

Practical Preventable Medicine



SO TIRED OF BEING TIRED!

FATIGUE...a small word for one of the most prevalent and confusing of all conditions, and in terms of a real explanation of why, not a whole lot of understanding of the conditions exist in the modern medical model. To be honest, modern allopathic medicine does not even have a word for the flow of energy in our bodies, therefore it is difficult to diagnose and treat what we know not of. In Chinese Medicine terms, we refer to it as Qi (pronounced Chi) and when Qi is either deficient, stagnant or blocked we will suffer from Fatigue. Fatigue also commonly occurs when the immune system has been over-worked for a long period of time.

For instance, a common condition often refers to as Chronic Fatigue has, in my clinical experience, most often been the result of a series of events that can begin with either repeated attacks of tonsillitis and/or glandular fever and frequency repeated doses of antibiotics that has not been able to fully clear the pathogen as most often it is a virus (except in the case of bacterial tonsillitis), and has resulted in the glands under your jaw going up and down whenever you get run down. This is the immune system trying to kill the virus, but not winning. This uses a lot of white blood cells and results over time in your body slowly being drained of vital Qi resulting in constant fatigue. A supplement with Zinc can be of assistance here.

The use of certain pharmaceutical can also cause fatigue. Anti-depressants, certain pain killers such as Panadine Forte (due to the codeine) and even the contraceptive pill in some people can cause fatigue as these products need to be processed by the Liver and if the liver has a lot to deal with, such in-organic chemicals can tax it and result in what we call Qi Stasis, even Blood stasis in long term users. Whenever there is a block in flow, fatigue follows.

Depending on the cause of fatigue, different things can help. It often feels like a large boulder that you are pushing against. With the right tools and lots of effort you can get that boulder rolling and then it will gather its own momentum. Getting active in vital here. Walking, swimming, playing etc each day will get that Qi moving and give you more energy.

Written by: Dr Angela Palmer - Kinglake Chinese Medicine
Chinese Medicine CMRBV REG AH/1347
Member AACMA 2154

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Sometimes if it is a simple Qi deficiency, Ginseng can help or if your Liver has a winter buildup of toxicity a simple spring detox can help. Always speak to a health professional before doing on any extreme diets, but most people will respond to increased water with a squeeze of lemon juice, cutting out sugar and all white processed wheat products, eating lots of fresh greens and cutting out/down on meat and dairy and alcohol. (If you suspect you are low in iron, talk to your doctor first). Get into some Green or Red superfoods (available in store). Give it a week or two and see how much brighter you feel!

Until next time
Stay well
Dr Angela Palmer
Chinese Medicine Practitioner.

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