

A Guide to Fatigue

by Amelia Botanica



Amelia Botanica

Amelia Botanica Naturopathy was created to support women and their families tune into their highest frequency and return home to their better selves.

Amelia Botanica aims to help each patient feel supported, empowered, conscious and balanced, all while providing gentle, professional support every step of the way.

Drawing inspiration from nature, Amelia Botanica aims to support your wellness and the natural mechanisms of the body in a process of healing.

The submark was created as a small nod to the business name representing a mix between seashell, flower and feminine curves, conveying the care, softness and self-enchanting nature of who Amelia is.

We are looking forward to welcoming you to your new form.



Amelia Hetherington is a Sydney based Clinical Naturopath with a Bachelor of Health Science Naturopathy

The purpose of these writings is to open your eyes to how dietary and lifestyle changes, as well as herbal and nutraceuticals support can nourish you and your loved ones on your wellness journey.

This booklet was made as a reference guide to support you daily.



Pathophysiology

The development of fatigue.

Fatigue.

Being fatigued is characterised by feelings of tiredness and a lesser capacity for work. Our bodies are sensitive and need plenty of recalibration, however, our modern world is hyper stimulating and many people find themselves to be running on empty, or 'wired and tired'. The food we eat is also not as nourishing as it once was and that can also lead to poor nutrient absorption into the body.

Fatigue can occur due to poor energy creation in the cell caused by

- Nutrient deficiencies
- Nervous system dysfunction
- Infections
- Immune exhaustion
- Blood sugar dysregulation
- Thyroid dysfunction
- Poor sleep quality

Because fatigue can be caused by many different things, it is important to address the underlying cause first with some basic blood pathology/testing done through your Naturopath.

Signs & Symptoms of Fatigue

- Exhaustion
- Low or high appetite
- Dizziness
- Lethargy
- Low moods
- Poor motivation
- Sleepiness
- Headaches
- Sleeping issues



Naturopathic Support

Naturopathy is a form of alternative medicine that focuses on natural remedies to heal the body. Naturopaths aim to promote wellness by identifying the root cause of an illness rather than just treating its symptoms. Naturopathy uses a range of therapies to support energy levels, including lifestyle changes, nutritional counselling and herbal medicine.

One way that Naturopathy can support energy levels is through nutritional changes. A healthy and balanced diet is essential for maintaining optimal energy levels. The human body requires a variety of nutrients, including carbohydrates, proteins, fats, vitamins, and minerals. Naturopathic practitioners will evaluate an individual's diet and suggest appropriate changes to optimise their nutrition. They may also recommend supplements to address any deficiencies or imbalances in the body.

Another way Naturopathy can support energy levels is through the use of herbal medicine. Plants have been used since ancient times to promote health and vitality. Naturopathic practitioners may prescribe herbals that have been known to help alleviate fatigue, such as Ginseng, Ashwagandha, and Rhodiola. These herbs are adaptogens, which means they help the body adapt to stressors and improve energy levels.

Lifestyle changes are also an important part of naturopathy for fatigue. Practitioners may recommend exercise, relaxation techniques such as yoga, meditation or mindfulness practices, and sufficient sleep. Regular exercise is essential for maintaining energy levels, improving mood, and reducing stress. Relaxation techniques and sleep are also critical for overall health and wellbeing, and can help alleviate the symptoms of fatigue.

In summary, fatigue can occur for a variety of reasons, however, identifying the root cause is crucial for effective treatment. Naturopathy provides a holistic approach to treating fatigue by considering various factors that may be contributing to an individual's symptoms. Naturopathic practitioners can help to optimise energy levels and improve overall health and wellness.



Naturopathic Support

Aims of Holistic Treatment of fatigue:

- + Support nutrient levels & absorption in the body w/ nutrition & supplementation
- + Ensure sleep cycles are regulated with good sleep hygiene
- + Ensure stress is reduced with lifestyle changes & herbal medicine
- + Ensure the immune system is functioning well
- + Reduce drivers of systemic inflammation throughout the body (stress, poor sleep)
- + Regulate blood sugar levels for the best energy outcome with diet
- + Improve digestive health for best absorption of nutrients

Naturopathy supports
the body to heal
synergistically in line
with nature



Nutrition

To improve energy levels and motivation



Nutritional Support

When moving towards a Naturopathic way of consuming nutrients, I have come to the conclusion that balance is the most important thing to consider. My personal journey with my food consumption has included years of vegetarian and veganism as well as pescatarianism and now eating how I feel inclined. This now mostly consists of animal products including all parts of the animal and the products that they make.

I found I felt released of pressure when I took the label off what I enjoyed as food, and began to adventure outside of my comfort zone and into eating how my intuition guided me. Now I enjoy foods that are deeply grounding and nourishing, and that warm me and build Chi (the vital energy).

Consuming animal products have been demonised and looked down on for the last 20 years and veganism has become a big movement. Most of the time people feel fantastic being vegan for the first 6 months and then from there they begin to notice some declines. This is due to the initial removal of low quality and processed foods and the introduction of antioxidants.

