

Nine Hidden Fatigue Causing Problems

Many issues, medical problems and foods can cause you to feel fatigued and tired. Read about the 9 hidden issues that your doctor didn't tell you about and why they can cause chronic fatigue.

Want to go deeper and get help for your individual issues?

Book your FREE Fatigue-Resolution-Consultation today!

"ALLERGIES"/Sensitivities

Food Allergies of the delayed type can cause Inflammation in your body, which in turn can make you feel tired all day. You don't even know you have them unless you get tested or go on a sophisticated Elimination diet.

NUTRIENT DEFICIENCIES

Some nutrient deficiencies that can cause fatigue are Iron, Vitamin B12 or Folate deficiencies.

But there are others. Book your free consultation to learn more

TOXINS

Toxic substances ingested with our Food, inhaled (smoking!) or absorbed through the skin can cause you to feel tired.

AUTOIMMUNE DISEASES

like Lupus, inflammatory bowel diseases, rheumatoid arthritis and more cause inflammation in your body and make you feel tired. They also can be linked to food allergies and cause chronic pain.

DEPRESSION/LACK OF PURPOSE

When you feel down in the dumps or have no passion and purpose for your life, you may feel "tired of living" and fatigued.

HORMONES

Hypothyroidism, "adrenal fatigue" or blood sugar problems as well as other hormonal issues can make you really tired. DocChristine will help you get the right tests!

INFECTIONS

When your body fights microorganisms, you may feel tired. A common example is Lyme disease, but there are more.

EATING DISORDERS

If you eat too little (anorexia) or throw up after meals (bulimia), you may end up feeling extremely fatigued

EATING THE WRONG FOODS

Eating Foods that are not right for your individual type and genetic make-up can make you feel tired instead of giving you Energy.

BOOK YOUR CONSULTATION

If you've ticked one or more of the boxes, it is time to get help and book your 100% confidential FREE Fatigue-Resolution-Consultation with DocChristine!