



BOOST YOUR
STRENGTH

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INTRODUCTION



Everyone suffers from fatigue and exhaustion in their lives for many different reasons. Whether it's because they work too hard or don't get enough sleep at night, or because they have a lot of mental baggage that drains their energy, or they maintain an unhealthy diet.

For too long we've been living in a society that has trained us to focus outside ourselves for the answers and expend our precious energy creating things externally.

This kind of results-focused mindset causes us to neglect our inner strength and power, which results in us being chronically fatigued and drained of energy.

One thing that everyone needs to get through the daily grind is energy. Without it, we just can't do what we have to do. The most significant difference between people who understand what they want and people who don't is energy. Everything that we do uses up energy.

We expend energy every time we think, perform, or express ourselves. Often, we associate the term energy with the physical variant. However, the fact is that energy is also used for other aspects of daily living.

Both mental and emotional energy is used daily, and in order to keep yourself productive and functional, you have to keep all three aspects energized. Unfortunately, energy is not something that you can hold onto forever.

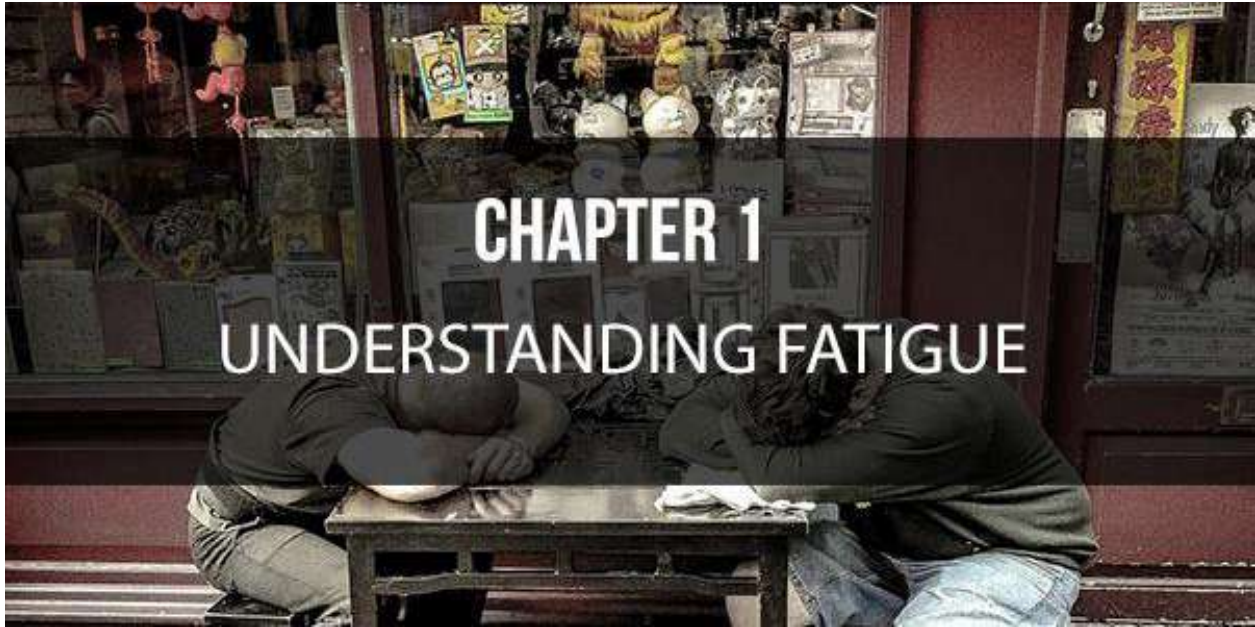
With every single action that you take, you expend energy.

Every step that you walk, every moment you think, every ounce of emotion you use, cost you energy, and there will come a time when your energy will become depleted, and you'll become too exhausted to do anything.

If you don't take care of yourself, there will become a time when you can't go on physically, mentally, or emotionally. You'll have exhausted yourself to the limit. This will result in what is known as burnout.

Burnout can have a devastating effect on your performance, including limiting the number of tasks you can complete in a day, the quality of those tasks you are able to complete, and you won't be able to fulfill your commitments.

CHAPTER 1 – UNDERSTANDING FATIGUE



Before you can begin to overcome your fatigue, you need first to understand what fatigue is all about. Fatigue is often referred to as lethargy or exhaustion and is that feeling of tiredness and weakness, both physically and mentally.

You can experience temporary fatigue, which is a result of too much work or not getting enough rest. This kind of fatigue can be easily overcome. There is also chronic or medical fatigue, which is more long-term and requires more serious treatment to overcome.

According to research, 10 percent of the world population suffers from fatigue at any given time, with females being affected by fatigue more than males. Most cases of fatigue have underlying mental causes rather than physical causes and one out of five people who suffer fatigue in the United States, states that it affects their normal function and daily lives.