
persistent tiredness, muscle fatigue

Posted by rijichouno - 2010/07/21 07:12

Hi everyone,

I've been having a lot of trouble with my transition...your input would be very appreciated.

A little background: I'm 23, have been mostly vegetarian for several years, and have maintained a healthy weight. I have tended towards eating a lot of processed sugar and refined starches.

I began the transition to raw about three months ago, and have been going from about 70% to 90% raw in that time. Beginning several weeks ago, I began experiencing significant fatigue (yawning/wanting to lie down much of the day), as well as moderate muscle fatigue.

I began supplementing with a B vitamin a couple of weeks ago, and have just returned to using a multivitamin as well. I had a blood test done about two months ago, which showed no abnormalities.

Anyone know what could be the culprit? Could celiac disease be it? Or is that small portion of my diet that isn't raw be complicating the transition, or do I need to reduce my sugar intake further (between honey and agave-sweetened coconut milk, plus some fruit, it's probably still fairly high)?

Thanks so much!

=====

Re:persistent tiredness, muscle fatigue

Posted by Drawed - 2011/11/11 05:20

It sounds like your doing everything right the diet affects everybody differently at first. I would give it some more time and I have always used a multivitamin myself so this should help you also. If your problem persists then I would consult a Los Angeles doctors for possible remedies because we are all so different.

=====