

FREEDOM FROM FATIGUE

FAITH CANTER



Freedom From Fatigue

By Faith Canter

About this eBook

This book has been written for anyone struggling with any kind of fatigue. Although my personal story involves Chronic Fatigue Syndrome (CFS), I can see clearly now that in fact I struggled with fatigue (adrenal fatigue – like many people) for many years prior to becoming ill with CFS and I believe if we catch things like this early then it's likely people would not end up with long term illnesses.

If you are struggling with any kind of fatigue at all, where sleep does little to refresh you, you are often feel tired and wired, stress might knock you out, or any slight overexertion has you floored for days then keep reading, as I am sure something in this book will resonate with you.

About me

My story (taken from my book *Freedom – Feeling Your Way Through Chronic Fatigue Syndrome*) of Chronic Fatigue Syndrome (CFS) is a fairly standard one it seems.

It began when I was fairly young with depression, anxiety and a few obsessive compulsive behaviours (which later developed into OCDs). Perhaps this was brought on by some unhappy experiences I had as a child, such as child abuse, or learned from family, or from feeling the early pressures of society wanting me to do better, do more and conform. It's likely it was a combination of all the above. Everything I did had a tinge of people-pleasing, perfectionism, over-achieving to it. I did not feel enough in the world and felt I had to work hard to be what I thought would make me enough, liked, loved and noticed. I pushed and pulled and pretended and I was used and abused, and I hated who I was on almost every level. I had eating disorders, I started cutting myself, I binged on food, drink, drugs, people, cleaning, anything to distract myself from the thoughts in my own head.

For many years it was like this; I was suffering with chronic back and head pain, severe IBS and food intolerances, and constantly ill with whatever was doing the rounds. Oh, and I was mentally and physically exhausted.

Eventually, many years later, I got salmonella poisoning in India and was ill for a very long time. When I returned to the UK, I then got glandular fever and that was the straw that finally broke the camel's back, and I unknowingly (at the time) found myself with CFS.

It took almost two years of many doctor's visits, tests and private consultants to rule out every other thing it could possibly be before I finally accepted the diagnoses of CFS. I knew from others I had met along the way while researching all the possible illnesses I could have, that CFS was not one you'd find much help for. Many are told to go home and wait for it to pass or just given anti-depressants and painkillers to help with the symptoms and some are told they'll never recover.

At this point I lost hope and got a lot worse for a while.

It took me another 2 years before I started to believe it was possible to recover. I had deleted my membership in all the 'support' groups by then and started reading and watching every recovery story I could find from anyone, who had recovered from anything. I highly recommend this to give you hope and encouragement. When I came across stories of people who had gone on to walk again after being told they never would sit up again or even feed themselves and other similar stories I was amazed and inspired for the first time in years.

I noticed that although everyone's recovery stories were different, there were a few things that were always the same or similar. So, these are the things I focused on and the things I will share about here.

At the beginning

Things like chronic fatigue don't come out of know where. There are signs, whispers from the body, usually for many years before hand. Maybe you now find yourself with full-blown CFS, adrenal fatigue or long covid, or maybe you are just exhausted all the time even after you have slept for hours, but just about managing to have a life, wherever you are on spectrum, for sure there were signs before you got to this place. Feeling overwhelmed, anxious, triggered, challenged, drained, ill, achy, brain-foggy etc a lot. The thing is we think what we are feeling is normal and it is in fact normal now, but only because so many people are suffering these days from things like this.

The fact of the matter is, it shouldn't be normal and it's certainly not healthy. So, when we ignore our body whispering to us in this way, the body must shout at us to get our attention, to get us to change and we start to feel worse, maybe we develop IBS, body pain, trouble sleeping and other seemingly random things on top of our general underlying fatigue. And unfortunately, if we continue to ignore the body, then it gets louder with it's protests and starts to scream at us.

Whichever stage you are in, I know that your fatigue is not the only symptom you are feeling and that the other symptoms may seem random and unrelated, but they are not! Every single one of them is connected and as such every single one of them can improve with the same care and consideration.

