
Fatigue is a feeling of tiredness or lack of energy that can occur due to a variety of reasons. The pattern of fatigue may help define its underlying cause. Fatigue can be a normal response to physical exertion, emotional stress, or lack of sleep. However, it can also be a non-specific sign of a psychological or physical condition. If it is an ongoing problem, it is best to consult your health care professional to determine its cause and treat the problem.

Common causes of fatigue include:

- Lifestyle factors, such as stress, anxiety, shift-work and poor diet
- Anaemia (lower than normal number of red blood cells)
- Chronic liver, kidney, heart or lung disease
- Diabetes, especially when poorly controlled
- Infection, including viral or bacterial
- Food intolerances
- Malnutrition
- Depression
- Lack of sleep
- Raised insulin levels
- Lack of physical activity

Often fatigue can be relieved by sleep, good nutrition, or a low-stress environment.

DIETARY SUGGESTIONS

1. Food intake should consist mainly of vegetables, fruits, wholegrain cereals, nuts, turkey/chicken and fish.
 2. Ensure consumption of adequate iron by including lean meat, poultry, eggs, nuts and green leafy vegetables. Consuming vitamin C rich foods with iron-containing foods helps absorption.
 3. Limit intake of high fat foods and sugars.
 4. Avoid chocolate, soft drinks, caffeine and highly processed foods as these deplete the body of magnesium, which leads to fatigue.
 5. Keep bowels regular by consuming fibre-rich foods and drinking plenty of water.
 6. Try to develop regular sleeping patterns by going to bed and waking at the same time each day.
 7. Gentle exercise helps relaxation, so participate in walking, swimming, meditation and yoga.
 8. Avoid smoking and alcohol.
 9. Excessive intake of refined carbohydrates including white flour products and sugar which increase insulin levels.
 10. Be sure to include adequate protein at each meal (such as lean meat, chicken, fish, nut, low fat dairy products etc)
 11. See a qualified wholistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan.
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FATIGUE

1. **Hyperinsulinaemia**
2. **Compromised liver function**
3. **Functional Hypoglycaemia**
4. **Food Sensitivities/intolerances**
5. **Adrenal exhaustion**



Freedom Foods

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FATIGUE PRODUCTS

- ♥ Less than 3% fat (low saturated fat)
- Gluten free, wheat free
- ★ No added sugar
- Low GI

Biscuits – 97% Fat Free

- ★♥ Apricot Temptation (GI – 47)
- ★♥ Spicy Apple Sensation (GI – 47)
- ★♥ Blueberry Bliss (GI – 47)
- ★♥ Sticky Date (GI – 47)
- ★♥ Zesty Ginger (GI – 47)

Fruit Spreads

- • ★♥ Apricot (GI – 29)
- • ★♥ Raspberry (GI – 26)
- • ★♥ Strawberry (GI – 29)
- • ★♥ Marmalade (GI – 27)

Sauces

- ★♥ Tomato Pasta Sauce

Snacks

- ★ ♥ Baked Corn Chips - Plain

Beverages

Organic grape juices

- ★♥ Black Muscatel
- ★♥ Shiraz
- ★♥ White Muscatel

Spreads

- ♥ Vege Spread (gluten free/yeast free)
- ★ Soy Butter

Confectionery

Fruit strips enriched with a vitamin & mineral blend

- • ★♥ Apple & Apricot (GI – 29)
- • ★♥ Pear & Peach (GI – 29)
- • ★♥ Plum & Apple (GI – 29)

Slices/Bars

Gluten Free, Wheat Free Slices:

- ★♥ Strawberry Multipack – **Medium GI (58)**
 - Choc Chip Multipack
- • • Omega Bar - good source of omega (GI – 21)
 - ★ Super Berry Breakfast Bar: only 4% fat – **Medium GI (57)**

Breakfast Bar

- ★♥ Hi-Lite Breakfast Bar - enriched with vitamin C, iron & folate (GI – 53)
- • ★ Gluten Free Breakfast Bar (GI – 50)

Breakfast Cereals

- ★♥ Hi-Lite enriched with vitamin C, iron & folate (GI – 54)
- ★♥ Rice Flakes with Psyllium
- ♥ Rice Puffs with Psyllium
- ♥ Corn Flakes with Psyllium
- ★ Porridge *Quick Oats* (GI – 50)
- ♥ Ultra Rice with Psyllium
- ★ Yeast Free, Wheat free Muesli (GI – 44)
- • ★ Gluten Free, Wheat Free Muesli with Psyllium (GI – 50)

Pastas

Enriched with a vitamin & mineral blend & added fibre

- • ★♥ Enriched Rice (GI – 51)
- • ★♥ Enriched Spaghetti (GI – 51)

Bakery

- ★♥ All-Purpose Flour
- ★♥ Pancake Shake – **Medium GI (61)**
- ■ Corn Fritter Shake (GI 34)

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology. Low GI ≤ 55
Medium GI = 56 - 69
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800696231 for further information