



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Fight Fatigue Naturally

If you are experiencing feelings of extreme tiredness, exhaustion, a lack of emotional stability and motivation, and difficulty with concentration and memory, you may be suffering from fatigue or a more complicated disorder, chronic fatigue syndrome (CFS). The CDC estimates that nearly one million Americans struggle with some form of fatigue, making it one of the most prevalent health complaints. Fatigue can be caused by a vast range of factors including poor diet and lifestyle choices, medical conditions, high stress, hormone imbalance and nutrient deficiencies, to name a few.



Fortunately, there are a number of simple lifestyle modifications that may help resolve fatigue:

- Get 7-9 hours of sleep nightly
- Increase your level of physical activity
- Cut back on caffeine and drink plenty of water
- Manage stress by setting realistic expectations for workload and schedule
- Take time to relax - try meditation or yoga
- Avoid alcohol and nicotine
- Eliminate sugar and processed foods
- Supplement with vitamins, minerals and herbs such as ashwagandha, vitamin B12, Rhodiola rosea, CoQ10, ginseng, iron, ornithine and creatine

The best way to treat fatigue is to find and correct the root cause. If the symptoms of fatigue continue, it could be the sign of an underlying health condition and you should contact your physician.



[CoQ10 Plus Nicotinamide Adenine Dinucleotide Improves Symptoms of Chronic Fatigue Syndrome](#)



[Rhodiola Rosea for Chronic Fatigue Symptoms](#)



[Siberian Ginseng Shown to Help Fatigue](#)



[Conquer Fatigue With Ornithine](#)

Upcoming Event

Personalized Nutrition 2020: Enhancing Immune Resilience Will Take Place Virtually on November 12-13, 2020



AMERICAN NUTRITION ASSOCIATION

The NHRI is pleased to announce that we will be a sponsor at the American Nutrition Association's annual summit.

Each person's immune system responds differently to viral exposure and infection. The immune system works in concert with other many physiological systems, and personalized nutrition can uniquely enhance immune preparedness by optimizing an individual's functional status. Personalized nutrition practitioners bring much-needed services, helping to prepare society to meet the rising challenges of our modern world. Join the personalized nutrition community for Personalized Nutrition 2020, November 12-13, on our new virtual platform.

[Click here for more information and to register.](#)

Recent Posts



Does Wearing A Mask Prevent the Spread of COVID-19?
Written by Joyce Smith, Staff Writer. This study concludes that mandating public use of face masks is associated with a reduction in the COVID-19 pandemic. [Read more »](#)



Consumption of Glucoraphanin-Rich Broccoli Soup Slows Progression of Prostate Cancer
Written by Angeline A. De Leon, Staff Writer. Consumption of glucoraphanin-rich broccoli soup was inversely associated with prostate cancer progression in men on active surveillance. [Read more »](#)



Benefits of Goat Cheese in a Heart Healthy Diet
Written by Jessica Patella, ND. Consumption of goat cheese naturally enriched in polyunsaturated fatty acids and conjugated linolenic acids for twelve weeks significantly increased high density lipoprotein (HDL) and significantly decreased C-reactive protein. [Read more »](#)



A Combination of Black Cohosh and Rhodiola Improved Moderate Menopausal Symptoms in Women
Written by Chrystal Moulton, Staff Writer. A proprietary blend of Rhodiola rosea and Black Cohosh was more effective than Black Cohosh alone in reducing symptoms of menopause and improving quality of life in women with moderate menopausal symptoms. [Read more »](#)



Higher Maternal Choline Levels Protect Fetal Brain Development
Written by Joyce Smith, Staff Writer. Study suggests that maternal supplementation with choline protects early brain development by decreasing the negative effects of viral respiratory infections including COVID-19, even when the maternal viral infection occurs in early gestation. [Read more »](#)

Holistic Insights on Covid-19

An informed opinion by our featured guest, Sarah Hung, ND, MSOM, L.ac., on integrative approaches to the Covid-19 crisis.

[Herbal Strategies Used in Chinese Hospitals to Treat SARS Coronavirus Patients](#)

[6 Antiviral Nutrients and Their Effects on Coronavirus](#)

[Inspiring Innate Immunity During COVID-19 Times](#)



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