Working as a whole

There is a temptation to do many different things to try to help many different symptoms, but as I mentioned earlier, they all are really coming from the same place. So, it's better for our progress and our mental health and bank balance to keep it simple and keep remembering everything is connected. If we become overwhelmed with what we feel we must do to help us recover then it's simply not going to work, because we hinder our ability to be in a healing state, for our nervous system to regulate and for our adrenals to stop feeling the need to protect us.

So, simple (and soothing) does it! Not the pushy, achiever-y energy... that's mostly the energy that made us unwell as this energy won't be what helps us heal.

Where did it all start?

There is a tendency to believe our fatigue is because of a vitamin or mineral deficiency, a thyroid issue or something else similar and yes, many people with long term fatigue will be diagnosed with these concerns (I certainly was). But they are almost always just a symptom of something else underlying, a root cause and are then not normally helped very much by medications or supplements. For most people, even though you follow these guidelines, you still always feel fatigued and here's why...

What's going on for you is not so straight forward, it's likely your body is on high alert and trying to protect you in some way!

What generally happens for us to end up with long term fatigue (and other ailments along the way) is, some degree of trauma when we were small, abuse, not enough love, too much love, a caregiver with a seriously dysregulated nervous system themselves, made to feel unworthy/not enough or similar such things. We then grow into people-pleasers, perfectionists, helpers and achievers. These may not sound that bad, but they have been born from protection, from our need at such a young age to protect ourselves already from the World around us. And, as we grow, they grow and we find more complicated and inventive ways (mostly unknowingly) to cope with our World. We become little Meerkats, always looking watching, waiting, anticipating problems. Our nervous system on constant high alert for any changes in the environment around us and the people in our environment. Our inner people-pleaser, perfectionist, helper and achiever are constantly looking for ways they can minimise any potential 'damage' around us. We don't just try to please or achieve, we go above and beyond, always pushing our limits to try to make everyone happy around us and always feeling it so deeply when we feel we fail. Our nervous system, and thus every other system of the body becomes fried.

We find it very difficult to properly relax, not without some sort of additional help (and when we do relax, we never quite switch off, that little Meerkat always ready and waiting, just in case).

As the years go by, we become (we think) quite good at masking how we are feeling from others and even from ourselves, but we feel completely drained, totally overwhelmed (often even at the slightest little thing) and we basically just live in survival mode.

And I am guessing you are somewhere about here now?

It's OK, because it does not matter what stage you are in, there are simple things we can do to feel our way through this and the first step you have already taken, by starting to read this eBook!

Fuelling ourselves...

How we fuel ourselves is a big part of how we heal, and fuel does not just mean food and drinks, but our environment, thoughts and feelings. However, I want to let you know here, that even if you live in a challenging environment, it is still possible to heal. So, instead of focusing on all the things we cannot change and cannot do it's important to focus on the things we can change and can do and let go of the rest for now. We want to use our energy on moving forward, not on thoughts that keep us stuck and still where we are.

Food as Fuel

Food seems like an easier place to start for many (including myself) than some of the other's things I will share about in this book.

As I mention above, food is fuel for change and as such, if we put in bad fuel we won't get much change. However, I want to make it clear, if you stress about food, if you are forever counting calories, worried about what's in your food, anxious about eating out, fearful about what reactions you may have to food then you undo much of the good that's in your food. If you find yourself doing one or more of these things then I highly recommend doing either some Tapping/EFT or some nervous system regulating techniques to clear these feelings before eating. Food is fuel, that will help us feel less fatigued. But, to make the most of this fuel let's consider our thoughts when and leading up to eating. If we are being our little Meerkat selves around food then the nervous system will be in fight, flight or freeze and when it's there it must partially shut down other system of the body to maintain energy levels needed to protect us in this way. The first system that draws energy from is the digestive system, (we don't need to digest food if the body is or thinks it is running away from a mountain lion every day). So, if we are in an anxious, rushed, stressed place at all when eating then it's unlikely we will uptake a lot of the nutrients from our food and staying in a place like this for prolonged periods eventually leads to things like IBS, food intolerances and leaky gut issues. So, step one to fuelling ourselves better with food, is addressing our thoughts / feeling / reactions leading up to eating, eating and after eating.

