

Combating Tiredness

According to a survey done by Centrum vitamins in early 2011, 70% of Irish people don't have enough time to do all the tasks they feel they need to do. Also, 68% of Irish adults blamed tiredness for not doing all what they want to do.

Over half of women blame too much house work as the cause for their lack of energy while in the case of men; their work was cited as the main reason (over half of all cases) for lack of energy. Other major reasons cited for lack of energy in this survey included (in order of popularity) raring children, not participating in enough exercise, poor diet and lack of sleep.

Keeping yourself energised

Exercise will help shake off any cobwebs and make you feel more energised. It has been proven to improve mood by stimulating "good mood" hormones in the brain such as serotonin. If you find it hard to motivate yourself to exercise, find something you can do with a friend as you will be more inclined to exercise if you have someone to exercise with. There will also be the motivating aspect of not wanting to let someone else down if you don't turn up. Team exercises have the same "motivating" effect. It is also important to do an exercise you enjoy; you are way more likely to stick to it if you enjoy it.

Eating a healthy balanced diet will help prevent tiredness. Aim to eat the recommended five portions of fruit and veg per day and plenty of water. Keep sugar and high sweet foods to a minimum as while these will give you a quick surge of energy, this always leads to a quick lull as your body experiences a fast energy crash as sugar is processed and excreted quickly by the body. The same is true for the energy rush experienced from caffeine. Aim for slow releasing foods such as porridge, these will keep you feeling energised for longer.

Ensuring you are getting enough sleep may sound obvious but many Irish people are not getting sufficient sleep. Many people can not get enough sleep for medical reasons, with about 40,000 Irish people suffering from chronic insomnia. If you suffer from chronic insomnia, there are practical things which can help which I spoke about in the past in the Topic. More information on combating insomnia can be obtained in Whelehans or at www.whelehans.ie. However, for many of us, not getting enough sleep can be quite simply due to not going to bed in time. Sleep requirements vary from person to person, and it varies from 6 to 9 hours. However, most people need up to 8 hours sleep. Therefore, if you find yourself having an afternoon slump or falling asleep on the chair in the evening, the first thing you should look at is how many hours sleep you get. For example, if you find yourself watching TV or DVDs late at night, you may need to discipline yourself and turn off all technology by a certain time and get to bed.

Could a medical condition be causing tiredness?

If you are experiencing overwhelming or persistent tiredness, blood tests may need to be done to rule out other conditions such as anaemia (low iron), haemochromatosis (too much iron), under active thyroid and liver and kidney problems. Chronic fatigue syndrome (CFS) is another possibility. More info on CFS can be obtained in Whelehans or on our website.

Practical ways of giving yourself more personal time

Most people find it difficult to manage a good work/life balance and many of us struggle to find time for ourselves while trying to balance work and family commitments. Some practical ways to allow you more personal time include prioritising tasks. Do not get frustrated if you do not get everything done. The nature of life is for us to get distracted and for new tasks to crop up unexpectedly throwing our plans off course. Allowing for distractions will mean you will be less frustrated when they occur. Be realistic with what you can achieve in a day and don't be afraid to say no at times. Learn to delegate both at home and at work. Make time for exercise.

B Vitamins

Our body uses a variety of enzymes to break down food and convert it to energy. Many vitamins are needed for this process, particularly the B vitamins B1, B2, B3, B5 and B6. Therefore B vitamins are essential for energy release. Example of good sources of B vitamins include bananas, lentils, potatoes, beans, brewer's yeast, egg yolk and yogurt. The B vitamins have many other roles in the body including ensuring a healthy central system and immune system, promoting metabolism and ensuring cell growth. Other nutrients which the body uses for energy release include Co-enzyme Q10, L-Carnitine, magnesium and iron.

Just the Tonic!

There is no substitute for healthy eating to ensure you get the maximum amount of energy releasing nutrients. However, if you feel you need a pick me up, Whelehans Tonic can give you the energy boost you need. We make it up in store and it contains all the B vitamins and iron. These vitamins can be especially lacking in people who are not fond of fruit and vegetables.

Health Services

Whelehans have introduced a number health services in store. We now have

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a heart screening service consisting of a check for cholesterol, diabetes, blood pressure, body mass index and a calculation of your cardiovascular risk. Whelehans Foot Clinic with chiropodist, James Pedley takes place every Thursday and covers all common foot problems in adults and children including warts/verruca, ingrown toe nails, corns, calluses, fungal nail infections, etc. We have a hearing test service with audiologist, Tony Battersea. Our hearing clinic is free of charge and takes place on Mondays. Call us at 04493 34591 to book any of our screening services or clinics.

For comprehensive and free health advice and information call in to Whelehans, log on to www.whelehans.ie or dial 04493 34591. You can find us on Facebook.



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