

# ***Dr. Patricia J. Wales ND & Dr. Jennifer Bunzenmeyer ND***

*Naturopathic Medicine at the Acadia Wellness Centre*

*# 2 - 430 Acadia Dr. SE, Calgary, AB T2J 0B2*

**(403) 301-0123**

**Fax (403) 301-0105**

[www.ndclinic.com](http://www.ndclinic.com)

## **Why Is My Energy So Low?**

There are many reasons why your energy can be low. Your naturopathic doctor will do a thorough assessment of your health and, through this, determine which of the following factors are affecting you. Your naturopathic program can then be individually tailored to meet your specific needs.

**Sleep** - if you are not getting good quality and long enough sleep this is the first priority to address. A racing mind can be due to hyper stimulated adrenal glands that need balancing, hormonal imbalances, Yin deficiency in Chinese medicine or an overworked nervous system. Your naturopathic doctor will work with you to balance these things and may use homeopathic, herbs, nutritional supplements or acupuncture to help with this.

**You are what you eat - NUTRITION!** Your diet provides you with energy and nutrients needed for daily bodily functions. Processed foods (microwave dinners, pre-packaged meals, canned meals, chips etc), high sugar foods and fast-foods are often depleted of important nutrients, can decrease your immune system and often cause blood sugar imbalances leading to low energy. Conversely, an abundance of vegetables and fruits, whole grains (brown/wild rice, quinoa, millet, rye, spelt, kamut) and good protein sources (poultry, fish, minimal red meat, raw nuts and seeds, legumes and eggs) will keep you energized through the day.

**Stress** - a high-stress daily life brings a constant, on the go lifestyle. If small rest times and time to eat are ignored, the adrenal glands, our "stress" glands, are constantly being utilized and eventually get exhausted. Adrenal fatigue is a common cause of low energy, lack of concentration, decreased ability to deal with stress and sleep problems. A well balanced diet, stress resilience and relaxation techniques, adrenal support formulas and lifestyle management are common areas your naturopathic doctor will work with you to help increase your stress resilience.

**Hormone imbalances** - hormone imbalances in a woman's cycle, thyroid imbalances and adrenal fatigue can also lend to low energy. Hormone imbalances can be identified through specific symptoms, certain physical exam tests, lab tests and salivary hormone tests. Talk to your naturopathic doctor to identify specific imbalances you may be experiencing to work on balancing hormones.

**Toxicity** - detoxing the body of built up toxins 1-2 times per year is a great way to help aid in an energy increase. Our cells are like factories that process and make energy and other important substances for our regular bodily functions. By-products of this normal cellular function are often not eliminated thoroughly and on a regular basis and can lead to a "sluggish" feeling overall. A detox addresses the many different ways our body eliminates these toxins pending on the type of detox. Eliminatory routes to work on include the liver's phase I & II detox pathways, intestinal, lymph, urinary/kidneys, skin and lungs. Your naturopathic doctor can tailor your detox according to your health history including symptoms.

Naturopathic medicine is always actively searching for the right solution to help you reach your optimal health- the peak of the mountain. If your energy is low, talk to your naturopathic doctor to address either the above causes or pinpoint other possible causes to help revitalize and re-energize you today!