I will explain what both Tapping/EFT and nervous system regulating practices are later in this eBook.

To make sure we are consuming the best food and drinks (fuel) as possible and are at the same time balancing our energy levels, so we are not spiking and dipping in energy all the time we need to cut out the high spiking foods. Yes, these may be your fall-back foods that you find helpful when your energy is low, but the fact of the matter is that every time you consume something that spikes your energy / blood sugars for a bit you

hinder your health long term and then you get stuck in this spike, dip, spike, dip cycle with foods and drinks. This cycle messes with mood, energy, hormones and so much more.

So, the key is to remove these foods and drinks to bring balance to energy levels and everything else.

What are these foods and drinks? Basically, anything that spikes blood sugars & rates high on the glycaemic index (GI).

This includes energy drinks of any kind, caffeine of any kind (coffee, black/green/white teas), chocolate, processed sugars, high sugar fruits (papaya, pineapple, mango, banana, etc), white potatoes, white rice, white flours / breads / pastries / pasta and fruit or vegetable juices (shop bought or homemade).

Instead, we are aiming for slow releasing foods, this includes plenty of proteins and good fats (aiming for half the plate at least to be filled with these at each meal) and the rest to be vegetables and fruits (seasonal as possible). I know it will be hard to hear for some (it was for me, as a 33yrs vegan / vegetarian), but animal proteins and fats are the most useable for us and for most people a major factor in more energy, balanced hormones and better digestion.

It helps to eat regularly too, to prevent dips that make us search for the next spike. If you are suffering from long term fatigue, I do not recommend any kind of fasting until you are no longer feeling fatigued all the time. Fasting has its benefits for sure, just not right now (your nervous system switches into protecting you instead of supporting daily functions when you fast). Eat something high protein or fatty within 30mins of rising and then eat every 4 or at the most, every 5 hours after that to maintain a steady stream of slow releasing fuel into your body. This will bring balance not only to your energy levels but to everything else too. Eating this way may not have to be permanent for you, just until there is balance once more and you feel a deeper connection and understanding to what your body wants / needs / thrives on.

Eating as seasonally and locally as possible is a big part of fuelling ourselves well. The reason for this is because if we eat the same things every day / week / month of the year then our digestive system never gets time to rest from those foods and, we are not getting the nutrients we require in the seasons we require them. What I mean by this is that our body is designed to work with the seasons, it needs Vit C rich fruits in the winter months to help with illnesses that are more likely then and it needs antioxidant rich foods in spring to help with detoxification moving into summer. The foods (and medicines) found around us in certain months of the year are easier for us to uptake and use in those months for a reason (and not so easy in other months as our microbiome changes as the seasons change). They are not meant for us to consume all year around and they don't fuel us in the most optimum way if we do this.

I know that food is a minefield, and everyone is telling you something different every time you read or watch something new (heck even my own take on it has changed dramatically over the years). I find it extremely helpful to ask myself 'would my ancestors have eaten / drunk this, at this time of year and in this way? If it's a no, I know it's not the healthiest way for me to eat it (if at all).

Eating from local sources allows us to see what is in season, it's more nutrient dense (as it's usually picked recently) and of course it's not being shipped across the World. Foods (and medicines) that come from other parts of the World were probably never meant for our digestive system / body to consume. That's why many people don't feel better and some worse on superfoods shipped in from all over the World. Yes, they may have beneficial properties, but probably not for us!

So, keep food simple, seasonal, local and as ancestral as possible as often as possible and then you can't go far wrong.

And, if you are 'naughty' do your best not to give yourself a hard time about it, as that undoes a lot of the potential good from the food you are eating.

It's worth mentioning here that more and more people are finding they have a problem with high oxalate foods and as such often feel worse or even have new symptoms come up when moving from processed foods and drinks to 'healthy' foods and drinks. For this reason, I recommend cutting out all high oxalate foods for one month (strictly) to see if you are one of these people.

I recommend you don't take any notice of the lists of high oxalate foods online as they all contradict each other, but instead check out Sally Nortons book Toxic Super Foods and here Data Companion that accompanies it. Everything in her list has been checked for oxalate levels in laboratory and her list is one of the only accurate lists out there.

