

BY HILARY BODDIE

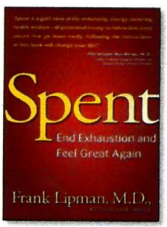
# YAWN!

Is modern living making us all TATTs – Tired All The Time?

**W**ake up every morning still feeling tired and with no energy, even after a full night's sleep? According to Dr Frank Lipman, you could be 'spent'. He has identified an exhaustion epidemic, which is sweeping the US – and celebrities are not immune. Gwyneth Paltrow has visited his New York practice as have Kevin Bacon, Kyra Sedgwick and Donna Karan.

## RUNNING ON EMPTY?

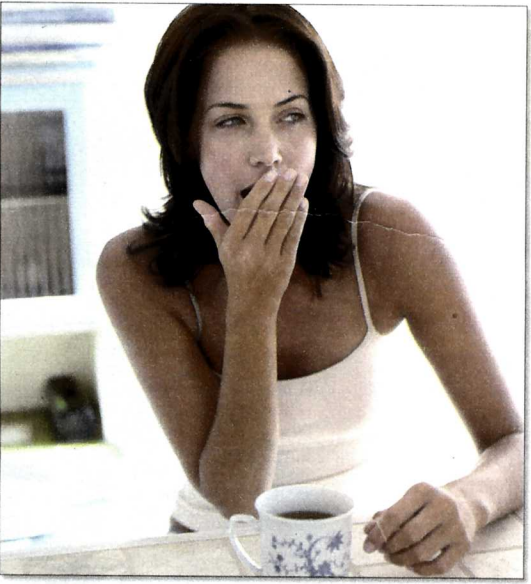
This feeling of running on empty and being permanently drained is fast becoming a health problem on this side of the Atlantic, too, as more and more people, particularly women, suffer the fallout of 21st-century living and become TATTs – Tired All The Time.



In his new book, *Spent: End Exhaustion And Feel Great Again* (£9.99, Hay House), Dr Lipman identifies the main reasons behind this feeling of permanent exhaustion as being poor diet, lack of exercise, or even over-exercising, filling our bedrooms with electronic equipment and being out of touch with our bodies' natural rhythms. He outlines a six-week programme to help restore energy levels, including healthy recipes and relaxation exercises to help steer you away from the common crutches of caffeine, sugar and alcohol that many people use to get them through the day.



**Above:** Gwyneth Paltrow found herself feeling rundown, but was able to bounce back with the aid of Dr Lipman and his six-week programme. **Left:** Relying on caffeine and other stimulants to get you up and alert in the morning is only ever a short-term solution



## ARE YOU SPENT?

If you answer 'yes' to more than three of these questions, you are more than likely 'spent'.

- Do you wake up still not feeling refreshed?
- Do you feel tired all the time?
- Do you need coffee, fizzy drinks or sugary snacks to see you through the day?
- Although tired, does your mind continue to race?
- Do you feel overwhelmed by your to-do list?
- Do you struggle to lose weight?
- Do enjoyable things often feel like chores?
- Do you have trouble focusing or remembering?

According to Dr Lipman, 'We get spent because our modern lifestyle has removed us from nature. We are built to sleep when the sun goes down and wake when it rises. And very few of us are living that way. But with natural light, good food, the right supplements, appropriate exercise and exposure to nature, our genetic clocks can reset themselves.'

## EAT FOR ENERGY

The idea is to increase your intake of the foods that nourish the body and to limit or stop eating the foods that do not. Breakfast and lunch should be your largest meals because this is when your body is primed to deal with a lot of food. As daylight fades, the metabolism slows down.

'The body needs proteins and fats in the morning for the activity and alertness needed during the day,' explains Dr Lipman. 'It needs healthy carbohydrates at night for the relaxation and detoxification functions that occur while we sleep.'

Dr Lipman advises avoiding carbs and/or sugar for breakfast (no toast, cereals, bagels, etc), instead opting for protein and essential fats, such as eggs, fish or a fruit smoothie with yogurt. Save carbs for the evening, eating brown rice or pasta and vegetables, which will help you produce melatonin (the sleep hormone), and just a small amount of protein such as chicken or tuna.

## 5 OF THE BEST Cold sore remedies

**1 Biostick, £34.20**  
This uses a low-frequency red light to increase blood flow, which rapidly boosts the healing process.

**2 Nelsons Homeopathic Pharmacy Cold Sore Relief Ointment, £7.50**  
Tinctures of myrrh and hydrastis bring natural relief.

**3 Cymex Ultra, £4.88**  
Apply frequently as soon as the tell-tale itchy, tingling sensation begins – banishes your cold sore in just five days.

**4 Eco Lips Medicinal, £3.49**  
An organic lip balm containing a powerful herbal blend to heal cold sores while protecting the lips against the elements that often cause them.

**5 Herpotherm, £39.99**  
A neat lipstick-size device that zaps the cold sore virus with just enough heat to kill it, but with no risk of burning your lips.



## TAKE A BREATHING BREAK

Most of us breathe through our mouths into our upper chests, but this kind of shallow breathing only brings more tension to the neck and shoulders. Make time to take regular deep-breathing breaks. Inhale deeply into the rib cage, for a slow count of four, so that you can see the stomach rise. As you exhale, allow yourself to breathe out completely.

## SEE THE LIGHT

Just as we need darkness to support our sleep cycles, we need light for our day cycles. 'We need light to trigger our metabolism, alertness and ability to function and perform,' says Dr Lipman. Modest exposure to sunlight also helps the body produce vitamin D to keep bones healthy and protect against cancer. Try to get 30 minutes of sunshine first thing, outside the peak hours, to wake your body up and set your rhythm for the day. For more information, visit [www.spentmd.com](http://www.spentmd.com).

