

Title:

Are You Tired Most Of The Time?

Word Count:

724

Summary:

The task of balancing tasks at home and in the office can leave a person tired to the bone. T

Keywords:

stress and anxiety, fatigue, excessive fatigue

Article Body:

The challenges of every day life like enduring the tiresome commute to and from the office; th

If you're always tired, maybe it's time for you to consider the following tips on how to stay

Lessen your sugar intake

Contrary to popular belief, sugar should not be considered a main source of energy. In fact,

Decaffeinate

When excessive fatigue hits, many people would grab a cup of coffee for a quick ^pick-me-up~ f

Get enough sleep

Getting quality sleep is very important. If you are still tired after a full night's sleep, ch

Refresh yourself often

Too many commitments or conflicting schedules often cause you stress and anxiety. Try to learn

Chemicals plays a part on zapping your energy

Today, there are more harmful substances found in our food such as chemicals, pesticide residu

Here are simple ways to cope with these environmental toxins:

- 1 Invest in an air purifier or filtered air conditioning
- 1 Have your water supply tested
- 1 Search for organic foods that are free of chemicals
- 1 Keep away or secure bottles of solvents, paint, and cleansers. Make sure its lid is se
- 1 Don't smoke or drink too much alcohol
- 1 Drink at least 8 glasses of water a day and have a high-fiber diet

Take some supplements to fill the gap

Proper diet is essential but even with a good diet, it still feels short when you still lack t

- 1 B Complex ~ These vitamins help the body convert sugar into fuel. Take 50mg twice dail
- 1 Vitamin C ~ A well-known vitamin known for fighting fatigue and infection.
- 1 Iron ~ If you eat a lot of junk food and you are having heavy menstruation, you become
- 1 Magnesium -You need this to maintain your energy levels. It is best to take at least 2

You'll feel more refreshed if you follow these health tips. Aside from a good diet, plenty of

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