Some of the high oxalate foods are sweet potato, spinach, celery, rhubarb, normal potatoes, brown rice, soya, black pepper, sesame seeds and many nuts, seeds and legumes too. If you have at some point switched to a diet high in these foods (like I did) and are not feeling any better for it, or maybe even worse, I recommend cutting all the high offenders out for a month and seeing if that make a big difference in how you feel. It sure did for me! ;0)

Of course I had to give fermented foods a mention here. Fermented foods and drinks, like Sauerkraut, Kimchi, Kombucha and Kefir are often very helpful for people wanting to increase their energy and mood and improve digestive, immune and hormonal health. They are jam-packed full of good bacteria (probiotics), way more than any supplement you can take. As such when we eat and drink these foods, we start to eliminate bad bacteria and toxins from the body, but especially from the digestive system. As the digestive system improves, we can more easily uptake nutrients from others foods we

are consuming and energy can improve. I recommend making your own (there are tons of recipes in my book *Fermental – The Art of and Obsession with Fermented Foods and Drinks* or on my website www.faithcanter.com) or buy some from a health food shop. Most fermented foods and drinks in supermarkets and corner shops etc have been pasteurised (which means cooked) and this means they do not have the beneficial bacteria / probiotics in them any longer. If they are on a shelf, they have usually been cooked to be shelf stable. If they are in a fridge, they are most likely raw / unpasteurised but check the label to be sure. I recommend starting with one teaspoon of ferments with each meal and slowly building up. If you have a digestive imbalance or have never tried fermented foods and drink before then it's likely if you have much more than this you will find yourself in the toilet as they are powerful detoxifiers. Go slow, listen to your body and eventually you can enjoy lots of different types of fermented foods and drinks every day.

Lastly in this foodie section I'd like to talk about salt. Salt is so important to us and most of us are not eating anywhere near enough. If you are someone that is an overthinker, anxious or stressed, or you think you may have adrenal fatigue then your adrenals will be burning through your sodium supplies very quickly. As such, adding in any good quality salt (anything except table salt) to all your meals and sometime even in your water will be helpful for replacing that lost salt / sodium in your system.

Thoughts as fuel

As I have mentioned previously, our thoughts factor in just as much as our food does when it comes to our fuel. As such, when we are constantly anxious, stressed, overwhelmed, oversensitive and over thinking we drain ourselves of vital resources and especially energy.

However, often simply trying not to think bad things does not work and can in fact make us feel worse, because we are pushing parts of ourselves away and using unhelpful things (social media / people / shopping / addictions etc) to distract ourselves from our thoughts.

A better, healthier and more sustainable way to turn our thoughts into fuel instead of us fuelling them is to make friends with our thoughts, with the part of us that is doing the thinking. Rather than giving ourselves a hard time for knowing better, needing to be better and screwing up (again), let's just stop doing that for a while and try something else. Try being curious of your thoughts, asking better questions too. So, instead of 'why is this happening to me', how about 'how can this be happening for me'. Instead of identifying with our thoughts and who they say we are (or are not), become curious. Connecting with them like they are another person. This way we become gentler, kinder and more compassionate with ourselves. It takes practice, but eventually this becomes second nature and then the thoughts stop running the show and stealing all your resources.

Tapping / Emotional Freedom Technique (EFT)

I mentioned earlier that I would explain what Tapping / EFT is and how to use it. The reason I mention it here is because it is truly a wonderful self-therapy tool for resolving unhelpful thinking, habits, physical concerns and so much more. The more you practice it the natural and accessible it becomes, and you don't have to tap all the points, say all the right things or even tap for very long for it to be helpful. Below is how to tap (the easy way) and is an extract from my book *Living a Life Less Toxic*.

You tap on certain points on the body whilst verbalising areas of concern; this releases the blockages created in the body by thoughts, feelings and even old nervous system coping mechanisms. The hold these thoughts have over us is then released and most importantly, patterns associated with these thoughts are broken. It's like a counselling session but without having to open up to someone about your darkest and deepest thoughts. It is an extremely powerful tool and can release a lot of hurt, negative emotions, toxic thoughts and long-standing negative beliefs about yourself and others. This not only has positive psychological benefits, but it helps all sorts of physical issues that were created and / or exacerbated by these underlying thought patterns.

