



# *In conversation with Dr. Loken*

## **Tired, No energy, Fatigue, Exhausted.**

***It is essential to get certain tests checked when you are experiencing on-going fatigue.***

I have had a number of people come in to my clinic over the past few weeks with a primary complaint of fatigue. Now, out of all the symptoms you can have, fatigue has to be one of the most generic symptoms out there. There are more than a 101 reasons for why someone could have low energy and fatigue.

Many of my patients have been chalking it up to a “touch of” seasonal affective disorder (SAD), depression, less sleep, or too much stress. All of these factors can definitely leave you feeling like your “get up and go, got up and went!” Yet, you may not be getting to the heart of the problem. For many, the common factors listed above can play a huge role in fatigue and lack of energy, yet it is important to consider that there can be underlying problems that if not corrected, can create a constant state of fatigue and worse. It is essential to get certain lab tests performed when you are experiencing on-going fatigue. The top of my list would include a CBC, ferritin, B12, vitamin D, and a fasting blood sugar. If these labs are outside of your “optimal” range they are very easy to correct and can have a dramatic positive impact on your energy and your overall health. The best way for you to know accurately and effectively is by having yourself checked. The Top 10 Lab Tests and Solutions has details and essential information on all of these lab tests. The book puts you back in the driver’s seat and supports you in rejuvenating your much needed energy.

***In good health,  
Dr. Jason Loken, ND***

Top 10 Lab Tests and Solutions