

FATIGUE



&

Coherence 123



Fatigue & Coherence 123

Here are some great healing tips for you on fatigue. There can be various causes and I think it's important to be thorough because without energy in life, we can't fulfil our dreams.

It is very important that you deal with this and gain your energy back.



Integrative Medical Doctor

I like to recommend Integrative Medical Doctor's, they are western medical doctors who can do all the testing to properly diagnose your condition. The treatment, once you find the cause, can be alternative with supplements, diet changes and exercise. They can help you and then you have the best of both worlds.

If you don't have access to an integrative MD, find yourself a very skilled naturopath who can also help you. One of the most important tests to get done is for adrenal fatigue because that can be a dream killer and it simply will not go away by itself.



Meditation

Another thing for fatigue is meditation.

Meditation can help to relax you, restore energy levels and cellular balance, so that's a good thing to do.

Deep Tissue Massage

I love deep tissue work. I have had hundreds of treatments over the years and it always restores my energy very, very quickly.



Mind-Body Therapy

A mind body therapist is someone who works with the psychological, the emotional and physical at the same time. By releasing energy and chronic muscular tensions, it can make a huge difference.

There are also a psychosomatic issues.

Meaning that there is something physically wrong with the body that originates in the mind. It can truly be mostly a psychological or emotional cause.



Some of the things associated with fatigue or exhaustion are low self-esteem, a person who worries a lot, or carries a lot of stress with them. They may have obstacles or roadblocks in their life or constraints that they don't seem to be able to get their arms around.

Sometimes they become overwhelmed and can burn out and feel exhausted. Get yourself help. Don't try to do this alone because your life is so valuable. To be able to live your best life you need energy, very high-energy. I call it having a high vibration.

This links you to your high self-esteem so you can achieve your best.



Superfoods

Superfoods help. I love cacao, there's a lot of them out there. Have a look to see what works for you.

Kinesiology

If you can get access to a kinesiologist who can muscle test you to find out if the superfoods are right for you (because they can be expensive) and you want to make sure the superfood is exactly what your body needs.



Alkaline Diet

Eat an alkaline diet that is sugar and gluten free. Do not eat deep fried foods. All these things are factors, which can toxify the cells and exhaust you.

If there's any digestive problems, constipation, allergies or any of those things, check into that too. (We have more information in our GHE member's area for health tips for those conditions as well).

Coherence 123

We love to talk about Coherence 123 as a tool for you to learn to treat yourself.



Creating coherence in mind, body and spirit is really important because it affects how we think and how we feel about ourselves in life. One of the techniques is called EFT (tapping) also Psych K, which is psychology kinesiology, integrating the left and right hemispheres of the body to create more balance.

Also 9 positions is a way to release trauma from the brain in the body-mind. It is very powerful. A lot of research has been done on this. You can access Coherence 123 through Global Healing Exchange. You can get more information on it, to see how it can really help you with your fatigue and exhaustion.



I hope some of the things I said have been beneficial and help you in moving forward.

I want to see you with a 10 out of 10 vibration, energy that goes right to the ceiling!



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