Eating in an Ancestral fashion is very important when building your nutrient status and your hormones. I enjoy all animal fats including marrow, lard, ghee, grass fed butter, the flesh and so on.

Without proper nutritional intake of essential minerals, there are often poor mental health outcomes, hormonal imbalance, gut issues & low energy levels.

All of the essential nutrients for brain function are mostly found within animal products, including glycine, B12, Vitamin A, B6, B9 and copper.

When nourishing yourself, look at supporting your energy levels with healthy fats & enough proteins.



“Chi is the energy current that runs through our bodies, providing us with circulation, nutrients, and minerals that we need to be whole,”

- Dr. Taz Bhatia

Nutritional Support

Without these essential nutrients important products cannot be created, including myelin sheath which are found on neurons in the central nervous system essential for proper nervous system function and energy levels. Thus, eating a diet rich in quality nutrients is necessary for good energy.

Considering the brain is made up of saturated fats, it is so important to nourish the body with fatty compounds that replenish the body's organs. Within clinic, I generally focus on nourishing the body in an ancestral manner. That is looking at the whole animal, when preparing foods I enjoy slow cooking using the bone of the animal alongside some bone broth.

The plethora of nutrients involved in these products are strongly correlated with proper neurotransmitter creation and function, and also a functioning gastrointestinal system (due to the collagen proteins in these products which support the gut lining). When the gut is healthy it absorbs more nutrients for energy production.

Therefore, when on this wellbeing journey, I invite you to explore all foods and find a balance that deeply nourishes your own Chi and vitality.

It is also important to get antioxidant rich polyphenols from some plants and berries for health. Looking at locally grown berries, pumpkins, asparagus, zucchini and so on nourishes the body further.



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Dietary Inclusions

Nutrients important for energy synthesis -

- Increase protein intake - 1 palm sized portion of protein per main meal 3x daily (meat, eggs, fish, nuts, seeds). Protein is essential for energy creation as it helps to stabilise blood sugars and thus keep our energy high.
- Fats - include fats into every meal to support satiation and energy levels (olive oil, avocado, ghee, grass fed butter, seeds, nuts). Fats help us absorb important nutrients that support energy levels. Putting butter onto greens is a great example!
- Carbohydrates - cooked veggies are the easiest to absorb & breakdown, complex carbs such as rice, quinoa, buckwheat are also a good option. Carbohydrates should be only eaten is accompanied by protein/fats to reduce the blood sugar spike - which helps with more sustained energy levels.



Dietary Changes

First steps in supporting fatigue, is always making positive changes to your diet -

- Reduce sugar, gluten and alcohol intake
- Avoid all pre-packaged foods as they can contain preservatives and additives that exacerbate fatigue
- Avoid deep fried foods as they reduce the antioxidants in the body which help with energy production
- Increase protein intake
- Increase antioxidant intake in the form of berries, leafy greens, bright veggies

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- Blood Sugar Regulation: Please try eat a protein rich meal within an hour of waking to regulate the blood sugar and insulin in the body & regulate energy levels
 - Anti-inflammatory foods; green veg, turmeric, ginger, spices - these have high antioxidant status and help with energy production
 - Replace: Conventional gluten sources with organic versions (e.g. organic GF sourdough, paleo bread)
 - Reduce: caffeine to maximum 1x serving per day, excess caffeine on any already exhausted system can make things so much worse
 - Alcohol: keep this to the bare minimum, as alcohol disturbs a healthy detoxification pathway function & is full of inflammatory compounds that reduce absorption of nutrients important for healthy energy levels.



Lifestyle support

For fatigue & low energy levels



Lifestyle Support

1

- Regulate your stress levels

Long term stress on the body can cause the little adrenal glands to release too many stress hormones. This can lead to us feeling wired, exhausted, dizzy, fried & burnt out. To support this, it is recommended to spend time outdoors daily in the sunshine without technology. It is also important to schedule periods of rest into your week where you can refill your cup. This can be in the form of reading, infrared sauna, painting, mindfulness practices, napping or swimming in the ocean - anything that soothes the soul.

2

- Sleep

Good sleeping routines are arguably the most important thing for proper energy creation. Without 7-9 hours of good quality sleep each night the body isn't able to properly detoxify and reboot, leading to fatigue. Many of us have dysregulated cortisol levels, meaning our cortisol, which is meant to rise throughout the day for energy and then drop in the afternoon to prep us for sleep, is too high. It is recommended to get sunlight into the eye upon rising to signal to the brain that it is time to wake up for the day, and looking at the night sky each evening signals to the brain its time for sleep. Reducing blue light early in the morning at night is also really necessary for a good sleep cycle.

3

- Exposure to nature

Many of us travel to work on a bus, sit indoors all daily and then make our way home to bed without any connection to the outdoors. It has been proven time and time again that nature bathing drastically reduces our stress hormones & levels of motivation. It is recommended to spend at least 15-30 minutes outside daily (bush walking, ocean swim, laying in the garden). Vitamin D will be boosted and so will your energy levels.



