



Common Triggers for Chronic Fatigue

The aim for those experiencing chronic fatigue symptoms is to reduce or eliminate as many of the triggers as possible. Some of this can be done through Kinesiology and others require lifestyle changes.

Emotional Triggers

- Stress
- Trauma
- Beliefs and attitudes
- Lack of health boundaries
- People pleasing
- Lack of self-care
- Lack of self-worth
- Locus of control
- Lack of support
- Heightened workload perception

Endogenous Triggers

- Viruses / infection
- Bacteria
- Microbiome
- Parasites
- Vaccine injury
- Inflammation
- Immune disturbance
- Hormone function
- Sleep

Exogenous Triggers

- Environmental toxins (pesticides, herbicides, fungicides, parabens, sulphates) think roundup, skincare products, shampoos, cleaning chemicals
- Heavy metals
- Pollutants
- Electro -magnetic radiation
- Diet
- Exercise