



Yawn Much? Low Energy?



Feeling tired? Run down? A lack of energy? Have you been sleeping regularly? Have you been eating healthy foods? Sometimes a change in medication may also make you feel weak or drained. If your body is using its energy to heal itself, you may not have the same amount of energy left over for your everyday life. When was the last time you saw a dentist? An eye specialist? Even a minor tooth, gum, or eye infection can take away a lot of your “get up and go.”

There has been some evidence people with HIV may also experience a drop in sex hormones, such as testosterone. This can also result in a lack of energy and you can feel tired. Your doctor can monitor your hormone levels to see if you may need HRT (Hormone Replacement Therapy).

<http://www.medscape.com/druginfo/monograph?cid=med&drugid=1630&drugname=Androderm+TD&monotype=monograph>

Suggestions: One of the easiest ways to “recharge your battery” is to walk. Many members tell us a 30 minute walk once a day not only seems to give them more energy, but also helps them with sadness and depression. Regular exercise can also mean playing basketball, swimming, or dancing. When was the last time you really belted out one of your favorite songs? Singing forces you to breathe in healthy deep breathes, and the extra oxygen can feel great. Don’t use the empty calories of a candy bar or a so-called “energy drink” (which may have a lot of sugar in it— even more than a soda) to feel more active. A piece of cheese—low fat string cheese-- is one choice that can give you protein along with calcium. Your body can use the energy from proteins which are found in meats, eggs, or a glass of milk, to keep you going steady for a longer time, where a candy bar can make you feel even more tired after the first “burst” of energy. Think about it as your body using a candle instead of a firecracker. One lasts a long time and the other does not. Some members enjoy herbal teas that can also help them feel more energetic.

For Additional Resources:

<http://www.nlm.nih.gov/medlineplus/ency/article/003088.htm>

<http://homehealthremedies.org/category/energy/>