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Makeup and Beauty Blog | Makeup Reviews, Swatches and How-To Makeup A beauty blog blooming with fresh makeup reviews, swatches and beauty tips from your friendly neighborhood beauty addict March 30th, 2024 by Karen 1 Comment Hi, friend! I keep telling myself that sometime in the near future, I won’t be so tired. I’m hoping it’ll happen sooner than later, though! March has been a mother trucker of a month. I love this so much Um, want Who’s doing this with me? Someone please make me this I hope you treat yourself with kindness and compassion today, and if you need the rest, please take it! Your friendly neighborhood beauty addict, Karen Saturday Surfing, March 30, 2024! / Originally published March 30th, 2024 Categories: Just For Fun CL says March 31st, 2024 at 3:35 pm I know about fatigue. I’ve had work-related fatigue, chemo-treatment fatigue (including anemia), caretaker for the elderly fatigue, and apparently age-related fatigue. All you can do is try to get good sleep (easier said than done, especially as one gets older) and a good diet, with the right minerals and vitamins. Taking B12 seems to help a little. My current regimen is B12 (1000 mcg), D3 (2000 IU) and Magnesium Glycinate (200 mg). Also Vitamin C, either through orange juice, citrus fruit, or tablets. Some people swear that magnesium helps with sleeping problems, but I can’t say for sure that it does. I take it to stave off muscle cramps, and because I take Nexium routinely. Nexium can deplete your magnesium, causing heart problems. Have a good rest of your weekend!😀 Your email address will not be published. Required fields are marked \* Comment \* Name \* Email \* Website Don't subscribe  
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