

# Natural Help 4...

# Low Energy



## What is Low Energy?

Sometimes we long to know [how to increase energy levels](#) and wonder if we need [vitamins and supplements for energy](#). When you have ample energy, it is easier to feel happy, positive and excited about things. However, low energy makes **performing everyday tasks extremely difficult**. Work becomes daunting, relationships strained, and participating in the activities that should make you happy isn't possible because of low energy levels.

Since **low energy levels seem to be so common** in the hectic modern lifestyle, it is too often considered a normal state of being. The truth is, **this is not a normal state**. Poor diets, excessive toxins and pollutants in the environment, unbalanced lifestyles, lack of exercise, and too much stress are all **common factors that may lead to decreased energy levels**.

Sometimes, low energy levels are not caused by our lifestyles but are instead a **symptom of a medical or psychological condition** that must be addressed.

## Diagnosing Low Energy

If fatigue or lack of energy has been a problem for a long time, the first step is to take a look at **possible lifestyle causes** and examine how they can change.

- Am I getting enough regular exercise (at least 30 minutes, three times a week)?
- Am I drinking enough water (approximately 8 glasses per day)?
- Do I drink no more than 3 cups of coffee, tea or soda per day and keep caffeine intake to a minimum?
- Do I keep alcohol intake to a minimum (no more than 1 drink per night/day)?
- Do I eat enough fruit and vegetables (5 portions per day)?
- Do I eat a balanced diet with recommended carbohydrates, proteins, fats and fiber?
- Am I getting enough iron in my diet?
- Do I eat three meals a day and snack on healthy foods when hungry?
- Am I getting enough sleep (the average person needs between 7-8 hours per night)?
- Do I set aside quality rest and relaxation time?
- Do I deal with emotional issues and conflict in a proactive manner?
- Am I managing my stress levels efficiently?

If you answered no to any of these questions, try and rectify those aspects of your lifestyle by **making the necessary changes**. If your energy improves, you can generally rule out other causes.

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

However, if you are still experiencing low energy despite living a healthy lifestyle, you may want to consult a professional, as this could be the sign of an underlying condition.

## Help for Low Energy

If after addressing these issues you still haven't found [how to increase energy levels](#) or if you have any other concerning symptoms, it is advisable to make an appointment for a medical assessment. **Sometimes fatigue is a symptom of a more serious condition** that needs more help than [vitamins and supplements for energy](#). These conditions include hormonal imbalances and depression.

Be sure to always research [how to increase energy levels](#) in a healthy and natural way. Natural homeopathic and herbal remedies are often used to **give the body a natural push** in the right direction for [healthy energy](#). Not only are some of these remedies **natural supplements for energy**, but they can greatly improve immune system strength, general vitality and overall systemic functioning.

Many [vitamins and supplements for energy](#) feature herbs such as Siberian Ginseng, Olea europea (extract of olive leaf) and Centella asiatica which can be taken to safely help fight fatigue and **give that extra boost** and restore your zest for life!

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an**



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

**innate capacity to heal itself.** While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions.** Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease.** In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much,** if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way,** following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards,** often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages,** including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## Related Natural Remedies:

**Fatigue Fighter:** Helps maintain energy levels and feelings of well-being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. **Fatigue Fighter** can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

**AdrenoBoost:** Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

**AdrenoBoost** is a 100% safe, non-addictive, natural herbal remedy. **AdrenoBoost** can be used consistently to safely support **health and systemic balance in the adrenal glands and endocrine system**.

**AdrenoBoost** contains a selection of herbs known for their supportive function in maintaining hormonal balance. **AdrenoBoost** supports the **healthy functioning of the adrenal glands**, thereby helping to maintain balanced metabolism, energy levels, sleep patterns, and routine, healthy performance of the immune system.

**AdrenoBoost** can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in



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Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



**Read more about the Native Remedies Full Spectrum Approach™**

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