If you look up EFT / Tapping, you might get confused by all the different types and styles you find. Please don't be put off; you can keep it simple, in fact that's how I teach and use it now and it's super effective this way. The traditional way of tapping can feel very complicated and heady and thus puts people off using it, I developed an easier way (I call it The Easy Way), that is more accessible and thus we are more likely to use it.

This way we generally just focus on the one tapping point (you can still tap them all if that is what you are used to and what resonates with you). I like to use the Karate Chop point (see image below). This one can be used anywhere, anytime.

This easy way of tapping is about working on raw emotions in the moment. When we work with our thoughts / feelings / emotions like this we can have big shifts, quickly, because we are 'in it', it's raw, it's true and it's not thinking about what we think we need to tap on, but instead what is already going on for us in our heads. This way we just tap on our exact thoughts, unedited, swear words n all. We tap on what we are thinking, NOT what we think we should be tapping on.

So, we are not saying beautiful mantras of what we would like in our life (not right now anyway), we are voicing / honouring our perceived negative thoughts. For me, this is super important and powerful. Having spent a lifetime trying to be positive and not understanding why I never succeeded for very long, I can see why. Because I was pushing parts of me away, not honouring bits of me that made me, *me*. If you are saying a million positive things to yourself a day, but on the inside doing the opposite, then you are going to cause yourself a whole load of conflict instead of healing.

So, we tap on all the crappy thoughts and feelings and then when we have got those out, we put in / tap on some good stuff. But again, we don't go from saying things like 'I hate my body and life' to 'I love my body and life', because this can cause more conflict, unless we believe it. The better approach here is to use words like 'permission' or 'open'. What I mean by this is, instead of saying 'I love my body and life' (unless you believe it), I would recommend 'I am open to loving my body and life' or 'I give myself permission to love my body and life'. This sends a powerful message to the subconscious mind that maybe you are open to doing just that. Giving ourselves permission is also an important one, especially if we have been ill for a long time. When I was chronically ill with CFS giving myself permission to be well again seemed to create a big shift in me. I was so used to being ill and its label, that giving myself permission to be something else was big.

The positive tapping at the end could incorporate the opposite of some of the negative stuff you said at the beginning. So, if you said things like 'I am broken / incomplete / need fixing / fat / thin / screwed up' then the positive bits at the end could be something like 'I am open to not feeling broken anymore / I give myself permission to feel complete / I am open to not feeling like I need fixing / I give myself permission to love my body / I am open to not feeling screwed up or even I give myself permission to be ok with feeling screwed up. You can also add in things that resonate with you that maybe have nothing to do with what you just tapped on, like 'I give myself permission to heal or thrive or feel full of energy every day'.

So, to recap:

- Pick a tapping point or points that feel right for you. You can look the traditional points up online.
- You tap on your raw emotions / feelings / thoughts, *in the moment* (even if that means running off to the toilet for a 30 second tap because a work colleague has just upset you)
- And, when I say raw emotions / feelings / thoughts, I even mean one's like; Faith doesn't know what she is talking about, tapping sucks and makes me feel silly and I really don't get how it's meant to help. Or even; I have no idea what to tap on, I'm just feeling crappy (then follow *why* you feel crappy and tap on this). Tap on any resistances to tapping too!
- Tap until you have got it all out
- Tap on being open or giving yourself permission to letting go, moving through or thinking another way about your situation and do that until it feels right and finished too
- Just like the traditional way of tapping, take some deep breathes to let go and ground once you have finished tapping

I have noticed that sometimes when you finish you may feel there's something else you want to tap on and of course you can start again if you wish. But one of the main things you may find at this point is you are crying, coughing, yawning, feel edgy or jittery or feel energised or tired. These are all fine and generally means the body and mind are releasing in some way. If you don't feel anything though, that's totally ok too, sometimes it takes a while for the energy to start moving.



