

TIRED OF BEING TIRED?

**How To Resolve Your Fatigue Using A
Simple 4-Step System**



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How NOT To Fix Your Fatigue #1: Focus On The Treatment Instead of the Causes

Do you ever worry that you're going to lose your job because you're so exhausted that you can't do your best work?

Or maybe you have your own business and you're stressed because your lack of energy is affecting your ability to get new clients and to pay your bills on time?

Ever look at your kids with tears in your eyes because you have to tell them (again) that you're too tired to play with them?

Do you ever stay up at night unable to sleep because you're worried that you're never going to resolve your fatigue?

All that work you've done researching, seeing doctors, taking supplements, listening to podcasts and summits and you still feel awful.

Without following a proven method, 99.9% of people with fatigue will never get their energy back.

If you want to resolve your fatigue, then driving yourself crazy looking for the next best "fatigue treatment" is **NOT** the way to do it.

Newsflash: treatments don't get people better if they are not treating the right causes.

The reason for this is simple: there are 33 different causes of fatigue and everyone with fatigue has 20+ causes. What makes treating fatigue even harder is that everyone with fatigue has DIFFERENT, multiple causes of fatigue.

Basically, if you have causes: 2, 4, 6, 8, and 10, and your neighbor has causes: 1, 3, 5, 7, and 9, then you will require very different treatments. Makes sense, right?

You are an individual and your treatment needs to be individualized to you.

Having spent the last decade resolving my own fatigue and helping thousands of others resolve theirs and achieve the energy they want to reach their dreams, I can confidently share with you that the turning point for EVERY client I have seen is the moment that he or she realizes that they will only get better if they find ALL of the causes of their fatigue.

And that the reason that you haven't been successful resolving your fatigue up til now is because you haven't found all of YOUR causes of fatigue.

With any problem in life the only way you can truly resolve it is when you know the CAUSE (or causes).

Whether it's fixing your car, the reason why your revenue is down or a human resource issue, we're always looking for what the cause is. Then you can apply a solution and solve the problem.

The same is with fatigue. We always need to find the causes in order to apply the solution. In fact, I have never met anyone who has found all of the causes of their fatigue and treated it correctly and didn't resolve their fatigue. Let me say that again:

I have never met anyone who has found all of the causes of their fatigue and treated them correctly and didn't resolve their fatigue.

It's that simple; find the causes you have, and remove them.

(Note: The good news is that 0.01 percent of people with exhaustion and fatigue have already wised up to this and adopted a new, proven and better system to optimize their energy. This had led to better relationships, more success at work and a happier life. Connect with us [here](#) on how we can help you leave the 99.9%).

The other scary fact is that by the time someone discovers me and reaches out for help, they have often been to see many health practitioners - sometimes dozens.

This is because these physicians, practicing conventional, natural, integrative and even functional medicine, are mainly generalists and are **NOT fatigue experts**.

And even if they are specialists in things like mold, lyme or heavy metals, they are usually so focused on those causes that they don't take into account all 33 of the causes that must be addressed in cases of fatigue.

These practitioners mean well, they're just not addressing all of the causes of YOUR fatigue and consequently this is why they were not able to help you resolve it. Not having the right starting point can impact your journey and make it much harder - and longer.

Another roadblock you may have come up against is spending years looking for a diagnosis to

give you peace of mind, but a diagnosis is often not even a good beginning. And, almost always, it is limiting.

When you could be spending your time and money addressing the 20 or so causes that are driving your condition, instead, you may be lured into a specific protocol because you have a diagnosis... but a diagnosis just describes your symptoms, it doesn't tell you what your causes are.

If you're interested in learning about why you still have fatigue and what you can do about it, you can schedule a free call with us [here](#).

How NOT To Fix Your Fatigue #2: Reliance on Laboratory Tests

A popular, but misguided method to resolving one's fatigue is to focus exclusively on what your laboratory tests say, but this is another way **NOT** to fix your fatigue.

In fact, I have found that 75% of the 33 potential causes of your fatigue can be determined by your symptoms ALONE. The other 25% really need lab tests.

Even when I was in conventional medical school I learned that 90% of the diagnosis was determined from the patient's history and symptoms and 10% from labs and physical examination. It's the same for functional medicine and, yes, fatigue.

Unfortunately, most practitioners (yes, even functional medicine doctors) are over reliant on their laboratory tests. They won't diagnose you with Lyme disease or mold toxicity or thyroid disease if you don't have a positive test. Unfortunately, all of our laboratory tests are IMPERFECT and you have to combine your symptoms and your labs to determine if you have a particular cause of fatigue. Most of the time, your symptoms trump your labs.

Unfortunately, the biggest consequence of this over reliance on imperfect laboratory tests is that the causes you DO have aren't identified properly and consequently, you don't get better.

If you're like most of the people in my program, you were incorrectly told that you didn't have a particular cause. However, once you assess all of your causes *correctly*, you will learn otherwise, and will be to resolve your fatigue.

If you're interested in learning about how we help people like you resolve their fatigue, you can schedule a free call with us [here](#).

How NOT To Fix Your Fatigue #3: Don't Address ALL of the Causes of

Fatigue

Most conventional, natural and functional medicine doctors are focused on replacing deficiencies in vitamins, minerals, hormones and lifestyle habits....ONLY.

These are all great, but will only get you so far, then you plateau...

Unfortunately, they forget to assess for many of the toxicities that are present.

Now, some doctors assess for 1 or 2 or the toxicities (maybe heavy metals or mold or Lyme), but it is rare when I find someone who is addressing **all** of them.

