

From the desk of Dr. Adams

Tired and unmotivated? It may be a health issue!!!

Are you tired and unmotivated? Do you have plenty to do, yet spend all your time watching TV or goofing around online, and then beat yourself up for it? Your lack of motivation could signal chronic health issues more so than regrettable character flaws. Although we all need some degree of discipline, life's daily duties shouldn't feel like insurmountable chores. Good health means you have the energy, motivation, and desire to not only manage daily life, but also make in time for hobbies, sports, socializing, and special projects.

In functional medicine, laziness and lack of motivation are seen as symptoms of larger health issues that, when addressed and corrected, can make the couch feel like a prison and life outside a playground of adventures waiting to be experienced.

Health issues that can make you lazy and unmotivated

Below are issues that may be sapping your energy, motivation, and desire to more fully live your life.

Blood sugar blues. If you skip breakfast and other meals, subsist on coffee and energy drinks, or if the majority of your meals are based around rice, noodles, pastries, cereal, sugar, and other processed carbohydrates, you are probably riding a roller coaster of [blood sugar highs and lows](#). Eventually this causes fatigue, brain chemistry imbalances, depression, poor stress-handling, and other fallouts that will send you to the sofa.

Hypothyroidism. [Hashimoto's](#) is an autoimmune disease in which the immune system attacks and destroys the thyroid gland. It is the leading cause of hypothyroidism and causes symptoms that include depression, fatigue, weight gain, lethargy, and low motivation. If you have lost your get-up-and-go, have your thyroid screened using functional medicine lab ranges.

Brain chemistry imbalance. Brain chemicals called [neurotransmitters](#) relay messages between neurons and play a large role in how we feel and function. When the neurotransmitter dopamine is low it can cause poor motivation and low self-esteem. Serotonin, GABA, and acetylcholine are other neurotransmitters that affect mood, energy, and motivation. Hormonal imbalances, hypothyroidism, high or low blood sugar, and chronic stress are factors that can skew neurotransmitters.

Brain fog. Brain fog is a symptom of brain inflammation. It



simply means your brain is firing slowly, causing that heavy, thick, tired feeling in your brain. Things that can cause brain fog include chronic inflammation, an autoimmune reaction in the brain (when the immune system attacks the brain), food sensitivities, hypothyroidism, leaky gut, and hormonal imbalances.

Gluten intolerance. Gluten intolerance has become more common and really drains the energy out of some people. It also causes inflammation, depression, fatigue, and other symptoms that make the couch awfully inviting. Other foods that may cause these reactions include dairy, eggs, soy, corn, and other grains.

Leaky gut. [Leaky gut](#) means the lining of the small intestine has become inflamed and overly porous, allowing undigested food particles, bacteria, fungus, and other pathogens into the bloodstream, where they don't belong. This triggers inflammation in the body and brain. The result can be fatigue, lethargy, lack of motivation, and other couch potato characteristics.

These are just a few examples of how a subtle but chronic health issue can drain you of your drive. Of course, it's hard to make drastic lifestyle changes when you have no energy or motivation, but start with something small and gradually add in new changes. Ask my office for help on restoring the energy and vitality you were meant to enjoy in life.