



## *Ward Off the Blues this Season (and year round!)*



Dynamic Health

### **Primary Support:**

~Sunlight Therapy

~Omega 3's

~Avoiding gluten/  
sugar

~Adequate Hydration

~Vitamin D  
Supplementation

~Flower remedies

As the amount of daylight begins to dwindle, many individuals' moods begin to suffer accordingly. Fatigue, difficulty waking up in the morning, loss of energy, depression, increased appetite, weight gain, carb cravings, decreased sex drive, and suicidal thoughts or feelings—these are some of the telltale symptoms that millions of Americans with “Seasonal Affective Disorder” experience this time of year. **60-90% of people diagnosed with SAD are women, and older teens and young adults are the age group most likely to suffer from this condition.** Studies have found that those experiencing these seasonal changes in mood are exhibiting alterations to their circadian rhythm, with increased melatonin production during winter nights. Melatonin, a hormone which acts as a natural sleep aid (i.e. depressant) to our bodies, is produced at the onset of darkness, so the sun going down earlier signals melatonin production earlier, translating to feelings of lower energy after sunset, and perhaps leading to grogginess in the morning—common symptoms of SAD. For this reason, sunlight therapy is often beneficial for improving symptoms of SAD, therefore sufferers of these symptoms may want to look into purchasing a light box to increase amount of sunlight exposure available. **Another option is to spend time in an Infrared Sauna— ask Dynamic Health about purchasing a sauna package today!**

So we know lack of sunlight is a big factor in SAD, but there are other very important areas to consider as well, such as **getting adequate exercise, implementation of stress reduction techniques, consuming the foods for brain health and to negate inflammation in the body, and making sure vitamin D levels are up.**

As far as exercise, now that the outdoors are no longer hospitable in Michigan, it's easier to become immobile. So, take extra care to keep active where you can—whether it's rebounding on that mini-trampoline while watching TV, going out dancing Friday night, or simply staying on top of housework (especially things like sweeping, mopping, and vacuuming). These types of exercises can also double as stress-reduction techniques, along with practicing mindfulness in daily activities and spending time each day in prayer or meditation.

I mentioned the importance of a brain-healthy, inflammation controlling diet,

well luckily you can do both without too much effort by paying attention to a few things. A brain-healthy diet is also an anti-inflammatory diet—brain inflammation has been linked to multiple psychiatric disorders such as depression and bipolar disorder. **The first step is eliminating (or reducing as much as possible) inflammation-producing foods such as gluten and sugar** (primarily) but also dairy products (especially ultra-pasteurized or those with casein). **The second step is to introduce anti-inflammatory foods into the diet**—high antioxidant foods such as blueberries (a personal favorite) and foods with a lot of Omega 3's such as wild-caught Salmon, should be a top priority. Consider Physica Energetics' *Bio-Omega 3 or Omega Gold* which are superior forms of supplemental Omega 3's. It's also wise to invest in a quality probiotic—such as *Flora Syntropy*—for systemic health and mood support.

Not only does your intestinal flora play a large role in regulating immune and inflammation response in the body, we also know that the gut is the body's "second brain" (due to it's high involvement in neurotransmitter production); **so the quality of your gut flora has a high correlation with the quality of your mood!**

While on the topic of diet, I also feel it necessary to mention the importance of adequate hydration, as dehydration is so prevalent and even **slight dehydration can cause mental symptoms such as irritability**. A good goal is to consume half your body weight in ounces a day, and be sure your water includes minerals or add them yourself; Physica Energetics' *SpectraLyte* taken with *Rehydrate* is the perfect pair to hydrate your cells. Upon waking, on an empty stomach, is a great time to get a couple glasses of

water down. The homeopathic remedy *Rehydrate* sends a frequency to your hypothalamus which **educates your cells to take up the minerals and electrolytes** in the *SpectraLyte* formula, **allowing for proper cellular hydration**. For healthy maintenance, the *Rehydrate* can be taken at 15 drops to every liter of water (filtered, of course) with 30 drops of the *SpectraLyte*, consumed throughout the day **to promote proper hydration and mood levels**. For a higher therapeutic dosage, additional *SpectraLyte* and *Rehydrate* (30 drops and 15 drops, respectively) may be taken together in 4 oz water as a "shot" twice a day. And watch your caffeine intake as well since it is dehydrating in nature—you'll want to be consuming extra water throughout the day if you drink caffeinated beverages!

This brings me to my last (but not least) point, making sure vitamin D levels are adequate. According to a demographic taken by the Archives of Internal Medicine in 2009, **a whopping 75% of American teens and adults are deficient in Vitamin D**. For years, vitamin D blood levels of 20 ng/mL were accepted as normal. Many researchers and clinicians now consider this too low. More recently, the *new* normal level is anything greater than 30 ng/mL. Vitamin D is the only vitamin that is a hormone. In addition to its well-known role in calcium absorption, vitamin D activates genes that regulate the immune system and release neurotransmitters (e.g., dopamine, serotonin) that affect brain function and development. Researchers have found vitamin D receptors on a handful of cells located in regions in the brain—**the same regions that are linked with depression**. The coincidental occurrence of SAD with the sudden seasonal drop in Vitamin D levels seems telling, at least on some level; several studies have suggested that the symptoms of SAD may be due to lack of vitamin D resulting in altered serotonin levels in the brain. So whether or not Vitamin D is a main player in SAD, it's definitely involved. So in closing, look on the bright side, and for best results, follow all of these recommendations to help maintain a sunny disposition, even in the face of the winter blues.