

Are you tired of being tired?

Dealing with chronic fatigue



ANDREA THOMPSON

A disclaimer and an encouragement

This book offers health information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional.

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read within this book. The use of any information provided within this book is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this book will always include the most recent findings or developments with respect to the particular material.

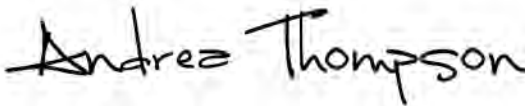
That being said, the information found within this book radically changed my life, and ultimately, my health.

In short, it saved my life.

As you read, I want you to be encouraged by my journey and consider the options of health principles and protocols I discuss.

You should consult your physician or other healthcare professional before applying these principles and protocols to determine if they are right for your needs.

Believing for better health in your life,

A handwritten signature in black ink that reads "Andrea Thompson". The signature is written in a cursive, flowing style with a large initial 'A' and 'T'.



5 Things to Know About Chronic Fatigue:

- 1) Fatigue isn't all bad**
- 2) If you don't have energy, listen to your body**
- 3) Burnout/Crashing can be predictable**
- 4) Fear is a source of fatigue**
- 5) Deep rest is a remedy**

1

Fatigue isn't all bad

With the absolutely fast-paced environment we live in, it can be easy to think that getting tired or worn-out is a bad thing.

Another way to say it would be, we often view fatigue as the enemy. And it's not.

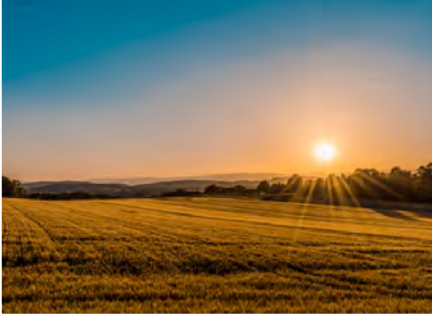
Understand, fatigue (and chronic fatigue) can come from a variety of different factors, including from what we eat/drink, thyroid conditions, stress, obesity and more.

But regardless of the source(s), it's something that we need to pay attention to in order to live a healthy life.

Fatigue tends to generate quick-fix responses in order to resolve the problem.

For a while, this can work, but in the long-run, it will take a significant toll on our bodies if we don't deal with it appropriately.

And that's the goal. To not see fatigue and a lack of energy as an evil thing. It's actually an indicator.



“When I’m tired, I rest. I say, ‘I can’t be a superwoman today.’”

- Jada Pinkett Smith

2

If you don't have energy, listen to your body

If your car ran out of gas, you wouldn't just keep driving it. And further, you wouldn't necessarily get mad at the car for the fact it couldn't keep going.

There's actually a gauge in the car that tells you when the fuel is going to run out. It's there to help you know and plan for it.

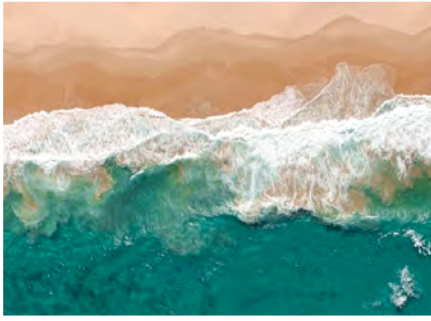
As simple as that sounds, it's the same principle for your body and fatigue.

Remember, fatigue in and of itself isn't a weakness. It's actually a gauge that tells your body when it is "going to run out of gas."

The problem is, we don't (typically) pay attention to it until it's too late.

And that's when we begin to overcompensate for the lack of energy (fatigue) and fill our bodies in excess with things like: sugar, caffeine, carbs and more.

Pay attention to the gauge in your body that tells you that you need to rest. And follow "its" advice.



