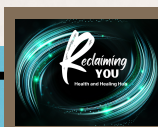


# I'M EXHAUSTED!

## 10 REASONS

YOU COULD BE SO TIRED

A NURSE'S PERSPECTIVE & SOLUTIONS



*Reclaiming You*  
HEALTH & HEALING HUB



# CONTENTS



<b>Introduction</b>	<b>1-3</b>
<i>The Vital Essence: The Importance of Staying Hydrated</i>	<b>4-7</b>
<b>Electrolytes: Their Battle Against Fatigue</b>	<b>8-13</b>
<b>Stem Cells and Aging: The Decline in Regenerative Potential</b>	<b>14-15</b>
<b>Harmony Within: The Mind-Body Connection and Fatigue</b>	<b>16-17</b>
<b>Nourishing from Within: The Correlation Between Gut Health and Fatigue</b>	<b>18-19</b>
<b>Your Powerhouse: Mitochondrial Function and Energy</b>	<b>20-21</b>
<b>The Health Effects of Wi-Fi: Electromagnetic Sensitivity</b>	<b>22-23</b>
<b>Detoxification: Nurturing the Path to Energy and Vitality</b>	<b>24-26</b>
<b>The Exhaustive Effects of Oxidative Stress and Inflammation</b>	<b>27-28</b>
<b>The Healing Power of Sleep: Get Your Swag Back</b>	<b>29-30</b>
<b>Conclusion</b>	<b>31</b>

# Welcome to Reclaiming YOU Health & Healing Hub

Hello! My name is Angela, and I am so happy you are reading this book! This is the first (of soon to be many) eBooks that I have published, and I am honored to have you as my reading guest! I am a Registered Nurse and have worked in various healthcare settings throughout my career. I have worked with the really sick, all the way down to the not so sick, and the one thing I have found in every patient, is that there are some common threads to how their disease process started, which we will talk about in this book today. In the beginning of my career, as any good and faithful nurse would do, I listened to everything the doctors had to say and rarely second guessed their knowledge or our healthcare system's processes here in America. Yet, as time went on, I started to do my own research and discovered some not so lovely things. Now, before I go any farther, I am not, in any way, shape, or form bashing physicians. The majority of the doctors and healthcare professionals I have had the privilege to work with are great people. They are intelligent, hard-working, and are doing their best to maneuver through a sometimes very difficult system. Nonetheless, despite their good efforts, I ethically and morally couldn't ignore the information I was learning and sharing with you today.

For many years, I struggled at work because I was beginning to question the very fabric of this system that I had given my life and career to, which created a lot of internal stress for me. What also began to happen was I started to notice my own health declining, because of the stress and poor lifestyle that, believe it or not, our healthcare system fosters. Long hours, stressful environments, poor diets, dehydration, and mental fatigue were the norm. It's actually quite fascinating when I look back on it.

This situation, both physically and mentally, as difficult as it was, turned out to be one of the biggest blessings in my life. I was exhausted all the time, was starting to see changes in my hair and skin, nothing really made me happy, and I just overall didn't feel well. The very things I was discovering that were a common thread among the sick were the very things that were starting to happen to me, which left me no room to question my newfound understanding of what really brings health and vitality. I also didn't want to squander the opportunity that had been afforded to me to change before it turned into a much bigger and more complicated situation.

Now, being very honest, things did not change for me overnight, and if you decide to follow some of my suggestions in this book, they probably won't for you either. But don't let that discourage you. It's a process that takes some effort and time, but I promise you won't regret it!

Because you chose to download and read this eBook, I am going to assume that you can resonate with the title "I'm Exhausted!" If that is you, just know, you are not alone. Chronic fatigue is one of the most common health issues people are struggling with today. The good news is there IS something you can do about it that doesn't require endless doctor appointments and prescription medicine. The factors contributing to chronic fatigue may vary a bit between individuals, but I have narrowed it down to the 10 most common reasons you may be struggling. Some of my suggestions may seem like common sense, but there are some that may surprise you.

Before we dig into the content of this book, I want to give you a little history on my journey. I got into nursing because I **LOVE** people, and I **LOVE(d)** helping people, or what I thought was helping people, to become healthy. I say "loved" because at some point I realized that allopathic or conventional medicine was not really helping people become healthy. They were helping people get through a bad situation concerning their health and were helping them to *mask* or *mitigate* their symptoms. That is basically what modern pharmacology does. Many times, you are treated for problem A with a medication, but now have to suffer with problem B as a result of side effects. Worse, the health issue never went away. It was just being kept at bay. It was this vicious cycle that started my obsessive questioning about the healthcare systems intentions. My questioning was met with ALOT of push back, which made me wonder even more. What is wrong with having the conversation? I quickly learned that the question about real health and vitality is not a conversation that most conventional medical professionals wanted to have because they don't have answers or the system they work in doesn't support it.

Now one would think that these professionals would have the most knowledge about how to really obtain and keep health, but the reality is that the average doctor, even though they are in school for 8-12 years, get almost no training on health basics like nutrition, vitamins, and adequate hydration. The majority of their training is on disease process and how to medicate and manage it. With that said, the American healthcare system is one of the best when it comes to acute, emergent situations. If you have a heart attack, stroke, seizure, car accident, etc. you better hope it happens when you are in America. We are amazing at saving people, mitigating damage, and giving people some hope of recovery. But when it comes to longevity, vitality, and vibrancy, we fall desperately short.

Again, this is not a dig at doctors, it just is what it is. They are amazing at doing what they were trained to do- that simple. It only becomes a problem when the marketplace, as in you and me, start turning to them for the deeper answers to real health. Many times, the answers lie in areas that they don't know about, so it is shrugged off or met with their only solution- more medications. To complicate matters, the healthcare professionals that are willing to look outside the box are treated as quacks and "not real doctors." These "quacks" are also personally attacked and at times, coordinated efforts are made to discredit and disqualify them altogether. And it is this phenomenon that made me dig deeper. What is wrong with asking the questions?

As time went on in my career, it became a personal mission of mine to answer this, which is not the content of this book today, but it also became a mission of mine to start learning from my own patients and their families and answer the question "Where did things start to go wrong with this person's health? I knew I would have to start getting these answers on my own, so I started having more in-depth conversations with patients and their families and what I found was a common thread between most of them. Almost all of them said something like this: "It started simple, a little of this or that, nothing too bad. I went to my doctor, and we couldn't find anything wrong, so I just figured it was me." The second thing I found in common was this- almost every person's disease process (before they even knew it was a disease process) started with a general feeling of fatigue. They just didn't feel well, but they weren't sick enough for their symptoms to be recognizable by conventional medicine.