## EAT PLENTY OF THE FOLLOWING

- Seasonal fruit and vegetables, particularly asparagus, avocados, broccoli, mushrooms, spinach, tomatoes, berries and kiwi fruit.
- Organic chicken, beef, lamb, pork and turkey.
- Salmon, tinned sardines and anchovies.
- Eggs.
- Brazil nuts, almonds, walnuts.
- Garlic and ginger.



## EAT IN MODERATION

- Bananas, oranges, potatoes, prunes and raisins.
- Brown rice, brown pasta and porridge oats.
- Butter, cheese and milk yogurt.

## AVOID ALTOGETHER

- Sweeteners, sugar, trans-fats, processed fats and meat (sausages, ham, etc), caffeine, diet drinks, cakes, muffins, biscuits and margarine.

## SLEEP SMARTER

Dr Lipman recommends an 'electronic sundown' at 10pm, which means turning off all electrical appliances before going to bed. No computer, TV or texting. Exposure to electromagnetic fields too close to bedtime stops melatonin (the sleep hormone) from being secreted as you go to sleep, meaning you never reach deep restorative sleep and wake exhausted. Keep your bedroom totally dark, too – many people are photosensitive, so even the light from a digital clock can make the body think it's still daylight.

## EXERCISE WISELY

Exercise is the perfect stress-buster, but practise restorative exercise rather than pushing your body to its limits with a punishing schedule that leaves you feeling anything but refreshed. Walking is ideal – a daily walk burns calories, increases metabolic activity and helps improve posture. Yoga is also a very beneficial restorative exercise.

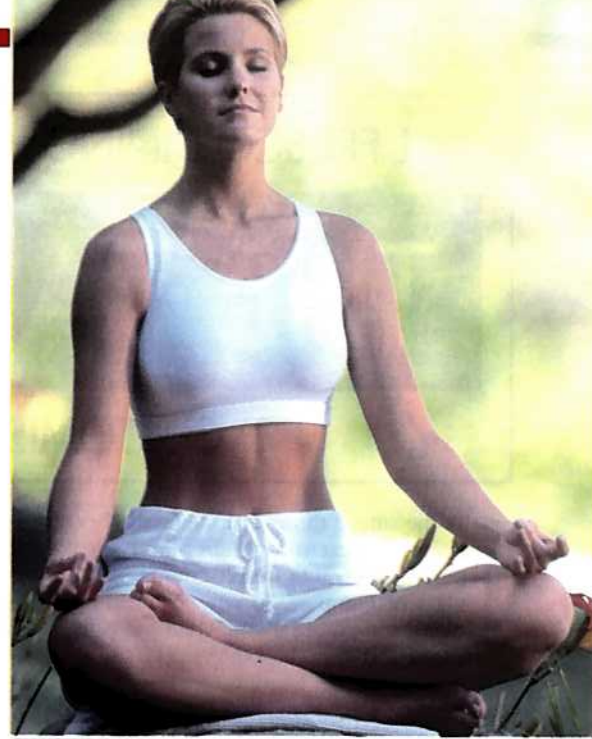


## WHAT THE CELEBS HAVE TO SAY

- **Gwyneth Paltrow:** 'I went to see Dr Frank Lipman a few months ago when I was in New York City. I was very rundown and my immune system wasn't bouncing back. It was then that he gave me a copy of his book, *Spent*, as well as some pretty great treatments.'
- **Donna Karan:** 'We all look to go away to rejuvenate, but the key is how to live in chaos and find the calm. Frank Lipman's *Spent* is a bible for how to heal and thrive in the midst of it all.'
- **Kyra Sedgwick and Kevin Bacon:** 'Frank Lipman has been our trusted friend and doctor for more than 15 years. Time and again he has helped us restore our bodies to their natural rhythms and health.'

OK!

FOR HEALTH ADVICE, EMAIL THE OK! HEALTH EDITOR AT [HILARYB.OK@BTINTERNET.COM](mailto:HILARYB.OK@BTINTERNET.COM) PHOTOGRAPHS BY LFI, PA, PHOTOBRARY.COM, WENN, XPOSURE



**Above: Yoga is perfect for restoring energy. Left: A daily walk works wonders. Far left: Kevin Bacon and partner Kyra Sedgwick believe in natural rhythms. Below left: Donna Karan says Dr Lipman's book is a health bible**

## HEALTH BITES



- BBC Radio 1's Edith Bowman (left) says she much prefers getting on her bike than going to the gym to get fit. The DJ's love of cycling helped her get back in shape after the birth of her daughter last year. The 34-year-old presenter cycles to work three times a week and even managed to keep going while pregnant with baby Ruby. 'I was still cycling when I was six months pregnant,' explains Edith.

● Keep your immune system in top shape with The Organic Pharmacy's Immune Tonic, £10.76. Containing a natural blend of immune-boosting herbs such as astragalus, cat's claw, elderberry, thyme and plantain, this tincture has everything you need to boost your natural defences and improve your resistance to colds and flu. It's also excellent when travelling. Available from [www.theorganicpharmacy.com](http://www.theorganicpharmacy.com).

● 'When I was 23, I never worked out and I didn't even know what eating healthily was!' says Mel B (right). 'But I'm 33 now, and the older you get the more you realise you've got to start being good to your body.' Over the past year, the former Spice Girl has become a real gym bunny and has even released her own fitness DVD (*Mel B: Totally Fit*, £19.99, Warner Music Entertainment).



● Recent research reveals that a vibration plate exercise machine such as a PowerPlate (a favourite with celebs such as Elle Macpherson, and Kylie Minogue) can help you lose weight. In a study, scientists found overweight people who regularly used the equipment with a calorie-restricted diet were more successful in long-term weight loss than those who combined dieting with a more conventional fitness routine.