

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

FATIGUE

The first remedy for fatigue is REST, slowing down, not over-doing it, meditation. Try those first. Then take a look at these formulas. If you're still tired, consider a consult and/or see your healthcare provider.



**BE PREPARED THE
NATURAL WAY**

See which formula fits best for what's going on with you. There are many factors in treating fatigue. It can be low blood sugar from eating too many carbs, especially at night. It can be from drinking. Lack of exercise. Stress, burn-out, over-work. Depression. Prolonged colds or flu, post Covid, vaccinations, chronic viruses, Chronic fatigue Syndrome .Weak immune system. Poor sleep. Pain. Lack of certain vitamins. Here are a few recommendations. There are more comprehensive protocols on pain, depression/anxiety, Covid, chronic viruses, poor sleep to look at.

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Fatigue when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

POWER MUSHROOMS



- **Enhances immune system, increases energy, good for autoimmune disorders like Lupus & MS, asthma and prolonged colds and flus.**
- Also good when taken when traveling or exposed to people that are sick.
- Take 1-3 tablets 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for long term immune system enhancement.
- Safe for pregnancy, breastfeeding & kids.

ASTRA ISATIS

- **Immune system formula for chronic and acute viral infections and inflammation with fatigue, facial flushing and lymphatic swelling. Can help chronic gum and throat infections. Is helpful for Herpes IF taken at the first sign of outbreak at high doses. helps chronic fatigue, EBV and HIV.**
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly.
- For herpes outbreak take 3-6 tablets every 2-4 hours for the first 3 days.
- Safe for pregnancy, breastfeeding & kids.

ASTRA ESSENCE

- **Speeds recovery from illness, strengthens the immune system. Increases energy. Helps with the effects from chemo and radiotherapies. Helps balance blood glucose. Increases brain function and memory. Treats vertigo, dizziness and hearing and hair loss. Long term use is fine. It can take a few months to have full recovery for many people.**
- Take 1-3 tablets, 2-4 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

ASTRA 8

- **Increases energy and strengthens the immune system. Helps with fatigue, weakness, low adrenals, muscle aches & inability to concentrate. Helps the body adapt to mental and physical stress. Helps strengthen the lungs. May take long term.**
- Take 1-3 tablets 1-3 times a day. Dose is based on 120lb adult, so adjust as needed.
- Safe for pregnancy, breastfeeding & kids.

ADRENOSEN

- **Good for burn-out, especially when there is aching, pain and digestive disturbances. Increases energy, sense of well-being and mental clarity. Supports the adrenals, pituitary and thyroid glands. Great for athletes.**
- May take for a month. If you run hot, consider another formula. This can make you hotter.
- Take 1-3 tablets, 1-3 times a day for up to one month. Dose is based on 120lb adult, so adjust as needed.
- Safe for pregnancy, breastfeeding & kids.

SLEEP FORMULA

- **This helps with falling asleep. That is often the trickiest part of sleep.**
- Take 2-3 pills with a small amount of warm water 1 hour before bed.
- It is not recommended for breastfeeding and pregnancy. Please see Sleep protocol for alternatives.

ALIVE! MULTI VITAMIN



- This is one of the best overall Whole Food supplements. It has more nutrients from more natural sources than any other product.
 - 29 Vitamins & Minerals
 - 24 Fruits and Veggies
 - 14 Green Foods
 - 18 Amino Acids
 - 12 Digestive Enzymes
 - 10 Essential Fatty Acids
 - 12 Organic Mushrooms
- This has a greater diversity of specially balanced nutrients from three important areas: daily essentials, botanical energizers and system defenders including antioxidants
- Take 3 tablets 1 time a day.
- For pregnancy and breastfeeding take Pre- and Post- natal vitamins.
- For children, get a kids formula.

TREMELLA AND AMERICAN GINSENG



- **Good for immune enhancement, Chronic Fatigue Syndromes & HIV. Treats asthma, dry cough, bronchitis, pneumonia and tuberculosis. Helps chronic dry cough and chronic viral infections with feelings of heat and night sweats. NOT for copious phlegm type coughs, or if you run cold.**
- It is a cooling formula.
- Take 3 tablets, three times a day in conjunction with any prescribed medications
- Safe for pregnancy and breastfeeding. Please see my Kids section for more appropriate kids formulas.

EASE 2



- **Treats prolonged fatigue, colds and flus from any virus or vaccination reactions, such as fatigue and lingering body aches. Helps muscular tension and pain in the head, neck, shoulders & upper back. Good for PMS, especially mood swings. Treats food allergies, bloating & belching.**
- Take 1-3 tablets, 1-3 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

SHEN-GEM



- Treats fatigue when accompanied by prolonged stress, insomnia, nervousness, anxiety, palpitations, poor appetite, sugar cravings. helps with immune system imbalances, Chronic fatigue and some types of chronic pain.
- Take 2-5 pills, 2-4 times a day. Need to take long term for best results. Dose is for 120lb adult, adjust accordingly.
- If you run hot, this is not recommended . Consider alternative formulas like Ease 2, Tremella, Astra Isatis or Astra Essence.
- Safe for pregnancy, breastfeeding & kids.