

Fatigue

Dr. Abrienne Goss, ND

How does fatigue affect your life? Do you want to stay in bed all day? Do you become very unproductive and wish you could take a nap during the day? Do you become irritable with your loved ones? **Do you have no energy to put into exercise, relationships, or self-nourishment?** If you fit into any of these categories, you are probably tired of being tired, and so ready to change!

Often times, little focus is placed on *getting rid of* fatigue. It gets brushed under the table, **as people believe there is nothing that can be done.** "It's from being so busy," they might say. If you go to the doctor, often times a myriad of tests are run, and patients leave with no sign of imbalance, or a little thyroid support that may or may not really help.

The reason why fatigue is so hard to treat in our health care system is because every single condition out there can cause fatigue!

So, how do I address fatigue? 1) I get a *detailed* history of what is going on with YOUR body and treat based on what's going on with you as an individual, not as a "symptom". 2) I start with the basics. It is so easy to go for the worst possible scenario with fatigue. It could just be that you don't digest food very well, so of course if you don't get nutrients IN to your body, then you are going to be tired! If you don't get enough sleep, you are going to be tired! If you go 90 miles an hour all day, every day, you are going to be tired! But other important, often overlooked issues include adrenal/thyroid health, heavy metal or chemical toxicity, food sensitivities, autoimmune conditions, and many others. It's important to rule these out when treating.

The *real* question is, "What is going on with YOUR body?"

Wouldn't it be nice to know so that you can make the right changes for your body and your life? **I can guarantee if you are here, you are so tired of letting each day slip by feeling like you can't live it to its fullest because you are drained!** Use this message as confirmation that it is time to make a change. Let's find out what will make you feel energized and ready to live your life powerfully! Call for a New Patient Comprehensive exam or free 15-minute consult today. 541-389-9373. I look forward to working with you!

Dr. Abrienne Goss

541-389-9373

www.DoctorWilesGossNd.com