rheumatoid solutions

8 Steps To Reduce Fatigue Associated With Inflammatory Arthritis

1.Reduce inflammation.

A chronically-engaged immune system consumes resources from the body and also creates oxidative stress which induces damage that requires further repair.

2.Improve your gut health.

Your energy levels are linked to B-Vitamins, which are produced by healthy gut bacteria. As we eat in such a way to improve our gut, energy levels will respond accordingly.

3.Eat some whole fruits to keep your blood sugar levels up as needed.

Whole fruits can be tested into your diet after Day 12 on the Paddison Program. If they don't cause a pain bump then keep then in and use this technique.

4.Keep hydrated.

The brain is one of the first parts of the body to become dehydrated, which leads to drowsiness.

5.Become fitter.

Studies show that fitness levels are associated with inflammation. By getting fitter we are following a direct and reliable path to less inflammation and more energy.

6.Get the sleep you require.

Be disciplined with going to bed at a sensible time each night and target 7-8 hours of sleep consistently

7.Get sunshine into your eyes as soon as you get up in the morning.

This configures your circadian rhythm which in turn sets the schedule for your release of cortisol. Together, this will configure balance and predictability in your body during activity and rest.

8.Take weekly medications on weekends.

If the medications cause fatigue and nausea, taking them on weekends allows more rest and recovery than trying to push through the stressors of the work week.