

Title:

Common Sense Tips to Deal with Fatigue

Word Count:

545

Summary:

Fatigue is a common health complaint. Around 20% of Americans experienced excessive fatigue th

Keywords:

excessive fatigue, stress, lifestyle, sleep disorders, relationships, muscle relaxants,

Article Body:

Do you feel tired all the time? Feel like sleeping after your lunch break? Have you experience

Fatigue is a common health complaint. Around 20% of Americans experience excessive fatigue tha

Fatigue is a symptom, rather than a specific disease or disorder. People who are fatigued feel

Fatigue can trigger from a variety of causes such as undiagnosed medical conditions, unhealthy

Many diseases and disorders can trigger fatigue, including flu, anemia, sleep disorders, tuber

Excessive workload, the lack and too much of exercise can also make a person worn out and exper

The ultimate decrease in blood pressure also means a decrease in the amount of work the heart

To battle fatigue, take some of the pressure out of the day. Take a midday stroll or get up 15

Fatigue can be a normal and important response to physical exertion, emotional stress, boredom

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>