



August 11, 2010 – Grand Rapids, MI

## Fatigue, Part 2

“So what do I do if I’m getting enough sleep, I’m well hydrated and I’m still fatigued?” I anticipated those questions, and here are several things that may help. Start at the first one and keep trying the next until you find one that works. You don’t have to do them all because if one works, you’re done.

1. Up your B vitamin intake, especially vitamins B6 and B12. Those B vitamins as well as the other B vitamins help the body produce energy in both the muscles and the brain; if you’re fatigued, high levels of B vitamins may help. You could use a supplement or an energy drink high in Bs such as XS—that way you’re doing double duty by getting your Bs and adding fluids. Try this for a week to see if you feel any change.
2. Take a coenzyme Q10 supplement. Coenzyme Q10 helps the mitochondria produce energy. If you don’t make enough, or are taking a statin medication like I do, you may benefit from 50 to 100 mg coenzyme Q10 per day. Give this one 30 days.
3. Use a stimulant such as caffeine; you should feel the effects of caffeine immediately. Whether it’s in coffee, tea, or sugar-free energy drinks, caffeine really does work for most people to help increase their energy. It’s more than a stimulant—it helps release fuel your body can use for energy. But not everyone can take caffeine if they have hypertension or some other condition.
4. Finally, get your thyroid checked. If you have an under-active thyroid, it can really make you feel fatigued. Get it checked and if you need to take a replacement, do it. I know you may not want to take medications. Fine—then be tired all the time, because if there were an alternative in vitamins, minerals, or some other supplement, I would have found it by now. Paula takes a thyroid medication, and you know if she takes it, I have no problem with it. To me, it’s just logical that if your body isn’t making what it needs, whether it’s insulin or thyroid hormone or any other substance, you supply it the best way you can—and in this case, a medication is the best choice.

Remember one thing: there are genetics involved here as well. Some people like yours truly can drink a mug full of double-strength coffee and go right to sleep; the same is true for B vitamins. Other people would be up for hours. We don’t have genetic tests for all these things yet, so it’s hit or miss. Still, you have some options to help you get to the energy levels to help you do the things you want to do.

What are you prepared to do today?

**Dr. Chet**

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