

LIFESTYLE MEDICINE

Fatigue Isn't Weakness. *It's Data.*

What exhaustion is actually reporting, and what to do with it

WHAT'S AHEAD

In this guide

A short walk through what fatigue actually is, what the research research shows, and what Scripture and the Adventist health health message have already told us about rest.

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PART ONE

01

The Problem

THE REFRAME

Fatigue is a signal,
not a character problem.

Most people respond to it with coffee and willpower. The body is asking for something more specific.
more specific.

THE NUMBERS

Most people reach for a stimulant before they ask why they're tired.



66%

of American adults drink coffee
every day

National Coffee Association, 2025

~3

cups of coffee the average
coffee drinker has per day

National Coffee Association, 2025

1 in 3

U.S. adults get less than 7 hours
hours of sleep a night

CDC, National Health Interview Survey, 2024
2024

33%

of young adults regularly drink
energy drinks

Industry consumer research, 2024–25

PART TWO

02

The Science

THE MECHANISM

Sleep is when cortisol resets.

In a healthy cycle, cortisol drops overnight and climbs again by morning morning to help you wake. Cut sleep short for a stretch of weeks, and it weeks, and it stops resetting the way it should. It just stays elevated, and elevated, and the body never gets the all-clear to stand down.

THE HPA AXIS

- Hypothalamus → Pituitary → Adrenal glands: the chain of signals that governs your stress response.
- It releases cortisol when the body senses a threat, real or perceived.
- Chronic stress keeps this system firing long after the original original threat is gone.

THE MECHANISM

Elevated cortisol keeps
inflammation running.

Research on chronic fatigue links it to low-grade inflammation running in the background, even in people who eat well and exercise. It isn't a separate problem. It's the downstream effect of a stress response that never gets to switch off.

MARKERS INVOLVED

IL-6

Interleukin-6, a signaling protein elevated by chronic stress

TNF- α

Tumor necrosis factor, linked to persistent low-grade inflammation

“

*Come to me, all you who are weary and burdened, and I will give
you rest.*

MATTHEW 11:28 • NIV

PART THREE

03

The Original Plan's Answer

PRACTICAL STEPS

Three things worth checking before anything else.

1

A late screen

An hour past when the body wants to wind down, still under light and stimulation, tells the brain it isn't bedtime yet.

2

An inconsistent schedule

Sleep and wake times that shift every night give the body no rhythm to repair around.

3

Stress that never switches off

The body needs to feel safe before it will repair. Constant low-grade alert keeps that signal from arriving.

A NATURAL REMEDY

Support the reset,

don't just push through it.

Before reaching for another stimulant, a few simple, natural habits give the body what it actually needs to complete its repair cycle: light for the clock, minerals for the nervous system, and warmth to help it wind down.

THREE TO TRY

- Morning sunlight within an hour of waking, to anchor the body's body's internal clock.
- Magnesium-rich foods, like leafy greens, almonds, and pumpkin pumpkin seeds, which support nervous-system recovery.
- A calming herbal tea in the evening, such as chamomile or lemon balm, as part of a wind-down routine.

“

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.

THE TAKEAWAY

Fix the disruption, and the fatigue
often resolves before anything else does.

“It was never weakness. It was the body reporting exactly what it needed.”

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REFERENCES

Where this came from

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SCIENCE

National Library of Medicine, PubMed Central. “Fatigue in Chronic Inflammation: A Link to Pain Pathways,” 2015 (PMC4593220). **Slide 8**

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ORIGINAL PLAN

LIFESTYLE MEDICINE
HEALTH COACHING