Making friends with your body

When we have been unwell / chronically fatigued for a long time, we can start to blame our body for destroying our life. We stop listening to it (if we were before) and we disconnect with it as much as possible because it is causing us some sort of discomfort. This disconnection furthers our health struggles because it causes more dysregulation of the nervous system. The basic building blocks for regulation is to start to listen / talk / act in connection with our body again.

We are taught from such a young age not to do this, to only go to the toilet in lunch breaks or eat and drink at certain times too. This causes disconnection and dysregulation as we start to listen to others over the signals from our own body. So, a simple thing we can do to promote connection and regulation again is to go to the toilet when needed (not after the list of other things we 'must' finish first) and to eat, drink and sleep when needed. Your nervous system will slowly start to notice you are listening to its whispers again and the little Meerkat inside can rest a bit. Meaning there are more resources once more for daily tasks, and energy can return.

Nervous System Soothing Techniques

As it may be becoming clear to you now, the nervous system has a huge impact on health and energy levels. As such I wanted to share this section (taken from my eBook *Trauma, Tension & Nervous System Regulation*) because if you are someone that is overthinking, anxious, stressed and depressed then it's highly likely your nervous system may need some TLC and below are some super simple tips how...

There are a few things we can do to sooth and regulate our nervous system. Do the things that feel safe and soothing for you, don't push through, thinking you know better than your nervous system does right now, this attitude keeps us stuck, we are letting the body be our compass here, as the body really does know best. You don't have to do them all and what works for you might not for another but give them a go and see which one's resonate with you.

These techniques can be used whenever you notice you are not feeling regulated are more triggered than normal, before bed (when waking in the night) and before food, so that you are in a more regulated place to make the most of the rest, nourishment and nutrients. Here's a video of some Nervous System Soothing / Regulating techniques:

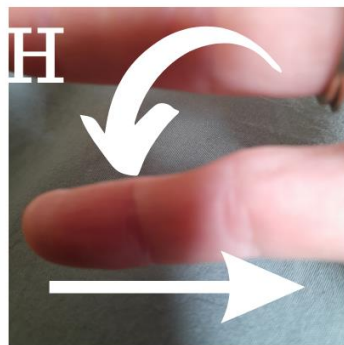
<https://youtu.be/HpmjrQNWFP4>

And, a reminder of them all is below...

Most of the techniques discussed below and in my video are helpful because they work with the vagus nerve to sooth your nervous system. However, anything you do that feels soothing to you is helpful for regulating your nervous system.

I HIGHLY recommend you write a list of things you find soothing and refer to this list whenever you feel in need. As an example, mine would include things like, getting my skin in contact with the earth, listening to the birds singing, watching my chickens and geese, making time for drinking a cup of tea sitting down and whilst it's still hot, getting down on the ground and looking at the mini forests, being in or near a river, stroking my dogs or a combination of a few of these. You will see it does not have to be some fancy-ass trauma and tension technique to help regulate your nervous system, it can (and should be) be anything you personally feel is soothing and / or grounding for you.

Regulating Points



A – Gently move the skin in the indent at the top of the ear (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

B – Gently move the skin around the opening to the ear canal (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

C – Gently pull the ear down (don't pull hard), either at the same time or in turn.

D – Gently pull the ear back (don't pull hard), either at the same time or in turn.

E – Gently pull the ear up (don't pull hard), either at the same time or in turn.

F – Gently pull the skin behind the ear down (don't pull hard), either at the same time or in turn.

G – Gently push the skin behind the ear up (don't push hard), either at the same time or in turn.

H – Massage along the inside of the little fingers.

I – Cup hands behind head and bring elbows back to level with head, then move eyes all the way to one side and wait for a release. Then repeat on the other side. Don't force this, if it's painful just do the parts you can without pain.

I'd like to say here that practices like Emotional Freedom Technique/Tapping, meditation, breathing etc are all helpful for regulating the nervous system too, as long as they are completed from a place of nourishment, safety and ease. Anything we do in a place of push, perfectionism and people pleasing (for instance) won't be regulating for the nervous system. You know what feels best for your nervous system if you slow down enough to feel it. For me making time to sit and drink my tea when it's still hot really helps me regulate, it's such a small thing to allow myself this time and enjoyment, but it makes such a huge difference. Getting as much skin in contact with the earth as possible and just listening to nature also helps me regulate, a lot!

