



- May 2016 -

## IN THIS ISSUE

Fatigue and Your Digestion - How to Get More Energy!

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## MEET OUR PHYSICIANS

### Fatigue and Your Digestion - How to Get More Energy!

Do you know how to get more energy? Everyone wants it, but how do you get it? Do you drink coffee? Do you eat sugar? Do you take naps?

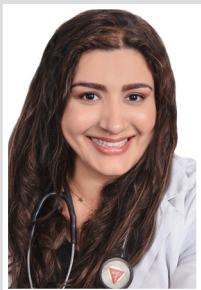
These things can certainly impact your energy, but they aren't the building blocks for having good energy. There is something else that is much more important, more important than even your sleep or your diet. What is it?

It's your digestion. How you digest and break down your foods is the single most important factor when it comes to determining how much energy you have. If you don't digest well, then you can't absorb the nutrients that are hiding in the foods that you are eating. And even if you are eating really healthy food, you won't receive all of the benefits that they contain, because you won't be able to access those nutrients or be able to absorb them.

"But I'm overweight, so I must be digesting just fine." You might be thinking this about now. Most people assume that if they can gain weight, then they must be absorbing their nutrients just fine. However, your weight has very little to do with how well you are absorbing nutrients. Let's look at some examples.

How many people have you known who have low bone density, or low iron levels, or low vitamin D levels, or... The list of nutritional deficiencies goes on and on. Were they underweight? Most of the time they are either normal weight or overweight. And to take this idea even further, in the case of calcium or vitamin D deficiencies, are these people not eating dairy products? Again, most of the time they are eating plenty of cheese and other dairy products. So why do these people have nutritional deficiencies?

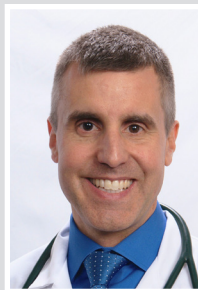
Your weight has very little to do with whether or not you are getting the nutrients that you need. Why not? Because the primary factor for having optimal levels of vitamins and minerals inside your body is how well you digest and absorb the nutrients in the foods that you eat, which is different than the number of calories that you get from those foods.



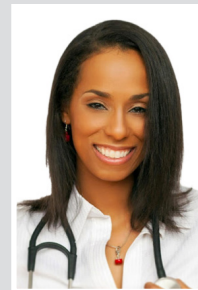
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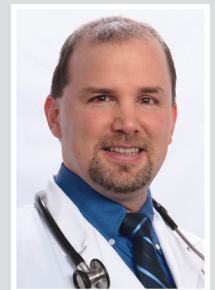
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## Fatigue and Your Digestion - How to Get More Energy! *cont.*

Ironically, poor digestion can not only cause you to have inadequate levels of nutrients, it can also cause you to feel tired. Ever feel tired in the middle of the day after eating lunch? Many people experience this. But note that not everyone experiences this. In fact, just as many people don't experience fatigue after eating lunch. Why is that?

This is because fatigue after eating isn't just a cumulative effect from being deficient in your nutrients, it's an immediate effect when you have poor digestion. And interestingly, you may not even have any obvious digestive symptoms to draw your attention to the fact that you aren't digesting your food well. Sometimes the only symptom is fatigue.

Your digestion is directly related to your energy, and one of the most under-estimated and under-appreciated factors that affect how good you feel. If you could use more energy, and suspect that you aren't digesting and absorbing your nutrients properly, then come see us. We have had more patients than we can count tell us how much their energy has improved after we've helped them to improve their digestion. Of course, after reading this you probably aren't surprised. Your digestion is obviously connected to your energy!

## Suggestions from Becky, Our Nutritionist

When I work with patients, I often encourage and empower them to become brave in the kitchen. We try to keep recipes relatively simple to prepare, with a minimal number of ingredients and a maximum amount of flavor. No matter how simple we keep things, cooking at home on a regular basis can still be a big change. To ease patients into it, we look for some easy short cuts. One of my favorites is called Karam's Garlic Sauce. With only a few ingredients (garlic, lemon juice, olive oil, salt and pepper), this is a sauce you can make at home but don't have to! This delicious, Lebanese sauce can be used as a salad dressing, marinade, veggie or chip dip and as a replacement for mayo. Look for it in the refrigerated section of the grocery store. To find where it, as well as Karam's other products, are sold near you, visit their website at [www.garlicsauce.com](http://www.garlicsauce.com). **Enjoy!**



*Note: This is simply meant to be useful information. Garlic Sauce did not sponsor this message.*

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