

FATIGUE



&

The Knight Method



How Can The Knight Method Of Transformation Help Fatigue?

Let's talk about fatigue. Fatigue is one of my favourite topics. Not because I enjoy being tired, but because I have a very in depth understanding of what creates fatigue, having gone through 10 years of chronic fatigue myself or actually more than that, but 10 years being unable to work.



So, I have a very profound understanding of what creates fatigue. I really had to research this topic in depth and go through a personal exploration of how to get well from chronic fatigue.

In America. It's estimated that 1 million Americans have fatigue or chronic fatigue, ME or this type of fatigue condition, but that only 20% are actually diagnosed and the cost to families and health care systems, etc. is estimated to be somewhere between \$18 - \$51 billion annually in the United States.

It is a huge issue. It is an epidemic.



It occurs more in women than men, but there are more and more men getting fatigue and it tends to occur between the ages of 20 and 40. I'm going to explain why that is happening.

We're going to look at some of the multiple causative factors of fatigue. I'm not going to have time to go through all of the many causes, but I'm going to go through some of the most important causes of fatigue.

It's important, for people to know that there are physical causative factors and there are also more emotional or mind causative factors.



So let's start with the physical aspect. One of the most common causative factors of fatigue such as feeling exhausted all the time, finding it hard to get out of bed in the morning and even leading to burnout is because our adrenals are fatigued. This is called adrenal fatigue.

Now adrenal fatigue is caused when we literally deplete our adrenal glands of adrenaline and other hormones. If we look at why this is happening, it is usually because we're just leading a really stressed over-busy life. This may just be physically busy in other words, we are working too many hours.



We are just overdoing it and over pushing our body so it is constantly in a state of stress, which is ongoing and draining to the adrenals.

Now there are several different stages of adrenal fatigue, but the final stages are exhaustion and collapse. So this is very physical, but usually the reasons for overdoing it, the pushing ourselves too hard, the over achieving, the working too hard, are more coming from the mind-emotional level and are patterns, habits or behaviours, which are set up early in life.

This is usually due to whatever's happened to us during the first years of our life.



I'm not going to go into that right now, but it is a physical condition but it is driven by our patterns and our lifestyle and our behaviours.

So then if we look at chronic fatigue or Myalgic Encephalomyelitis (M.E.) as we look at this type of fatigue, in my experience, there's more of an emotional component here.

What is happening is we are actually suppressing our emotions we're pushing our emotions down but it's all happening completely unconsciously.

We have no idea we are doing it.



This was one of the main reasons for the fatigue that I experienced.

Rather than it being a lack of energy, it's actually a blocking of energy and specifically a blocking of emotional energy, so we have to work out what emotions we are blocking. Usually we will find it is due to traumas that have happened early in our life, usually in the first 10 years and then they are not dealt with.

Then we continue on with behaviours that do not serve us, of driving ourselves too hard, working too hard, some of the other factors that I've already mentioned previously, but the underlying cause is actually an emotional suppression.



And if you're familiar with quantum physics, it has shown now that everything is energy. That means our physical body our mind our emotions, are all forms of energy and if we're suppressing emotional energy that affects our whole totality of energy and we will feel tired.

Another important factor to take into account is the virus. For example: post viral fatigue, glandular fever, this sort of thing. Normally what happens is, people get a virus and they've already been worn down, but they kept on going. This is like the adrenal fatigue at that point and then they get a virus and then they just can't get it together afterwards and they just constantly feel tired.



They just can't get their life back and because it happens after the virus that symptoms get worse, people tend to blame the virus for the fatigue, but actually if we look deeper we find that all the stressors and all the trauma that led up to it, usually years before the virus sets in, are actually the real root cause of the factors of illness and that's what I'm interested in getting too.

Now also fatigue can be a healing response, this could be a short-term healing response or a long term healing response.

A healing response is the natural part of the body or a natural way of the body to heal itself.



I'll give an example. If you go for a massage and you feel really, really tired afterwards that's because the body has been flipped out of the stress response into the regeneration response or the parasympathetic response and the body is saying "At last I have just relaxed. I can regenerate, I can recuperate and I can rest".

When we're in this healing response we feel tired and that is normal at that time.

We need to rest if we just want to fall asleep, that is the best thing we can do.



A healing response, can be very short term, it can be after a massage, after therapy appointments or if we've had a long term chronic illness or long term chronic stress.

Then we start resolving these issues and the body is going to go into the regeneration response and we could be tired for some time, so this can also contribute to being tired.

So there are many, many different reasons why we feel tired and it's up to us to discover what they are.



It's one of the major factors that is addressed in The Knight Method Of Transformation. It's one of my favourite topics, helping people to understand why they're tired. I hope this has been interesting for you to understand.



**This Ebook is a collaboration between Kim Knight,
Founder of The Knight Method at Kim Knight Health
& Global Healing Exchange**

