

Tiredness – The First Sign of Declining Health!

ARE YOU TIRED? It is normal for the mind and body to become tired from too much activity, whether from work or play, or when not getting sufficient sleep. However, if you are still tired, after adjusting your activities and sleep hours, you are showing the first sign of declining health...Tiredness.

Have you recently experienced this type of Tiredness, whether infrequent or frequent, OR can you remember when you stopped having the energy of your youth? In either case, you have just identified when your first sign of declining health occurred? Unfortunately, today, many of our youth are experiencing this Tiredness, prematurely.

ADENOSINE TRIPHOSPHATE (ATP) is an organic compound and hydrotrope that provides energy to drive biological and biochemical processes in living cells, such as muscle contraction, nerve function, cognition, ambulation, and so on. In other words, all the processes for your mind and body to operate in optimal function (health).

CAUSES OF TIREDNESS: Your body requires sufficient Macro- and Micro-Nutrients to produce ATP (energy), therefore, clinical nutrition deficiencies, in time, cause Tiredness. This is accelerated by Toxicity, which depletes the body

of nutrients needed to make ATP, and it takes a lot of energy to manage toxins within and to eliminate them from the body. Thus, making less energy available for the healthy function of the human body.

TIREDNESS TO CHRONIC FATIGUE: So, after you experience your first sign of Tiredness, that does not improve with adjusting your activity and sleep, if you do not identify and correct the cause(s) of your Tiredness, you will then progress from infrequent to frequent Tiredness to Fatigue. "Fatigue" is the point at which the severity of your Tiredness is now interfering in your ability to function in your daily life. Long-term Fatigue becomes Chronic Fatigue, which at its most severe means you do not have enough energy to even get out of bed.

You see, as your body's ability to produce sufficient energy continues to decline, **in order to keep you alive**, whatever amount of energy it is able to produce, the body will direct to your "vital organ" internal processes, like keeping your heart beating, with less and less energy being directed towards mental and other

physical activities.

MENTAL AND PHYSICAL SYMPTOMS: This is when you start experiencing more symptoms of mental and physical "tiredness" and "dysfunction." In other words, **mental dysfunction**, like brain fog; memory loss; inability to focus, concentrate or think

clearly, even form words to make a sentence, when more severe, and/or **physical dysfunction** involving movement of

the body, arms, legs, etc., such as being too tired or dysfunctional to clean the house, go to work, enjoy recreational activities or even get out of bed.

Next comes Disease and then Death! Disease develops more rapidly in organs with insufficient energy, and what is death, but a body totally void of energy.

IDENTIFYING AND CORRECTING THE CAUSE OF TIREDNESS is the same, for your first sign OR any level of Tiredness to Chronic Fatigue, and that is, to obtain a **Clinical Nutrition Analysis of the Lab Reports from testing your biochemistry** to identify and then provide the

nutrients your body requires to produce sufficient energy, in addition to removing (detoxifying) toxins from your body.

DIET & LIFESTYLE CHANGES ARE NOT ENOUGH: To be clear, the term "nutrients" above, or in any article I write, is not talking about diet alone. Diet changes will NOT correct your current level of nutrient deficiencies identified through testing, that are causing the dysfunction(s) producing your symptoms, be that "Tiredness" or any other symptom.

The "nutrients" you require are: 1) "clinically-formulated, concentrated, therapeutic whole food supplements," **because your current level of deficiencies caused by your current diet are just too deep.** 2) However, if we don't work together to improve your diet (and lifestyle), you won't have these in place, in time, to sustain the optimal nutrient levels you attain from your therapeutic supplements.

Once your updated tests indicate you have reached sufficient nutrient test values from taking your therapeutic supplements, it is then that the diet (and lifestyle) changes you have made are most beneficial: 1) by helping your body sustain your new optimal nutrient levels attained through supplementation and 2) helping you avoid creating new deficiencies.

If your diet and lifestyle are successful at accomplishing both of these benefits, you will no longer need the therapeutic supplements you were taking to raise your clinical deficiencies.

YOU CAN INCREASE YOUR ENERGY IN JUST A FEW WEEKS: Our clients report experiencing their first increase in energy within 3-6 weeks after starting their Clinical Nutrition Therapy, with a significant number experiencing that increase in just the first week.

NUTRITION FACT #15: TIREDNESS IS THE FIRST SIGN OF DECLINING HEALTH!

Call me and let's see what you need to Perk you up and Keep you up there!

For a **FREE** copy of this entire article, email Villager@AdvancedClinicalNutrition.com - Subject Line: Tiredness.

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Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.



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"Take Time for Your Health or Make Time for Your Disease!"

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About Quang Nguyen

Owner of Tree World Spa, Quang has found his passion with massage therapy. Before becoming a massage therapist, he was a college drop out wandering aimlessly in life working in fast food and retail. After burning out, he decided to go back to school for what he really wanted to do when he was young. So in 2016, he made the decision to pursue his

interest in natural medicine with a career in the healing art of massage therapy.

Quang received his initial training from the Denver Integrative Massage School. There it was made clear that a career in massage therapy was indeed the right path for him and after graduating, he then had a successful career at various different workplaces including a big franchise spa, a beauty salon, a chiropractic clinic, and a luxury hotel.

After several years of accumulating knowledge and experience, Quang decided it was time for him to open up his own business and to bring to life his own vision of a spa. His goal is for Tree World Spa to be the most innovative spa in Denver and to be the Apple Inc. of the massage world.



Training:

Denver Integrative Massage School: Classic Swedish, Deep Tissue, Sports Integrative, Thai Yoga. Massage Therapy Institute of Colorado: Hawaiian Lomilomi. Colorado Institute of Massage Therapy: Prenatal. Healing Art Institute: Neuromuscular Rehabilitation. International Cupping Therapy Association: Chinese Fire Cupping. Colorado School of Healing Arts: Manual Lymphatic Drainage. Academy of Massage Essentials: Hot Stone Therapy. Two-Touch Company: Bamboo Fusion

Tree World Spa

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