



WINTER WARMER!!

If the Winter has left you feeling cold and a little glum this newsletter may be just what you need!



There is a certain beauty that comes with Winter! But it can leave you feeling cold and craving sunshine and feeling a bit overwhelmed with life. If this is how you are feeling, there are things that you can do to restore the sunshine within you again!

Lets start with diet. Did you know that researchers have found that the more fruit and vegetables people eat the better their mental well-being? You can read a bit about why fruit and vegetables may have this effect [here](#). It is though that eating meat and fish may contribute to depression in various ways as this short [video](#) outlines.

Need some recipes to get you started? Check out these [recipes](#) and even more are available [here](#). It can be nice to warm up while cooking over a hot stove in Winter!



Vitamin D may also be worth considering. Low Vitamin D levels have been associated with depression and Seasonal Affective Disorder (SAD). SAD is a type of depression that occurs during the colder months of the year. The good news is that

Vitamin D may assist with overcoming these symptoms and may help you to achieve a more positive mood! Researchers have found that many people don't get enough vitamin D. When supplementing, it is best to take Vitamin D3 made from algae or lichen. There are various brands available such as [Vitashine](#) and [Natures Way Wholefoods Vitamin D3](#).

Other people find that taking an EPA/DHA supplement may be useful. Low DHA

levels have been associated with depression, anxiety, hyperactivity, schizophrenia and allergies. And EPA has been found to help with symptoms of depression. The healthiest way to get this into your body is to eat foods that will convert to EPA and DHA such as pumpkins seeds, chia seeds, flaxseeds, walnuts and tofu. Or you can fast track the process by taking an EPA & DHA supplement. The best supplements are those derived from algae such as [Otpi 3](#), [Nuique](#) and [Deva](#).

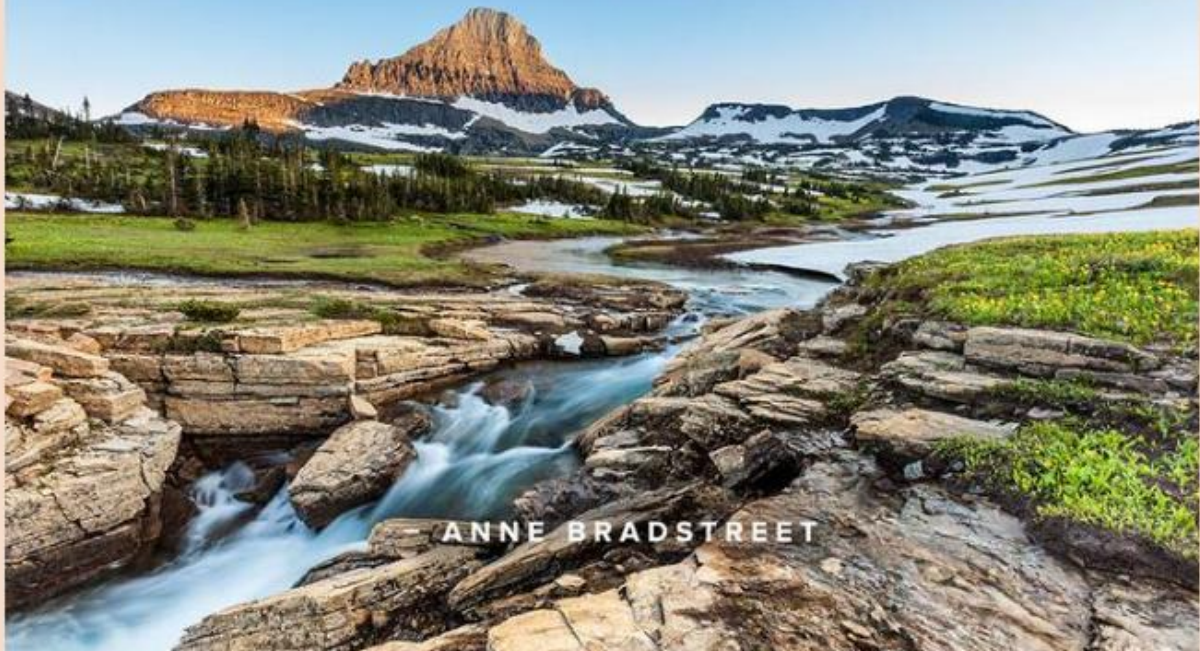


And why not do something to spoil yourself? Visit a sauna, have a massage, watch a funny film or put on your warmest jacket and go for a walk in a park to enjoy the beauty that Winter brings. Do something that brings you a bit of joy!

Bask in the sunshine (when the sun is out!), get enough sleep and remember to keep up your water intake with hot beverages such as herbal tea. If you are going through a period of stress herbal medicine may help to promote a sense of calm and balance.



If we had no winter, the spring
would not be so pleasant:
*if we did not sometimes taste
of adversity, prosperity would
not be so welcome.*



I hope you found some "warmth" in this newsletter! More information about mental well-being and good mood food is available in my book.

Wishing you joy!