

Trying to combat fatigue?

Some helpful tips!

After a gruelling day, a healthy meal and a good night's sleep will generally get you ready to tackle the next day. However, fatigue that lasts for weeks, or even months, is not normal. Are you tired when you wake up? Do you struggle with everyday tasks? Take the bull by the horns and fight this daily exhaustion. Overwork, a hectic schedule, junk food... fatigue has many causes. But rest assured: these can be avoided! Here are a few tips to effectively combat fatigue.

What you can do

First of all, it is important to pinpoint the cause of your fatigue in order to eliminate it. In general, fatigue can be prevented by getting enough sleep and going to bed at the same time every night.

If fatigue is linked to psychological factors, it is recommended to get sufficient exercise, that is, at least three times a week, and fresh air on a regular basis. Take a brisk walk outdoors for at least 30 minutes! There's nothing like getting moving and filling your lungs with oxygen to curb fatigue.

Also, try to adopt a positive mindset. Happy people generally feel better!

Your fatigue could also be caused by a medical problem (e.g. thyroid problem or fibromyalgia). If you suspect something is wrong, consult a healthcare professional immediately.

Dietary tips for fatigue

An overly rich and unbalanced diet can cause a deficiency in valuable nutrients. It is therefore no surprise that to combat fatigue, eating complete and balanced meals is essential. Forget about meals on the go and fast food. Instead, choose foods that are rich in vitamins, minerals and trace elements.

Opt for seasonal fruits and vegetables, preferably organic. Look for foods high in minerals, vitamins, iron and trace elements. Avoid foods with a high fat or sugar content, prepared meals and processed foods.

A natural remedy for fatigue

Ideal for maintaining good health, Bio-Strath® is a 100% natural and whole food supplement for the entire family. Available in liquid or tablet form, this fortifying product is derived from a herbal yeast called *Saccharomyces cerevisiae*. Produced through a special process, it provides 61 vital substances, including 11 vitamins, 19 minerals and trace elements and 20 amino acids. Bio-Strath® helps you fight fatigue and maintain your well-being at every stage of your life.

Capitalize on product synergy

With the winning trio, Bio-Strath, Echinaforce and vitamin C, you will benefit from the synergy of these products. This combination will help boost your immune system and energy level. Say goodbye to relentless fatigue and hello to feeling great!