



August 9, 2010 – Grand Rapids, MI

## Fatigue

One of the questions I get all the time is about fatigue—people say they just don't have much energy, and they have so much to do. I'm not immune to that either. While everyone wants to know about stimulants such as caffeine or nutrients that help produce energy such as B vitamins, ask yourself two questions:

1. How much sleep are you getting?
2. How much fluid are you consuming?

Folks, we need sleep, and invariably, people tell me that they're busy and don't have time to sleep as much as they'd like. Okay, expect to be tired because you can't cheat sleep. Your body needs downtime to repair itself, so if you're fatigued and you don't sleep—I really don't need to say any more, do I?

The fluid thing is a much more common issue related to fatigue, especially in the summer. You should be drinking one-half your body weight in ounces of fluids every day (if you weight 120, drink 60 ounces of fluid a day), and if it's been as hot and humid where you live as it has been in Grand Rapids, you need even more. You're especially vulnerable in the late afternoon, so drink up throughout the day. Caffeinated drinks count, so don't worry about that; drinks with alcohol are counter-productive.

Often the simplest approach is the right one. Ask yourself those two questions if you're fatigued. Then do the simple things to see if they work for you.

What are you prepared to do today?

**Dr. Chet**

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