and Omega 6 fatty acids, both of which are essential fatty acids like coconut oil, which will increase natural energy, and reduce brain fog.

Adding more fish to your diet will give you more naturally occurring acids, which can help lubricate joints, improve mental health, and reduce blood pressure.

You can supplement these fatty acids by eating more fish or taking capsules, which are available over the counter.

CoQ10

Coenzyme Q10 promotes energy production in cells. Organs with the highest energy demands will contain the highest CoQ10 concentrations.

A CoQ10 deficiency may be related to things like heart disease and cancer.

CoQ10 is sold in capsule form, and helps to promote heart health, and can lower blood pressure.