Here's the total list of deficiencies and toxicities that need to be assessed:

Deficiencies: hormones (adrenals, thyroid, sex hormones), nutrients (vitamins, minerals), lifestyle habits (sleep, movement, food, water) and mitochondria.

Toxicities: heavy metals, chemicals, molds, infections (Lyme & its co-infections, gastrointestinal, viruses, bacteria, yeast, parasites, dental infections), allergies, negative emotional patterns, electromagnetic frequencies.

As you can see, there are a lot of potential causes and they all fit together like a puzzle. Leave a piece out and the puzzle is incomplete.

This is the same with your fatigue -- you will not resolve your fatigue if you don't address **all** of the causes that you have.

If you're interested in learning about how we work with people like you resolve their fatigue, you can schedule a free call with us [here](#).

How NOT To Fix Your Fatigue #4: Work With Your Local Provider

If you want to learn something in life, what do you do? You read a book, attend a class, hire a teacher, or take lessons, right?

In other words, you find a mentor who has the experience and a proven system that you can follow.

This is the fastest way to achieve the success that you want.

If you asked your mechanic to teach you piano lessons, you'd get a lot of trial and error and it would take you A LOT LONGER to learn how to play piano, right?

That's what happens when you work with someone who DOES NOT specialize in fatigue.

They don't know what to do because they're not focused on it. They haven't made it their life's work, and they don't know all of the nuances that come from years of experience.

If you don't care how long it will take to resolve your fatigue, then MAYBE your local functional medicine provider can help you get there. But is your life worth a MAYBE and several more years? Or do you want to follow a proven system that will get you results in months, not years?

When you choose a fatigue expert, you compress time. You're making a statement to yourself and the world that, "Life is too short and I want to get better as fast (and safely) as possible!"

If you're interested in learning about how we help people just like you who are frustrated with being stuck trying to resolve their fatigue, you can schedule a free call with us [here](#).

How NOT To Fix Your Fatigue #5: Don't Follow a Proven Process

When I first started helping people with fatigue, I didn't realize that there needed to be a sequential process.

In fact, when done incorrectly, you have the potential of feeling worse rather than better. Sound familiar?

Unfortunately, most practitioners don't know where to start and what to do next.

I have found that the resolution of fatigue is most successful as a 4 step process that I call the Fix Your Fatigue Program.

The New and Proven Way To Fix Your Fatigue in 4 Simple Steps

Here's my 4 step process:

Step 1. Assess for all of YOUR causes of fatigue. Figure out which of the 33 potential causes YOU have so you can resolve them as fast and safely as possible. Hopefully at this point you understand the importance of finding your individual causes of fatigue.

Step 2. Replace deficiencies in hormones (adrenals, thyroid, sex hormones), nutrients (vitamins, minerals), lifestyle habits (sleep, movement, food, water) and mitochondria. This is the fastest way to boost your energy and prepare for removal of the toxicities in step 4 (the most important step in this process).

Step 3. Open up detoxification pathways to support the removal of your toxicities. This includes the bowel, kidney, liver, lymphatics and brain lymphatics. If these pathways are “clogged,” you won’t be able to remove your toxicities without feeling worse. This step is essential for the removal of your toxicities safely in step 4.

Step 4. Remove toxicities from heavy metals, chemicals, molds, infections (Lyme & its co-infections, GI, viruses, bacteria, yeast, parasites, dental infections), allergies, negative emotional patterns, and electromagnetic frequencies. This step is the most important step in this process because the toxicities have the greatest effect on your energy and function. They are also the cause of your deficiencies and your “clogged” detoxification pathways that need to be opened.

In the Fix Your Fatigue Program, we take you through our 4 step process. We teach you exactly how to find the causes of your fatigue and how to resolve them. If you’re interested in learning if we’re a good fit to work together, you can schedule a free call with us [here](#).

Following a proven system provides the following benefits:

- You’ll know exactly where you need to focus
- You’ll get better faster
- You’ll have more predictability in your energy
- You’ll know what your next steps will be

This all leads to:

- Waking up with greater energy and spending your days doing what you love
- Achieving next level success in your career
- Being there for your family & loved ones
- Being able to spending quality time with your kids

What’s Next?

It’s our hope that this guide has provided you some clarity as to why you STILL have fatigue and what really works to resolve your fatigue.

This system eliminates all of the guesswork in resolving your fatigue and optimizes your energy for years to come.

If you'd like to speak with us on how we can help you incorporate this system into your life, we'd love to talk to you. There is never any pressure on our discovery calls. Our objective is to figure out why you still have fatigue and then help you figure out what your best plan of action is.

If you'd like to set up a discovery call with us, follow the URL below to do that:

[Schedule.FixYourFatigue.Org](https://www.fixyourfatigue.org/schedule)

Feel free to send us an email (if you need anything) or if you just want to say 'thanks for the guide'. (info@fixyourfatigue.org)

Whatever you do, take action so that you don't still have fatigue 6 months from now.

Make this the year that you finally resolve your fatigue and achieve the life you've always dreamed up!

Looking forward to talking soon!

Your friend,

Evan H. Hirsch, MD
The Fatigue Coach
Creator of the Fix Your Fatigue Program

P.S. If you like what you've read and you want to learn more about what we do and how we help people just like you resolve their fatigue, you can schedule a free call with us [here](#). There is no pressure to buy anything on these calls. It gives us both an opportunity to see if we're a good fit to work together.