

How to fix fatigue!

Over time a busy working schedule with frequent long-haul travel will take a swipe at your energy system. Lack of drive, poor motivation, difficulty getting going in the morning and a dip in mood are all sure signs of fatigue. Alex Kirchin suggests natural ways to fix your fatigue.



Each cell in your body contains an energy centre known as a 'mitochondrion' where the energy currency ATP is produced and muscle function is activated. Omega-3 fatty acids (found in oily fish, nuts and seeds) have been shown to protect and maintain healthy mitochondria. Adding omega-3 rich plant seed oils (flax or hemp oil) to a protein smoothie can be an excellent daily routine to support cellular health and help normalise energy levels.

Polyphenols such as resveratrol (found in red wine) have been shown to stimulate the anti-ageing life extension gene SIRT1 and switch on mitochondrial function. Taking resveratrol as a daily nutritional supplement is a smart move if you want to support your body's energy production.

You can make changes in your diet too. Start to include brightly-coloured fresh fruits and vegetables as these contain plenty of phytochemicals which assist the detoxification processes, helping reduce the body burden of toxic compounds and encouraging energy production.

Magnesium is required for the synthesis of the energy currency ATP. Chronic stress has been shown to deplete magnesium reserves and chronic magnesium deficiency has been linked to an increased risk of numerous conditions including chronic fatigue and depression. Increasing green leafy vegetables, nuts and seeds can help boost your magnesium levels and if you are really stressed then a magnesium supplement could be of great benefit.

Iron deficiency or 'anaemia' is also commonly linked to fatigue and can be ruled out by your GP with a simple blood test. Taking a daily high potency multi-vitamin and mineral formula is often a useful approach to ensuring intake of key energy-boosting nutrients such as B vitamins, antioxidants and minerals like iron.

Coenzyme Q10 is also worth a mention as your body's ability to make CoQ10 declines as you age. CoQ10 is also needed for ATP production and is depleted in those individuals taking statin medication. Another great supplement if you want to fire up your mitochondria and boost your energy.



Alex has a Master's Degree in Nutritional Medicine from Surrey University, making him one of the highest qualified people within the industry. Alex recently co-authored his first book, *Looking Good Feeling Younger*. In addition Alex contributes to several health magazines and lectures to retailers and CAM practitioners. Alex also oversees the Solgar Technical Support department and assists Solgar with their Education and Product Development.

P is for Probiotic



Children are always picking up bugs from their friends and from playgroup and school. This is a normal part of life and helps the immune system develop naturally. Marcus Webb explains how taking the right type of gut bugs can boost your child's health.

Probiotics are live microbes that are thought to be of benefit to our health. Taking a supplement containing probiotics is especially useful for children that need to avoid dairy products or for those who suffer with digestive discomfort or tummy upsets. But which probiotic is best to take and will it get to where it's needed in the gut?

Probiotic research is a hot topic with new discoveries opening the door to the positive benefits of maintaining a healthy balance of friendly gut bugs. In general, probiotics come in two main types – lactobacillus and bifidobacteria. Within the lactobacillus family the strains known as acidophilus, casei, reuters and rhamnosus appear to confer health benefits along with the longus strain from the bifidobacterium family.

Probiotic blends containing these types and strains have been shown to help the gut and immune system recover quicker from viral infections especially when taken on a daily basis. It's thought that these friendly gut bugs may shorten bouts of illness by enhancing the natural defence mechanisms. Even allergic conditions such as eczema have been shown to improve with probiotic use.

Getting these good gut bugs to the right part of the gut is important. You can ensure this happens by using a tiny 'enterically' coated capsule known as a pearl. Once within the lower gut the pearl disintegrates, releasing its contents of live probiotic microbes into their natural environment where they can survive and thrive. The Pearl is so tiny that it's suitable for youngsters from age four upwards.



CAM Practitioner Says

Complementary Therapist Carol-Ann Barrett from Hands2Health in Hertfordshire says "I recommend Kids Pearls probiotics, they're enteric coated so they get where they are needed. They are helpful for children with gastrointestinal disturbances and skin disorders. I recently suggested them for a six year old; within two weeks his mother informed me that he no longer complained of tummy pain and his stools were soft and easily passed."

Marcus Webb BSc(Hons), ND, DO Osteopath, Naturopath and Technical Director at Hadley Wood Healthcare. The Acidophilus Pearls range, which includes the Kids Pearls product, is one of a growing number of innovative health supplements sourced by the company and available online www.supersupps.com or through independent health stores and holistic health professionals.

