

Energy Hormones and How Nutrition can Improve your Body's Ability to Overcome Tiredness

Mainly, our body gets energy from the food that we eat every day, mainly from the three most important nutrients: proteins, fats and carbohydrates. Everything we consume every day is converted into energy inside our body, which helps us to function.

Our hormones also play an important role in controlling our energy levels. When our hormones are out of balance, we feel tired and restless. Imbalanced hormone levels are also responsible for sleep problems, dizziness and confusion.

What are Energy Hormones?

Our body produces a number of hormones that are responsible for our energy levels, such as the hormone produced by the thyroid glands that control our metabolism. Low level of thyroid gland hormone is known as underactive thyroid or **hypothyroidism** and high levels of this hormone is called overactive thyroid or **hyperthyroidism**.

Underactive thyroid or **hypothyroidism** causes low metabolism and makes you feel tired and devoid of any energy. This is one of the energy hormones that controls the energy levels of a person and makes them either tired or overactive.

Another energy hormone is **oestrogen**, which is also responsible to maintain a good energy level in a person. This hormone is only present in women and is related to their monthly menstruation cycle.

Oestrogen level usually remains high during the first two weeks of every monthly cycle, and this gives a person higher energy level. On the other hand, the level of oestrogen goes down in the third week of every menstruation cycle, as does the energy level.

When oestrogen level naturally decreases with age, menopausal symptoms can be seen in women. These symptoms include tiredness, irritability and fatigue, mood swings and headaches.

Testosterone is mainly known as a male hormone, but women also produce a little amount of it. When the level of testosterone hormone goes down, it is natural to feel loss of energy in both men and women.

Effect of Nutrition in Improving Health and Overcoming Tiredness

Fortunately, it is easy to improve your health and increase your energy hormones with a good diet, plenty of exercise and necessary supplements.

Vitamin D and **Iron deficiency** are some of the most common reasons behind low hormone that are responsible for low energy. This deficiency can be addressed with multivitamins, iron tablets and Vitamin D supplements. Regular exercise, adequate sleep and a healthy diet can also help with these hormone levels.

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