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Ask Lorna Live
Archives Available
October 24th 2012: Tired of Being Tired

Fatigue is the most common condition reported at the doctor's office by women and women are three times more likely to feel fatigued than men. A 2007 survey found that one-quarter of Canadians were sleep deprived and chronically tired. And a 2008 study by Statistics found that most Canadians suffer from sleep deprivation at one time or another and 80% of people may experience adrenal fatigue*. Lorna discusses the factors that can contribute to lack of energy, including exposure to too much stress, low thyroid, adrenal exhaustion and more.

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