

# FOODS To Fight Exhaustion



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re you constantly tired and irritated? This may be due to fatigue. Though fatigue does not cause any harm, you will always lack energy and enthusiasm to do anything!

There are several types of exhaustion: physical, muscle,

metabolic, emotional, mental, wired but tired, prolonged/chronic and pharmacological exhaustion. There are also various causes due to which you may feel tired and sluggish. However, the common causes are reported to be lack of nutrition, your habits and routine.



## COMMON CAUSES

Fatigue can be an indication of several underlying health conditions. The most common conditions due to which the exhaustion takes place include the following:

- Lack of sleep
- Sleep apnea
- Lack of nutritious food
- Iron deficiency or anemia
- Depression
- Hypothyroidism
- Caffeine overload
- Urinary tract infections (UTIs)
- Diabetes
- Dehydration
- Heart Disease
- Shift work, sleep disorder
- Food allergies
- Chronic fatigue syndrome (CFS) and fibromyalgia

## SYMPTOMS

- Feeling constantly irritated
- Frequently in need of stimulants
- Eating is a chore
- Difficulty in concentrating and staying focused
- Longer recovery period for a small cold, sore throat, or other minor illnesses
- Having fun is a chore
- Dizzy spells

## WHY DO WE FEEL EXHAUSTED?

The most common complaint during a routine health check is tiredness. This may be due to several reasons such as disappointment, negligence in food, lack of nutrients, lack of exercise and the loss of glucose due to mental

disorders. Out of all these, the most common cause of exhaustion is disappointment.

Exhaustion may not always be a cause of sickness. It may also result from allergic reactions, in hypertension and heart rate, dust, particles, etc. Sometimes, fatigue is also because of irregularity in sleep, which can be cured with better rest.

## FOODS THAT CAN CAUSE EXHAUSTION

Have you ever felt exhausted after eating a big meal? This is because there are some foods that can cause tiredness. A portion of food rich in both protein and carbohydrates can make you feel extremely tired! Here is a list of a few foods that are rich in protein and carbohydrates.

### Foods Rich In Protein

- |           |                |
|-----------|----------------|
| • Salmon  | • Seeds        |
| • Poultry | • Milk         |
| • Eggs    | • Soy products |
| • Spinach | • Cheese       |

### Foods Rich In Carbohydrates

- |   |                                 |
|---|---------------------------------|
| • Pasta                                 | • Sugar and candy               |
| • Rice                                  | • Pastries, cookies and cakes   |
| • White bread and crackers              | • French fries and potato chips |
| • Cakes, cookies, doughnuts and muffins | • Gluten-free junk food         |
| • Corn cobs                             | • Agave nectar                  |
| • Milk                                  | • Low-fat yoghurt               |

## HOW DOES FOOD HELP IN REDUCING EXHAUSTION?

To increase energy and beat fatigue, you need to eat healthy. Eating a balanced diet that is inclusive of

carbohydrates, proteins, vitamins and fats can help you avoid this condition. However, beware that different foods convert to energy at different rates, so make sure that you eat the right foods to give you a quick boost.

Small and frequent meals can reduce the perception of the fatigue you experience. Having bigger-portioned meals may prove ineffective because the human brain has very few energy reserves that demand a constant supply of nutrients. Therefore, make sure you eat the appropriate foods in the right quantities because overeating of the wrong foods results in nutrient deficiencies and other metabolism problems that lead to chronic fatigue.

## FOODS THAT REDUCE EXHAUSTION

When the underlying cause of the fatigue is known, the weakness can be taken care of accordingly. Also, eating the correct foods is the most effective remedy for those who feel worn out. So here are some helpful foods:

- VEGETABLE JUICE
- ADAPTOGENIC HERBS
- CHIA SEEDS
- HERBAL TEAS
- PEPPERMINT ESSENTIAL OIL

