



BEAT THE ENERGY DRAIN

If your get-up-and-go got up and left, you may be suffering from fatigue. Find out its common causes and how you can regain the pep in your step

BY TRACY E. HOPKINS

Sure, you expect to feel a little run-down when you've spent the past few weeks getting to work early and socializing with friends into the night or you've been putting in extra hours at the office finishing up a project. But what about that wrung-out, bone-tired feeling you can't seem to shake, no matter how much couch time you've clocked? If you just can't seem to feel well-rested, you might be suffering from fatigue, which is characterized as having a lack of energy and motivation rather than just feeling sleepy. According to the Mayo Clinic, fatigue can be attributed to lifestyle factors, underlying medical conditions or psychological problems. "In a world filled with endless to-do lists, multimedia overload, eating on the run and economic tensions, many individuals are experiencing fatigue on a daily basis," says Eudene Harry, M.D., medical director of the integrative and holistic Oasis Wellness and Rejuvenation Center in Orlando, Florida.

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