

Blue Monday

Turn your **SAD** into **GLAD** this Winter



6 Tips for naturally beating the Winter Blues:

- 1. Increase serotonin levels with vitamin D3:** By now most of us have heard of the “happy hormone” serotonin. Just so happens that vitamin D3 activates serotonin...which accounts for why most of us feel happier in July than we do in the middle of winter. With less sun exposure during winter months the less vitamin D the body produces, thus less serotonin, so supplementation with vitamin D3 is wise this time of year and recommended by health care professionals.
- 2. Consume L-Tryptophan:** Tryptophan is an amino acid found in foods rich in protein such as beef, fish, eggs, poultry, some vegetables although poorly absorbed, and protein powders. It is a raw precursor to the neurotransmitter serotonin which helps us relax, elevates mood, stabilizes emotion, and promotes deep sleep. Keep in mind that for tryptophan to convert into serotonin it requires cofactor nutrients such as B-vitamins, vitamin C, and especially zinc. Which brings us to Tip 3...
- 3. Take a multivitamin:** Ensure a wide range of vitamins and minerals to protect against any deficiencies and to provide cofactors for healthy brain and neurotransmitter function.
- 4. B-complex vitamins:** B vitamins are brain-healthy nutrients, feeding the nervous system to help keep cognitive abilities sharp and help control levels of stress hormones.
- 5. Essential Fatty Acids:** Fatty acids in general, but especially omega 3 fatty acids from cold water fish. Omega 3s help to build neuron membranes, enhance neuron transmission and increase serotonin levels. Omega 3s are made up of two fractions: DHA and EPA. Both are important, but for mood-regulating, messenger chemicals the EPA fraction is more crucial. It has been observed that Inuits on their traditional diet of omega 3- and vitamin D-rich fatty fish, seal meat and marine blubber do not suffer from winter blues even though days are extremely short and there is very little sun during arctic winters.
- 6. Step into the wild.** Studies show that time spent in nature elevates cognitive functions and improves mood in clinically depressed individuals. Following an hour-long walk in a wooded park, participants experience a 16 percent increase in cognitive function. Also observed was a marked increase in positive mood. Winter affords many outdoor activities that can help ease symptoms of the winter blues.

Symptoms of the winter blues

The winter blues hits everyone differently, from mild winter blahs or cabin fever to full-blown clinical depression.

Know the symptoms:

- Depression that begins in fall or winter
- Lack of energy
- Decreased interest in work or important activities
- Increased appetite with weight gain
- Carbohydrate and sugar cravings
- Increased need for sleep and excessive daytime sleepiness
- Social withdrawal
- Extreme afternoon slumps with decreased energy and concentration
- Decreased libido



Supplement Guide to beating the *Winter Blues*



Vitamin D3

BEST USE — Vitamin D is vital for overall health and well-being. The body manufactures this essential vitamin through sun exposure, making it difficult to obtain adequate amounts of vitamin D during the cloudy winter months in the Northern hemisphere. Vitamin D comes in two forms: D2 and D3. Of the two, D3 is more bioactive. The body synthesizes vitamin D3 from sunlight and is difficult to obtained through foods.

BENEFITS INCLUDE:

- Vitamin D is a factor in the maintenance of good health.
- Helps in the development and maintenance of bones and teeth.
- Helps in the absorption and use of calcium and phosphorus.
- Taking a daily vitamin D supplement helps to prevent vitamin D deficiency.



Nutri-Burn Whey Protein Powder

BEST USE — Whey protein is a high quality Complete Protein containing all of the essential amino acids required by the body each and every day. Nutri-Burn, a high-protein, undenatured protein concentrate, low-carb drink mix, made using the latest generation of high quality whey protein and cold ultra-filtration membrane technology. Compared to other proteins, whey protein is a superior, high quality protein source.

BENEFITS INCLUDE:

- Excellent source of protein.
- Contains all essential amino acids.
- Protein helps build and repair body tissues and helps build antibodies.
- Cholesterol-free.
- Low in fat and free of saturated fat.
- Contains no trans fat.



Stress Formula (B-complex)

BEST USE — In times of stress, the body uses more of certain nutrients, especially the B-complex family and vitamin C. Because these nutrients are water-soluble, they are easily eliminated and must be replenished on a regular basis. Stress Formula also contains the adaptogen herb schizandra and calming herbs hops, passionflower and valerian.

BENEFITS INCLUDE:

- Vitamin B complex and vitamin C supplement.
- Provides nutrients needed by the nervous system and the adrenal glands.
- A herbal base of calming and adaptogen herbs.



Super Trio Nutritional Program

BEST USE — Super Trio is a vitamin and mineral and omega 3 supplement designed to make it convenient for individuals to achieve a higher level of key nutrients in their daily diets. Each packet contains a nutritious combination of omega 3 essential fatty acids, vitamins, minerals and antioxidants — each an important component of a healthy diet.

BENEFITS INCLUDE:

- Beneficial in the maintenance of overall good health.
- A source of antioxidants, essential vitamin and minerals, and omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)