

## **Changing Fall Colors, Changing Body Health**

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While leaves change color in the fall, body energy changes. Take advantage of the seasonal change to boost health. Your health determines your energy, your vitality, and how you live your life. Building energy reserves now can help make the holiday season more enjoyable and less stressful.

Autumn is the time to balance blood sugar, improve immunity and support your body to prepare it for the upcoming winter months. Proper nutrition can create balance and harmony within the digestive system, which is linked to immune function. Fatigue, digestive difficulties and sugar cravings indicate the need for digestive system help.

Fatigue and digestive difficulties can indicate a B12 deficiency. Without sufficient B12, the digestive system cannot make the proper digestive enzymes to break down food, resulting in fatigue acid reflux and GERD. B12 is found in animal foods including meat, fish, dairy, eggs, whey protein powder and fortified foods.

Without sufficient Levels of the entire Vitamin B complex fatigue and sugar cravings can develop. Overeating sugars and carbohydrates uses up B vitamin reserves. The entire whole food vitamin B complex is needed to metabolize and break down all carbohydrates and sugars, and to help generate energy.

Fatigue can indicate the need for iron. Iron attracts oxygen to the cells. Low iron results in inadequate amounts of oxygen, causing fatigue and possible anemia. Craving ice is a sign of poor iron utilization. Sighing and yawning frequently can be a lack of oxygen. Iron is found in meat, green peas, broccoli, lentils, molasses, raisins, brussel sprouts, kale, arugula and pumpkin seeds.

Skipping meals, not drinking enough good water, eating an insufficient quantity of protein and good fats in your diet, and overeating carbohydrates can contribute to fatigue and sugar cravings from blood sugar instability. Blood sugar issues influence the digestive, hormonal and immune systems.

Food cravings indicate different nutritional deficiencies. Cravings for bread, pasta and sugars indicate the need for specific vitamins and minerals to help balance blood sugar. Cravings for salty foods or caffeine indicate a hormonal imbalance. Dairy cravings indicate a protein and mineral imbalance. Chocolate cravings indicate a calcium/magnesium imbalance. These minerals are important for immune and digestive function.

Each body has indicators of nutritional deficiencies. Proper identification of the cause is essential to determine the exact nutritional products to change the indicators. Locating the specific causes of fatigue, digestive distress and different food cravings can help balance your digestive, hormonal and immune systems and change your health.