

Va va VITALITY!

**Get your energy back with advice from the experts.
Rude Health magazine finds out how**

The human body is simply amazing – and if it is given all the vitamins, minerals and other nutrients it requires, it and you will feel great. One particular study published in the *Journal of International Research* shows that even mild deficiencies in vitamins and minerals can result in a general fatigue and lack of well-being, reduced resistance to infections, and impaired memory, concentration, attention and mood*. The study recommends that otherwise healthy people experiencing fatigue take a daily multivitamin for six weeks to see a real improvement.

The study also found that people are often at risk of not getting enough vitamins and minerals due to demanding lifestyles. Rushed meals, imbalanced food choices, dieting, and excessive coffee, alcohol or smoking – even excessive exercise – can all contribute, and women in particular are at risk due to demanding lifestyles.

Erica Murray of the Hopsack in Rathmines and a medical herbalist says, "You first need to ask why you are lacking in energy. If your diet is poor and you aren't getting a regular supply of essential vitamins, minerals and other key nutrients, your body will eventually run out of steam and you will feel low in energy and vitality."

Rob Whinnett of Blasta Wholefoods in Dungarvan, Co. Waterford, agrees: "It's amazing the number of people who expect to keep going on a very poor diet."

The tendency for busy people to reach for the quick fix energy drink when feeling low is a mistake,



though, as these contain a potent mix of sugars, caffeine, artificial colours, sweeteners and preservatives, none of which will help your overall energy levels.

"You can't replace a nutritious diet and a good night's sleep with conventional energy foods and drinks. These will simply deplete your body of essential nutrients and worsen the situation," says Erica.

A much better option is to go for the kind of healthy bars and snacks sold in health stores as well as sugar-free drinks, such as coconut water, which will naturally rebalance

electrolytes after strenuous exercise.

Dr. Audra Foster, doctor of Naturopathic Medicine, who works with Vitalah, makers of health supplements and natural energy drinks says that new developments in technology mean that you can now buy a supplement that, when added to water, makes a drink that provides, "a full panel of vitamins, minerals, enzymes, antioxidants and amino acids to support healthy energy levels without sugar, calories, caffeine, gluten, dairy or anything artificial or risky to your health. Take one for six weeks to really see a difference." →