

# Rate yourself: Are you lacking energy?

• Are you running on empty? Listen to your body – it will tell you all you need to know. Here are five signs and symptoms that suggest your energy levels are in need of a boost.

Do you have an inactive lifestyle, with too much sitting and not enough exercise? This can actually deplete your energy levels due to a higher resting heart rate and lower oxygen intake. Oxygen is needed to help turn your food into energy.

Feeling thirsty? Dehydration is a common cause of low energy. Given that 70 per cent of our body is made up of water and that every cell depends on it to function properly, it's essential to stay topped up throughout the day.

Are you getting the right micronutrients, such as vitamins and minerals? Magnesium, for example, activates up to 300 enzymes in your body that speed up your metabolism

and activate energy stored in your muscles. Vitamin B6 is responsible for 150 reactions connected to metabolism, including amino acids and glucose – plus a deficiency in it leads to low energy.

Are you out of sync with your circadian rhythm? This is your internal body clock, your 24-hour sleep-wake cycle, which is mainly affected by your genes and exposure to light. If you keep living against it, you will most likely feel drained.

Do you have an energy thief in your life? This is any toxic person you have a close relationship with. The harder you work to please them, the more of your physical and emotional energy they demand. It can be exhausting.

Explore our content for holistic solutions and expert advice, and feel empowered to take an active role in your health.