



NUTRITION WITH DEBORAH

5 NUTRIENTS
TO FIGHT
FATIGUE



I'M GLAD YOU'RE HERE

Hi, I'm Deborah and I'm glad you've made the first big step toward fighting your fatigue!

I have a master's in nutrition and herbal medicine and five years of experience in the chronic pain world. Through this, I have seen that my clients with chronic fatigue often present with similar vitamin and nutrient deficiencies.

These five nutrients affect the body's ability to recover and fight fatigue. Incorporating foods high in these nutrients and speaking with a practitioner can be a helpful piece in getting your life back.

MAGNESIUM

Magnesium is a mineral that helps over 300 enzymes in the body. Most importantly for fatigue, it is essential for energy production and the synthesis of other important nutrients. Magnesium can be found in foods such as leafy greens, whole grains and nuts!

VITAMIN D

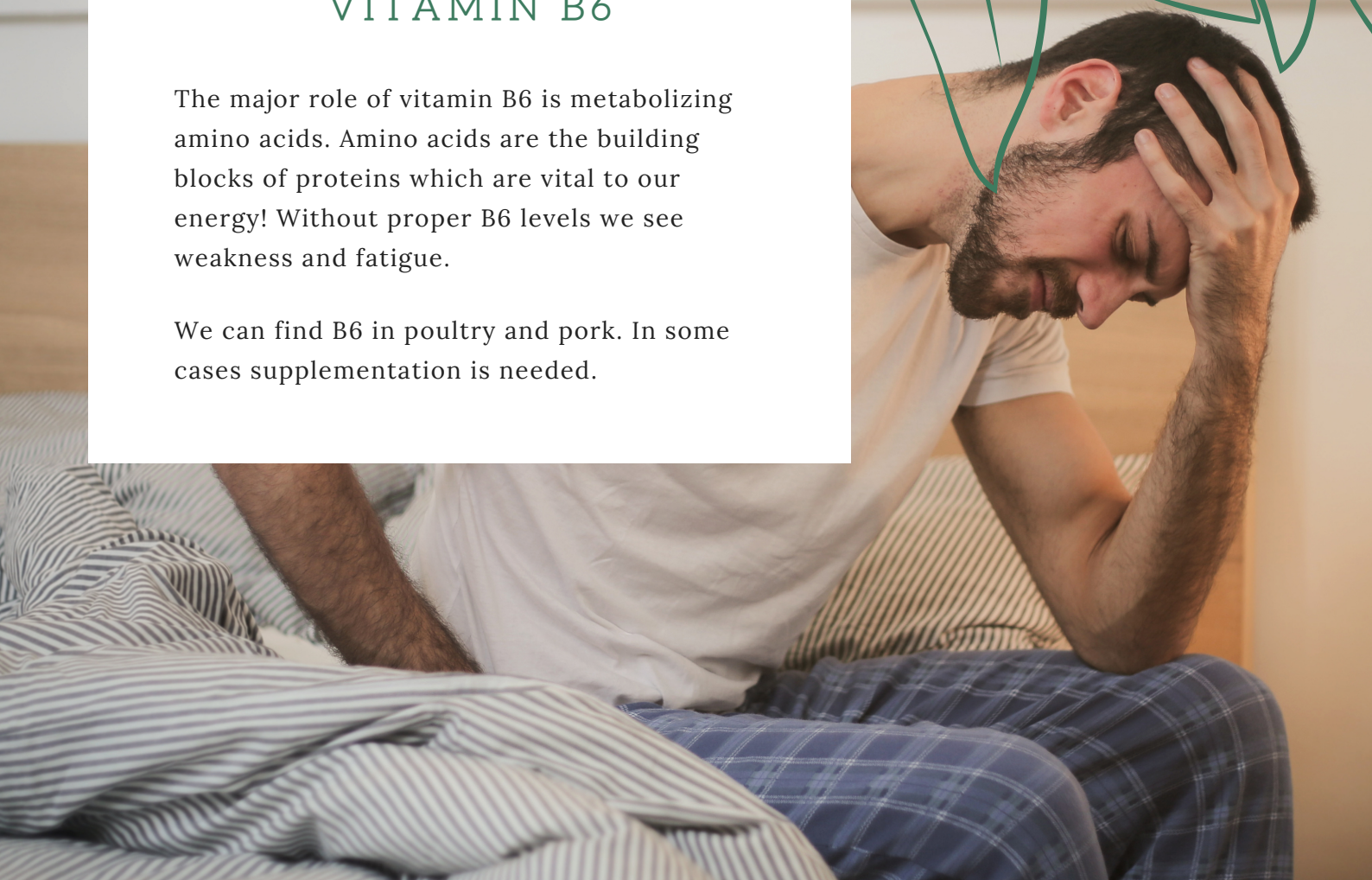
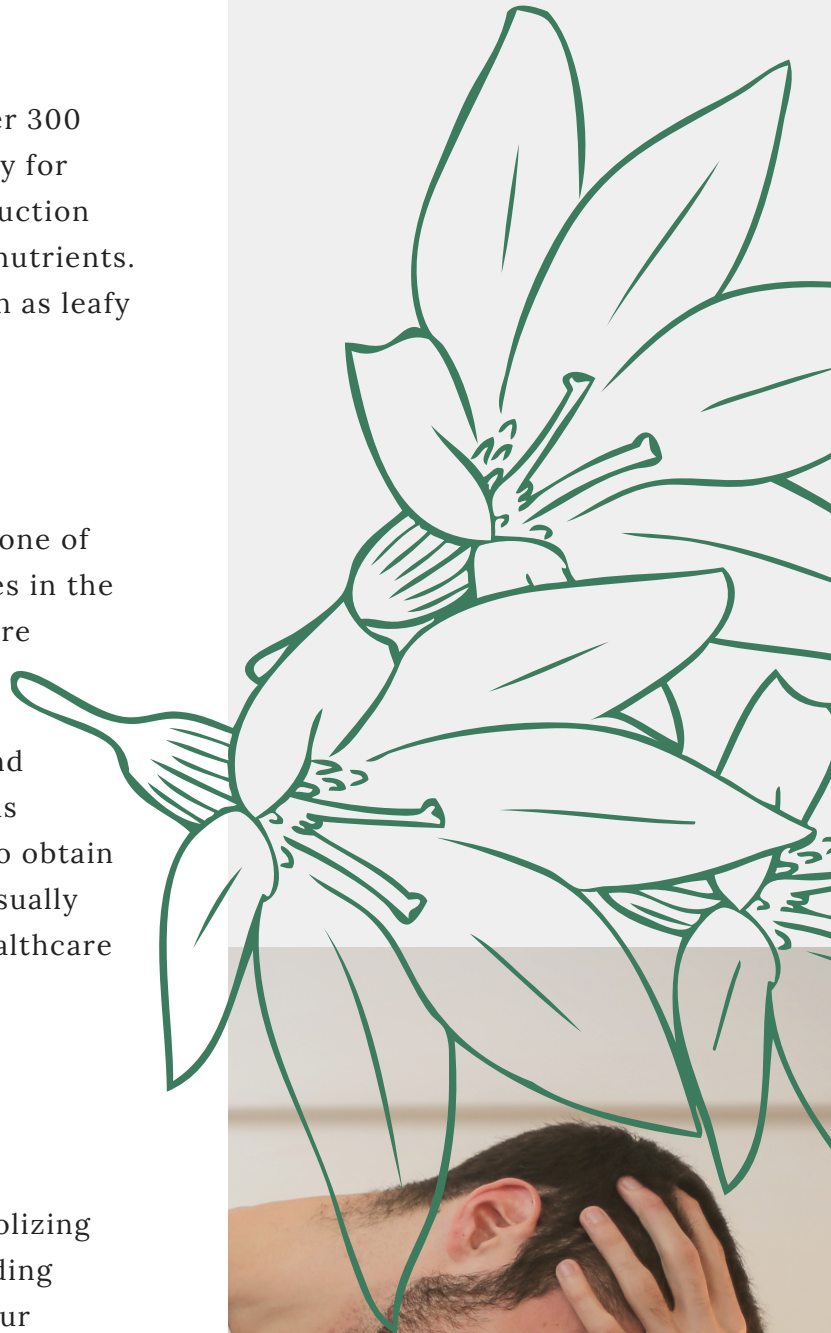
Vitamin D deficiency is thought to be one of the most common nutrient deficiencies in the world. As many as 40% of Americans are deficient.

