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# JULIE'S HEALTH CLUB

Where alternative and mainstream health meet

By Julie Deardorff

« Three smart ways to get more energy | Main | Some high fructose corn syrup contains mercury »

Originally posted: January 27, 2009

## Tired of feeling tired? Read these books



Five good books to read if you're looking for natural ways to boost your energy:

- 1. The Source: Unleash Your Natural Energy, Power up Your Health and Feel 10 Years Younger** (Free Press, \$26) by Woodson Merrell. A how-to guide by an integrative physician that draws on both Western and Eastern philosophies. Includes a 21-day plan to restore energy, health and weight. [Woodsonmerrell.com](http://Woodsonmerrell.com)
- 2. Spent: End Exhaustion and Feel Great Again** (Fireside/Simon & Schuster, \$25) by Frank Lipman. Also written by an integrative doctor, Spent offers simple steps to remove the factors that are depleting your energy. A comprehensive guide; includes recipes, restorative yoga poses and techniques for self massage. [Spentmd.com](http://Spentmd.com)
- 3. From Fatigued to Fantastic!** (Avery/Penguin Group, \$15.95) by Jacob Teitelbaum. Though the book targets those suffering from chronic fatigue and immune dysfunction syndrome, it's a useful read for anyone who is feeling tired. [Vitality101.com](http://Vitality101.com)
- 4. The Complete Idiot's Guide to Fighting Fatigue** (Alpha, \$16.95) by Nadine Saubers. [Saubers](http://Saubers), a former pediatric trauma intensive care unit nurse who suffered from chronic fatigue for two decades, covers how changes in diet, exercise, sleep and time management can increase your vitality. [Idiotsguide.com](http://Idiotsguide.com)
- 5. Boost your Energy** (Penguin, \$15.95) by Elisabeth Wilson. Part of the "52 Brilliant Ideas" series, each chapter offers a fatigue-fighting idea that you can immediately implement. [infideas.com](http://infideas.com)

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