Load noises, places, people etc will often dysregulate us, as can strong smells, lights and too many sensations going on at once. Do what feels regulating for you, when and where you find it the easiest to do.

Do what feels right for you when it feels right for you

Feeling well, strong and vibrant again should not feel overwhelming and more exhausting. If it does, then whatever it is you are doing it not going to work for you. You can try changing your attitude towards what you are doing or maybe make it more accessible to yourself by only doing it for 20 / 30 seconds or by maybe Tapping/EFT on how you feel about it first. Any time we are in a safe and soothing place, no matter if this is some new technique or just stopping to take a deep breath, we are in a place where the body can heal, and full health can start to return. Don't give yourself a hard time if you are not in that place all the time, even the more famous gurus are not there all the time. It takes time and practice to make the new habits second nature and to override any old and potentially unhelpful habits too.

It's worth mentioning here that even these old habits / ways of thinking and being have served us, they are not bad, and we were not wrong for having them. They have all been ways the body / mind / nervous system has chosen to try to protect us from harm. So, instead of giving ourselves a hard time for slipping back into old habits, maybe instead we can thank our body for always doing its best to protect us. Little changes like this have such a huge impact on supporting our nervous system and increasing things like energy, as they bring us out of being stuck in fight, flight, freeze, which takes so much of the body's resources to be there long term.

Prioritising Sleep

I know this may seem like an obvious one to add in here, but somehow it still gets overlooked. If you are not sleeping well, you will not have so much energy, but also many systems of the body won't work as well, as for instance, your body does a lot of detoxing in the early hours of the morning, so if you don't sleep well then you may not be detoxing so well, which then impacts health and energy levels.

How to sleep well? Stop having stimulants (things that spike the blood sugars as mentioned previously). Stop watching and reading things on screens in the last hour or two before bed (this is very stimulating and does not encourage lengthy or deep sleep), or if you must do this consider buying some blue light blocker glasses to reduce the stimulation these screens create. Switch all electrical appliances that send and receive signals (phones, tablets, laptops, TV's etc) off at night, plus your Wi-Fi router. Get into the practice of meditating, praying, visualising or doing one of the previous nervous system regulating techniques before bed to bring down any 'charge' in the nervous system and encourage good sleep. Make sure you are asleep by 11.00pm, as we get a 'second wind' then and it's much harder to sleep around or after that time. Try to go to sleep at the same time every evening. Address (through tapping, journalling or some other modality) any pesky thoughts that keep coming up (so they are not in the back of our mind when trying to sleep).

Insomnia is almost never caused by vitamin or mineral deficiencies or other weird and wonderful things but almost always by an overachieve mind or nervous system stuck in fight, flight or freeze. When we start to address this good quality sleep will follow.

Electromagnetic stress

A note about electromagnetic stress (EMS), because some people suffer greatly from the effects of electromagnetic frequencies (EMF's). It makes all chronic illnesses worse, and it can affect energy levels, because it also effects sleep. When we spend too much time around electrical appliances and not enough time connected to nature, we can find ourselves suffering from EMS.

Some of the common symptoms of nature deprivation / EMS are:

- Colds, flu and frequent and general ill health
- Problems concentrating
- Anxiety, depression, aggression, irritability
- Insomnia and general sleep problems
- Memory loss and brain fog
- Increased chance of (particularly epileptic) seizures
- Dizziness, vertigo, disorientation
- Fatigue
- Worsening of already existing symptoms due to prolonged use of electrical appliances
- Respiratory issues
- Loss of appetite, over-eating and nausea
- High blood pressure and haemorrhage
- Issues with the eyes in general but particularly in the cornea and dry/itchy eyes
- Eczema, dry, itchy skin, dermatitis and allergies
- Joint and muscle pain
- Tinnitus and other hearing difficulties
- Low birth weight and foetal developmental issues
- Persistent detox symptoms, burning sensations and sweating
- Shaking and jitters
- Developmental issues in children and adults alike
- Vision issues, such as blurring and worsening eyesight.
- Not feeling grounded

The easy way to reduce the potential effects of EMF's is to switch off appliances like phones, tablets and even digital watches that track your ever move, whenever possible (don't carry them in your pocket, or around your wrist all the time or sleep next to them) and get as much skin as possible in connection with as much nature as possible as often as possible. Connecting to nature, by walking barefoot, hugging a tree, paddling in the sea, gardening without gloves or naked sunbathing helps to reduce EMS in the body and bring us back to our natural human state again.

