



I can't get rid of my tiredness lately



Do you have an appetite?
Do you sleep well?

Let's build a body that can withstand the summer heat !

- Not getting a good night's sleep. ➤ Adjust the room temperature environment at bedtime

What is "Natsubate(summer fatigue)"?

"Natsubate" refers to a condition where the body becomes weakened due to the summer heat. It is also called "Natsumake" or "Shokkiasatte."

As it is a general term for various physical ailments that can occur during the summer, the symptoms can vary from person to person, but common ones include weariness, fatigue, and loss of appetite.

Common symptoms of "Natsubate(summer fatigue)"

Fatigue

Anorexia

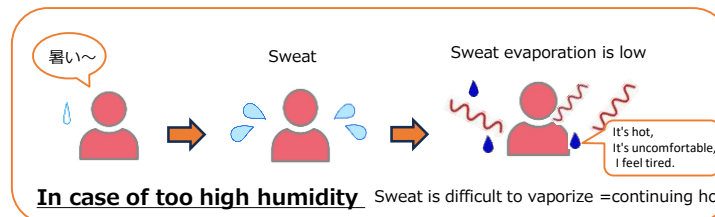
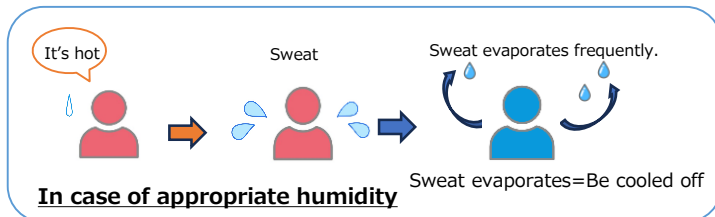
I'm not sick, but I don't feel refreshed in any way

decline in motivation

Weariness

- High humidity makes it difficult to regulate body temperature

➤ Regulate humidity



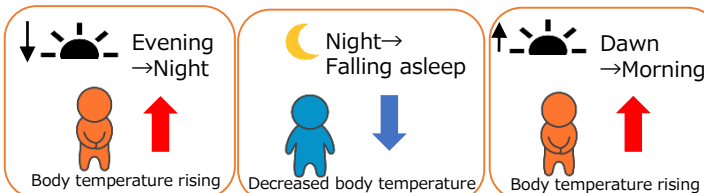
High humidity is really uncomfortable!

High humidity makes it hard to concentrate on work.

When the autonomic nervous system is disrupted, various functions within the body do not work properly, and symptoms like fatigue, body heaviness, and inability to recover easily become more likely to appear.

The comfortable temperature of an air conditioner varies from person to person and also differs based on gender, so it's essential to be considerate of each other !

The amount of sleep varies in correlation with the length of the day, which changes with the seasons. During the seasons with longer days, sleep duration tends to become shorter, while during the seasons with shorter days, it tends to become longer. Individuals who normally have shorter sleep duration might experience even shorter sleep times during the summer season.



Daily body temperature change

The body temperature fluctuates throughout the day, becoming higher from the evening to the night. As it begins to drop, drowsiness starts to set in.

In the early morning, the body temperature starts to rise again, but if the body is chilled due to air conditioning, it becomes difficult for the body temperature to increase. As a result, the body's "activation switch" doesn't kick in, leading to the feeling of sluggishness upon waking up.

What causes summer fatigue ?

- The difference between room temperature and outside temperature is too large.

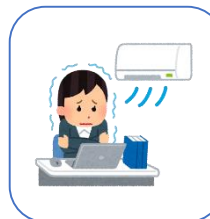
➤ The temperature setting of the air conditioner

Too hot outdoors

If the temperature difference is 7° C or more, the feeling of fatigue becomes significant. However, air conditioning is necessary. Let's use the air conditioner effectively!



Too cool indoors



For a comfortable sleep

- Air conditioner left on (26°C to 28°C).
- Make sure the wind doesn't directly hit the body.
- Wear long-sleeved pajamas with long pants (made of linen or cotton material).
- Sleep with a blanket properly draped.



In a T-shirt and short pants, With the blanket sometimes on and sometimes off, while sleeping. Is there a problem?

In the past, it was fine to sleep without using the air conditioner, but now I sleep with the cooling on. If we don't take measures against the cold, we can't sleep well.



- Desk fan
- Wet wipes



A desk fan is a good way to beat the heat



I'm ready to keep myself warm !

- Cardigan
- Throw
- Thick socks
- Hot-water bottle



It's hot.



Why do we feel different temperatures

Men who are sensitive to heat and women who are sensitive to cold.



It's cold.

The difference is in the muscle mass. Men, who typically have more muscle mass compared to women, generate more heat within their bodies. On the other hand, women with less muscle mass are not as efficient at generating heat as men. As a result, women tend to feel colder more easily. It is said that the perceived body temperature difference between men and women is nearly 2°C, and some individuals may feel an even greater disparity depending on their physiology.

Let's build a body that can withstand the summer heat !



When it's hot, I don't feel like exercising, and I don't want to cook using the stove either.



Just by searching "microwave recipes," you'll find plenty of recipes.

Get in the habit of sweating through exercise.

