

Running Out of Energy?

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Running out of energy refers to a condition where you keep pushing your body to go, or you feel like you have no motivation to do anything. This is not a reference to making sure that you have eaten a sufficient quantity of food or need better goals. Low or no energy refers to the reduced function of the hormonal system to generate energy.

The job of the hormonal system is to activate your entire body and keep it going all day. A normally functioning hormonal system would enable you to easily jump out of bed in the morning. How many of you have to drag your body out of bed and get a stimulant like a cup of coffee in order to function? If you are tired in the morning and/or need caffeine to get going, your hormones are not working well.

If you experience fatigue after lunch or midday, or reach for something sweet to eat to get some energy, your hormones are not functioning normally. Your hormonal system should be providing your body with energy all day, and allow you to relax and sleep at night. If you are having any difficulty getting to sleep, staying asleep or waking up frequently during the night, your hormonal system is out of balance.

In addition to fatigue, the other indicators of a hormonal system that needs help include, sugar and/or salt cravings, weight gain, pain, hair thinning or loss, cold hands and feet and feeling stressed or overwhelmed. Stress is one of the major reasons that the hormonal system fails to do its job.

Too much stress can play havoc with the hormonal system. Ongoing or chronic stress adversely affects your ability to make the hormones needed for daily function. The stress response of the body burns out over time causing fatigue, insomnia, altered mood, lack of motivation, poor digestion, decreased sex drive, irritability, depression, sugar cravings, chronic pain, inability to stay asleep, osteoporosis, weight gain, and more symptoms.

There is a natural solution to help repair hormonal imbalance regardless of the stage of hormonal function your body is in. Various alternative approaches to repairing hormonal imbalances range from dietary and lifestyle changes to natural hormonal support. Consult a holistic wellness physician to find out more about your hormones, what stage of hormonal function your body is in, and what can be done to rejuvenate your energy.

Published in Body Mind Spirit Magazine in March 2016

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