Returning to Nature

Connecting to nature (which we forget we are part of) is helpful for so many health conditions. I really feel many health concerns are really a deficiency of nature. We think that to 'fix' ourselves in some way we must take the supplements, eat the superfoods, buy the gadget and do the training. When, in fact prolonged health is often more about returning to our true nature. So, rather than doing more complicated things we are doing less, we are simplifying. Moving into seasonal, local and ancestral eating choices sorts out many dietary and digestive concerns. Getting skin in contact with nature greatly reduces EMS. Just being in nature can regulate our nervous system. Not wearing sunglasses reduces the bodies need for suncream. Having sunshine on our skin allows us to uptake more vitamins. Going to bed when it gets dark and rising when it gets light regulates sooo many systems of the body (including sleep). So, remembering we are human beings and not machines and as such we should be connected to and part of nature most of the time is very helpful. Because, when we don't feel good and don't know what to do, we can do this and guess what? A lot of the time this is all we need!

We humans often think we need to do more to be well, but in fact we just need to return to who we are meant to be, as part of the beautiful, magnificent natural World.

In Conclusion

I guess what I have done in this eBook is to share some of my top tips for energy recovery. I suffered from 11 years of intense insomnia myself and I felt like I tried every pill, potion, lotion and treatment in that time, only to find that it was my thoughts, and nervous system on high alert that was keeping me from sleeping.

I know myself if I have spent a lot of time during the day at my computer then my system feels buzzed (no matter how tired my head or body is) and it's then difficult to sleep (without doing some nervous system regulating techniques first or going to lay on the grass outside).

The chronic fatigue syndrome I suffered from for 6.5yrs and the adrenal fatigue for many years before that likely came from severe nervous system dysregulation, bought on by my body so desperately trying to protect me from this crazy-ass World.

I know from working with all the hundreds of people I have worked with over the years that this is the same for most people. We think it's all these weird and wonderful things that's effecting our health, when in fact most of the time it's quite simple. We are deficient of nature, nourishing and nurturing things and of a real connection to our body, others and this planet.

So, whatever you decide to do or try to help your fatigue remember these...

- Your body is not against you, it's been trying to protect you (either from others or from yourself)
- Nature deficiency for human beings is a real thing that can seriously hinder our health
- If you are feeling tired and wired a lot of the time, then that's a clear indication that your nervous system needs some extra support
- Whatever you do, make it feel safe and soothing for YOU!
- The more we work with (and not against or ignore) our mind and our nervous system the better we will feel physically and emotionally
- We cannot run away from our own thoughts, so we might as well do our best to make friends with them
- Dietary changes should not be stressful and are there to support balance within body and mind (not to send it spiralling).
- Fatigue is generally not the problem, but a symptom of something greater going on that the body has probably already been whispering to you about for some time now
- Read and watch as many recovery stories from as many people, about as many health concerns as possible. Hope it a powerful medicine!

Thanks for purchasing and reading this eBook, if you have any questions please get in touch. You'll find my most useful links below...

Free 30 Day Chronic Fatigue Syndrome Program: <http://faithcanter.com/sign-up-for-the-30-day-free-chronic-fatigue-syndrome-training/>

Website: www.faithcanter.com

Telegram Channel: <https://t.me/faithcanter>

Instagram: <https://www.instagram.com/faithcanter/?hl=en>

SubStack: <https://substack.com/@faithcanter>

The Freedom Movement Membership Site: https://network-1581987.mn.co/plans/37054?bundle_token=ec4b3a81f9a3901a11dec5644944f0b4&utm_source=manual