“Burnout occurs when your body and mind can no longer keep up with the tasks you demand of them. Don’t try to force yourself to do the impossible”

- Del Suggs

3

Burnout/Crashing can be predictable

A friend of mine told me the story about when they were young and had to run a long-distance in their physical education class. Having never run any endurance races, they took off like an olympic sprinter and went full speed. They were actually passing multiple people for the first couple of minutes of the running activity. And then, it happened.

They crashed. Specifically, they couldn't go any further and actually crawled for a short period of time to finish the race. Kind of humorous if you know my friend, but the reality of it sets in quickly.

As we've been discussing, our body is speaking to us, and if we'll listen and do something about it, we can in most cases, avoid "the crash".

But if we ignore the warnings (physical, emotional and spiritual), we are setting ourselves up to burnout and crashing and go through life at a crawling pace. (or worse, in the hospital flat on your back).

Burnout can be avoided. But it does require the right pace along the way.



“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

- Nelson Mandela

4

Fear is a source of fatigue

Let me get real with you and let you know what I've discovered as a motivating source of fatigue. It's going to probably hit you between the eyes.

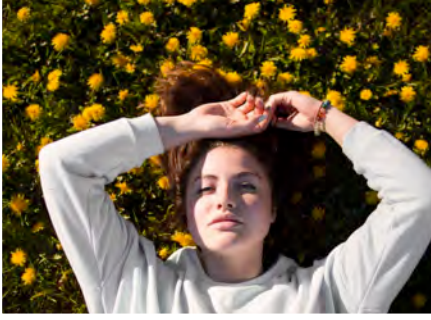
Fatigue is often born out of fear.

Let's get real, we go at incredible paces in life and don't want to be left out, left behind or not be able to accomplish more and more things.

But in the process, we are often times saying "yes" to fear. And we do it in order to gain: money, security, love, prominence, our self-worth and identity.

Think about it: how many times have you overridden the fatigue in your life because you didn't want to miss out on something on that list above? In other words, we are afraid that we'll lose out on something wonderful.

I'm not against any of those things. At all. I just know that I want to access them and develop them in my life in a way that is healthy and whole.



“If you define the problem correctly, you almost have the solution.”

- Steve Jobs

5

Deep rest is a remedy

By now, I hope you are beginning to recognize the value that fatigue brings.

While there are more developed physiological reasons behind fatigue, at the end of the day, beginning to deal with it is more simple than we realize.

It's time to rest. And for many of you, it's time for a deep rest. But as I've said many times before about living out a healthy lifestyle, while it may be simple, it's not always easy.

Here are some things that we can do to start the resting process:

- Extended vacation / sabbatical
- Being quiet
- Lifestyle changes that slow our pace
- Meditation/Worship
- Eliminating stimulants from our diet
- A plan/protocol to keep fatigue from becoming a life-altering issue

Don't be afraid of downtime. Even extreme downtime.

SPECIAL BONUS TIP:

If you feel you are battling chronic (extreme) fatigue, you can have blood testing done to help you determine what physiological factors are involved.

On more than one occasion, after having my blood evaluated by my physician in Spain, Dr. Raymond Hilu, I have been able to take immediate proactive steps to help my overall fatigue, stress and emotional “tiredness”.

I’ve also seen it work wonders in my friends and family as well.

Recently, my husband had been dealing with an overall lack of energy, and after the testing and evaluation process, in addition to him changing some things in his busy workplace lifestyle, with the help and counsel of Dr. Hilu, we were able to adjust my husbands diet as well.

The results have been simply amazing, and it continues to show how when we deal with things at the root, how effective the end results can be. My husband now has more energy, has been more alert and has self-admittedly said that his emotions have been as good as he can remember.

Understand, and using him as an example...he is still living a very active life and is running multiple successful businesses. My point in sharing is that if we will take steps earlier in the process of fatigue being a big factor, we will actually set ourselves up for a far more fruitful future.

It simply works.

Discover what your blood has to say



Discovering your blood cell condition is the building block for long-term great health!