A deficiency of vitamin D can cause and exacerbate fatigue. While certain foods contain vitamin D, it can be difficult to obtain enough via diet. Supplementation is usually beneficial, but always speak with a healthcare practitioner before starting a new supplement.

VITAMIN B6

The major role of vitamin B6 is metabolizing amino acids. Amino acids are the building blocks of proteins which are vital to our energy! Without proper B6 levels we see weakness and fatigue.

We can find B6 in poultry and pork. In some cases supplementation is needed.





VITAMIN B12

Similar to vitamin D, vitamin B12 deficiency is very common. This is partly because B12 is only found in animal protein, like meat, eggs and fish. Vegans and vegetarians need to pay special attention!

Vitamin B12 plays a principle role in the metabolism of fats and proteins, both of which are the body's long term energy sources. Without metabolized fats and proteins, the body is in a state of energy deprivation.

RHODIOLA ROSEA

Rhodiola rosea is an herb that has been used for over 3000 years for its amazing adaptogenic effects. An adoptogenic herb works on the body's ability to handle to stress. Rhodiola is wonderful adaptogen for those who suffer from fatigue by helping the body repair.

Rhodiola has been shown to reduce stress-related fatigue and improve quality of life in numerous studies when 500mg is taken daily.

FEEL LIKE YOU AGAIN

I want you to have the tools to start feeling like yourself again. Incorporating these 5 nutrients is the best first step.

Fatigue is not just "feeling tired", it affects every aspect of our livelihood; our jobs, our friendships, relationships, how we eat, and much more. This is why it is necessary that we prioritize getting fatigue under control.

There is always more to learn. Book a FREE 20 minute Introductory Call with Deborah at [NutritionwithDeborah.com](https://www.NutritionwithDeborah.com) to see how we can work together!

