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Too Tired? Low Sex Drive?

As the year comes to an end many may feel well and truly worn out and ready for a well-deserved break. But what do you do when you return, only to feel even more burnt out?

If you are unusually tired then you may need to look at your thyroid and adrenal health. Many people simply dismiss exhaustion as a part of their busy lifestyle when in fact it could be a condition that can be easily and effectively treated.

Your thyroid is often associated with common hormone disorders, as it is part of the endocrine system; a collection of glands that secrete hormones directly into the bloodstream. Together with the nervous system and immune system, the endocrine system helps your body to cope with the stresses of life.

The health of your thyroid gland is crucial to your well being as it regulates many metabolic processes, such as growth and energy expenditure. If your thyroid gland is overactive or sluggish it can affect your metabolism. The most common signs of adrenal exhaustion include fatigue, trouble getting out of bed, sugar and/or salt cravings, lack of energy, increased effort to do everyday tasks, and decreased sex drive... to mention a few. People with adrenal fatigue often have low blood sugar levels, allergies, arthritic pain and low response. Women with it also have increased difficulty with PMS and menopause.

Minerals, including magnesium, are micro-nutrients required for metabolism and utilising other nutrients. Magnesium importantly is required for your adrenal glands, energy production, heart function, blood pressure control, muscle strength, relief of muscle cramps, relief of tension headaches, improved exercise tolerance and regulation of sugar. Other important nutritional supports are Vitamins B, Zinc, Coenzyme Q 10 and Anti-oxidants. Your wellness is truly your greatest asset, so don't skimp on it!

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