Through a unique partnership with potentially the foremost cellular health authority in the world, Dr. Raymond Hilu, you can take a simple blood test, send it to Dr. Hilu (in Marbella, Spain), and find out things about your blood and health that will astound you.

Here's an overview of what you'll receive:

- test
- lancet
- gauze pad
- full Instructions on taking test
- release form emailed to you
- instructions for mailing back to Spain

The information that you receive back from Dr. Hilu's clinic will give you protocols, treatments and next steps, and in some cases, they will strongly encourage you to consider coming to their clinic.

Go to andreathompson.org/store to order and receive priority shipping for the kit to be mailed out to you.

Ready for some help on your health journey?



Personal health coaching sessions available now!

We love individualized health and life coaching, and due to the unique nature of each person's challenges, it can be the best way to jumpstart and clarify the best path for you, with someone who can go on the journey with you!

Book an in-depth consultation with one of our Personal Health Instructors today!

With the increasing performance demands in the workplace, environmental toxins, on-the-go meals, overuse of antibiotics and prescription medication, sedentary lifestyle and social media pressures, it's common to find yourself depleted of vital nutrients, exercise, healthy emotions and sleep that is needed to maintain a healthy body.

This not only affects the physical but also the mental, emotional and spiritual aspects of men, women and children often resulting in sickness and disease.



Our Personal Health Instructors are specifically trained to listen to your needs, and help you find solutions that address your specific health and life concerns.

Need more insight into your blood test results?

In addition to regular coaching, your instructor can also help interpret your blood cell analysis results and provide a strategic implementation plan of Dr. Raymond Hilu's protocol.

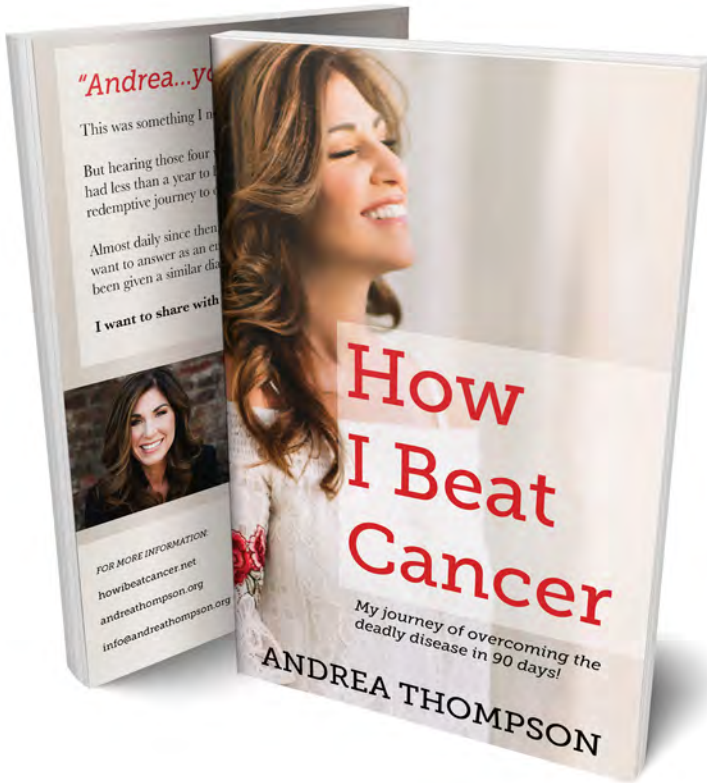
If you have not yet completed your blood analysis, our team will provide support to:

- help you establish an efficient plan to pursue answers to your health concerns
- make referrals to our clinical team and help you discover options for your health
- offer helpful tools pertaining to diet, exercise and emotional health to equip you with the necessary resources to move forward.

Skype or phone sessions available.

Go to andreathompson.org/store to get started now!

Andrea's detailed journey of beating cancer



Available at:

- [amazon.com](https://www.amazon.com)
- [andreathompson.org](https://www.andreathompson.org)