The human body regulates its body temperature by sweating, which helps release internal heat. In the summer, engaging in moderate exercise to break a sweat is effective for acclimating the body to heat and improving the often disrupted body temperature regulation caused by the combination of heat and air conditioning. However, because of the risk of heatstroke on days with high daytime temperatures it is essential to avoid such activities.



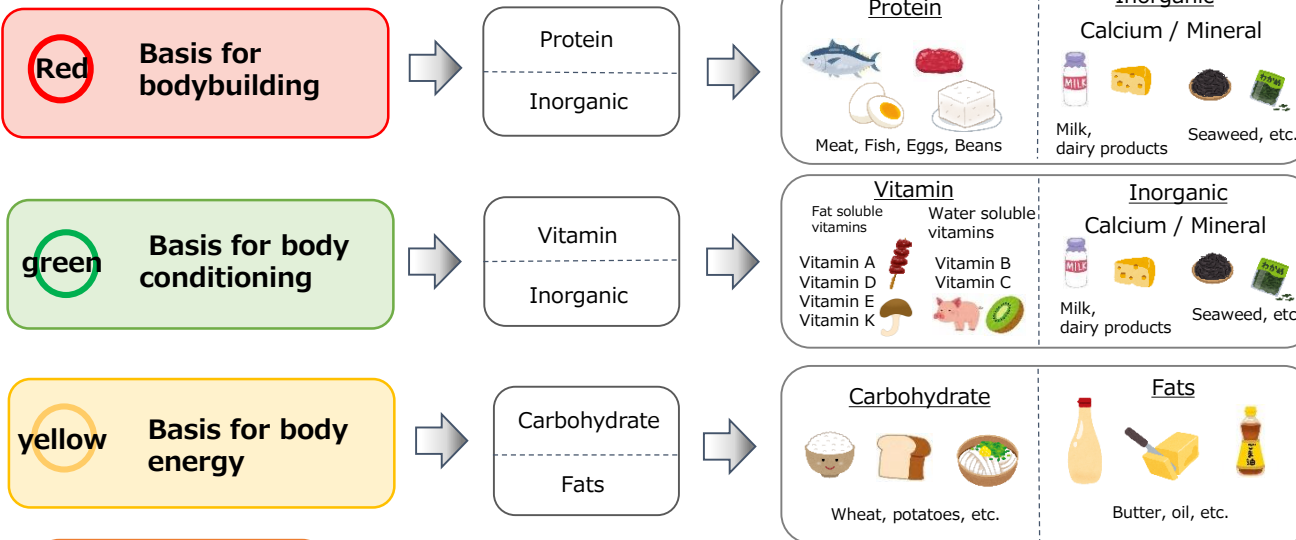
Build your strength with the nutritional support you need.

Due to the heat, we tend to choose cold drinks and foods, but this can weaken the digestive system and may lead to feeling unwell. Even in the summer, let's have warm meals and be mindful not to choose only cold items.



Points of summer meals !

Let's have three balanced meals a day with staples, main dishes, and side dishes, considering the nutritional balance.



Nutrients to take in during summer

Vitamin B1

Vitamin B1 is an essential nutrient for fatigue recovery. It plays a role in converting carbohydrates obtained from meals into energy and breaking down fatigue substances in the body. Vitamin B1 cannot be stored in the body and is easily excreted with sweat, so during periods of increased sweating, there is a tendency to become deficient in this vitamin.

Vitamin C

Vitamin C plays a role in synthesizing hormones that reduce stress. When feeling hot or fatigued, the adrenal glands secrete hormones to alleviate stress, and this process leads to significant consumption of vitamin C. Since the body cannot produce vitamin C on its own, it is essential to get an adequate amount of it through daily meals.



Kiwifruit is one of the fruits with high vitamin C content. Yellow kiwifruit has even more vitamin C than green one.

Protein

High-quality protein refers to protein that contains a well-balanced mix of essential amino acids. High-quality protein is abundant in meat, seafood, soy products, eggs. Among them, chicken breast is highly recommended. It is rich in high-quality protein and low fat, making it a refreshing choice even during the summer.

農林水産省「栄養素と食事バランスガイドとの関係」より

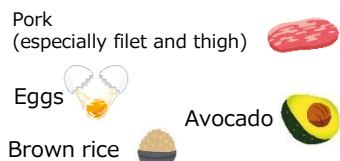
Cautionary points



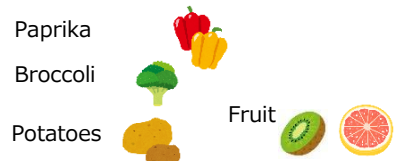
Eating and drinking only cold foods

During summer, we naturally tend to reach for cold foods and drinks. However, this can adversely affect the condition of our stomach and intestines, leading to a loss of appetite.

Foods rich in vitamin B1



Foods rich in vitamin C



Foods rich in protein



Tend to choose only easy-to-eat foods.

From June to August, the expenditure on dry udon and soba significantly increases. 総務省統計局「めんへの支出」より It is easy to make and provides a satisfying feeling of fullness, but relying solely on carbohydrates can lead to a nutritional imbalance. Let's not only "eat" but also be conscious of "nutrient intake" when having meals.



When you have no appetite, it's helpful to skillfully use spices and aromatic vegetables that stimulate the stomach and help boost your appetite.



I love Indian curry with lots of spices!