

Wake Forest Baptist Health [Center for Integrative Medicine](#)

Vitality! Natural Fatigue Remedies

[Dr. Kathi Kemper's](#) Tips

- Tests:** We will check for factors that can cause fatigue: iron (ferritin), thyroid (Free T4 and TSH), inflammation (CBC, sed rate or CRP), B12, vitamin D levels, a urine analysis to make sure there is not a hidden bladder or kidney infection, and a pregnancy test (if you are a teenage girl). Keep a [symptom diary](#) to identify foods, temperatures, weather, activities, and other things that trigger symptoms and identify patterns in your symptoms. Take your temperature first thing every morning to track your basal metabolism. If you often feel faint, dizzy, or have palpitations, refer to [Brenner Cardiology](#). If you have allergies, refer to: [Dr. Jason Caldwell](#) (336-716-2011).
- Sleep:** Read chapter 4 in [Mental Health Naturally](#). Keep your bedroom cool and dark and your bed comfy. Go to bed earlier than usual. Develop a bedtime routine. Remove TV from bedroom. Keep a diary of things for which you are thankful. **Possible** sleep supplements: melatonin, 0.5 to 5 milligrams; valerian, 200 – 400 milligrams; herbal tea (chamomile, lemon balm, passionflower, hops); theanine, 25 – 50 milligrams (found in green tea); 5-HTP 25- 100 milligrams (an amino acid); or magnesium, 250 – 500 milligrams.
- Environment:** Eliminate exposure to tobacco smoke. If chronic allergies/sinus infections contribute to fatigue, use a Neti pot to wash out the nasal passages. **Consider** adding ¼ tsp xylitol to Neti pot solution.
- Diet:** Avoid foods containing artificial flavors, colors, sweeteners, and MSG. Drink pure water, not soda. Avoid fried and processed foods. Avoid animal fats (milk, butter, cheese, bacon, hot dogs, etc). Eat more fruits, vegetables (especially leafy greens, onions, grapes, spinach, cabbage, pears), whole grains, seeds, beans, and nuts; minimize processed foods. Consider making a home-made beef broth to supply minerals and amino acids. Yogurt is a good source of probiotics. Fish contains omega-3 fatty acids that can help reduce inflammation (wild salmon, sardines, herring, and mackerel). Consider drinking green tea.
- Exercise:** From where you are, increase by 5 minutes per week to *goal* of 150 min/week. Consider gentle [yoga](#) or [tai chi](#).
- Manage Stress:** Consider with your doctor.
 - ◆ Music, biofeedback, guided imagery, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), or prayer ([CareNet](#) 336-716-7339 or [Jeff Feldman, PhD](#) 336-716-8400). Consider using guided imagery CDs from [Health Journeys](#). Consider using biofeedback from [HeartMath](#) (either portable EmWave PSR or PC-based) or [Relaxing Rhythms/WildDivine](#) (PC only). Consider taking a meditation class (Ann McCarty, PA-C (336) 722-7266 or [UCLA's Mindful Awareness Research Center](#)). Listen to MP3 files on meditation.
 - ◆ Massage therapy. [WFUBMC Massage Therapy Program](#) (336-716-3076).
 - ◆ Acupuncture. [Boyd Bailey, Lic Ac.](#) (336-777-0037), [Keoni Teta, Lic Ac.](#) (336-724-4452), [SiWei Wang, Lic Ac.](#) (336-659-8120).
- Supplements:** Consider with your doctor. (See CIM Website [Dietary Supplements](#) for more information.)
 - ◆ Multivitamin/mineral.
 - ◆ [Omega-3 fatty acids](#) (1000 – 2000 mg daily of EPA+DHA) or FLAX SEED to decrease inflammation; it takes about 3-6 weeks for this to build up in your system. It is not an instant fix.
 - ◆ [Probiotics](#) to help normalize healthy bacteria in gut that help regulate immunity; one month (Culturelle, BioGaia, Florastor, GNC brand, Jarrow, Metagenics, Udo's choice).
 - ◆ If you are a vegetarian or picky eater or have low [B12](#) levels, [B12](#), 1 milligram daily for one month.
 - ◆ If your ferritin is lower than 30 mg/ml, we suggest SlowIron tablets, 1 daily for a month and rechecking ferritin.
 - ◆ Consider D-Ribose (up to 5 grams three times daily for one month).
 - ◆ Consider Coenzyme Q10 (up to 200 milligrams daily).
- Action Plan:** Use the [Action Plan Tracker sheets](#) to track your success.