Day Planner for Energy

1

7am - wake up with a gentle alarm such as waves crashing or rainforest sounds (this makes sure the nervous system isn't in shock upon waking)

7am - wash your face with cold water, drink a tall glass of warm water, begin to prepare your breakfast (this needs to include around 25g or a palm portion of protein, 1-2 tbsp of fats & 2 cups of veggies - my fave is 2 eggs, wilted greens, avocado on paleo bread with lemon!)

8am - head outside for a morning walk/stretch in the sunshine (getting sunlight in the eye supports healthy cortisol regulation).

8:45am - meditate for 15 minutes (I like to use the Insite timer app). Or journal what you are most grateful for.

2

9am - begin your working day, whatever that entails with a cup of herbal tea

10am - have a quick stretch and a break from your screen at least 1x per hour. Have a nice drink of water.

11am - stretch again & make a nourishing snack such as a boiled egg, a handful of nuts with some berries, or greek yogurt with nuts)

12:30pm - make lunch! Things like chicken breast, mixed veggies, avocado and seeds are a perfect way to balance your blood sugars to avoid the afternoon lull.

3pm - Let's have some more protein, water & a quick break from work. During this time check in with your body - is it aching, tired, jumpy, excited. If possible sit on some grass and have a few deep breaths.

3

5pm - finish work and close down all technology - now is the time to really support your nervous system. Aim to get outdoors again for an ocean swim, a walk in the park or a gentle stroll around the block. This is again important for the eye to see that the day is winding down and our sleepy hormone melatonin can begin to rise more rapidly, prepping us for sleep.

7pm - make a nourishing dinner again rich with protein, add some carbs in like rice, or potato as this helps with our stress response and a good night's sleep.

8:30pm - choose an activity you love to do that is calming - a warm bath, reading a book, journaling, singing, painting. Make sure this is done in an environment that is quiet and with dimmed lighting. Ensure no technology is around you.

9:30-10pm - jump in bed and stare out the window at the night sky and reflect on your day.



Supplements for Fatigue

Diet and lifestyle is the first medicine we can use to treat fatigue, however, modern living is polluted with toxins from the environment and the things we consume (via food and our skin).

The food we eat is not rich in nutrients due to poor soil quality leading to low nutrient status in so many. Therefore, taking supplements is important when we treat most health issues!

Providing supplements elevates our health and wellness to another level of healing and supports cellular replenishment that diet and lifestyle alone cannot treat.

When treating fatigue, we need to find the root cause of it which can be nutrient deficiencies and address them with supplementation.

Supplements are also provided in a therapeutic dose which means that they are allocated at a higher dose than just eating them alone can do.

Ensure to discuss your supplement protocol with your naturopath or healthcare provider.

High quality B-complex - 1 serving daily

Essential fatty acids - 1000 mg/day

Zinc - 60 mg/day

Magnesium bisglycinate - 800mg/day

Ubiquinol - 100mg/day

Specific iron therapy if needed

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Herbs for Energy Support

The aim of herbal medicines for energy production is -

- Decrease inflammation
- Increase antioxidants
- Provide mood support
- Improve the function of detoxification pathways
- Improve gastrointestinal microbiome for nutrient absorption & energy
- Rebalance hormones for regulate hormone cycles and reduced premenstrual mood/energy drops

Herbal medicine to support energy production & the adrenals

- *Zingiber officinalis*
- *Bacopa monnieri*
- *Curcuma longa*
- The Ginseng family
- *Rehmannia glutinosa*
- *Withania somnifera*
- *Rhodiola rosea*
- and more

Herbal medicine to support sleep cycles

- *Ziziphus jujuba*
- *Eschscholzia californica*
- *Passiflora incarnata*
- *Lavandula angustifolia*



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Case Study

A 21-year old female presented with severe fatigue & poor sleep. This impacted her ability concentrate at work, sleep well, exercise & socialise.

She was vegan and had been for around 12 months.

Her low energy levels began to affect her moods and made her want to sleep all day. She slept for 5 hours per night and scrolled online before bed to help her 'wind down'

She had no issues with her gut or period pain, but she felt her diet was lacking in something.

Treatment entailed -

- Getting to the root cause of her fatigue with blood pathology (low iron, b12 & high cortisol levels).
- Removing gluten/alcohol from her diet
- Increasing protein and healthy fat intake
- Introducing eggs to her diet
- Introduction of daily breath-work sitting in her garden
- Removal of technology before bed & some sleep hygiene support
- Introduction of a specifically formulated iron/b12 formula
- Herbal formula for her stress levels
- Nutrients - Ubiquinol, EFA Fish oils & magnesium

Results -

- Within the first 2 weeks she said she felt an energy shift
- Her sleep improved massively to 7 hours per night uninterrupted
- Although plenty of progress to be made, she said the difference was massive.

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Amelia Botanica | *Holistic Naturopath*

I hope this guide provided you with nourishment, support & information that changes your mindset around the causes of fatigue & lethargy.

If you need further support on your wellness journey, please don't hesitate to contact me with any questions you may have.

In good health,
Amelia Botanica



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