



Don't Let Winter Put A Damper On Your Mood Expert Offers Five Tips To Help Boost Spirits

(NAPSA)—For many, winter is not always a wonderland. As skies gray and temperatures drop, moods often drift into doldrums. In fact, according to the American Academy of Family Physicians, up to 20 percent of Americans experience some form of “winter blues.”

“Low moods can indicate that our bodies are lacking some nutrients, which can cause lack of concentration, feeling disconnected and unwarranted cravings,” says registered dietitian Rachel Agnew.

Agnew offers five simple tips to replenish the body and BOOST moods during the dreary winter months.

- **Be good to your body:** An unhealthy diet leads to an unhealthy mind. Make sure to eat a balanced diet rich in fruits and vegetables. Concentrate on consuming fish and other high-quality proteins while avoiding refined sugars, which can alter your mood. I also recommend taking a daily multivitamin that contains folate and important B vitamins such as B6, B12 and thiamine that can be depleted when the body is stressed.

- **Opt for a natural mood lifter:** S-adenosylmethionine, better known as SAM-e, is a naturally occurring compound produced by the body. There is a direct correlation between low levels of SAM-e and low mood. But buyer beware, not all SAM-e supplements are created equal. Make sure you go with a reputable manufacturer that uses Pharmaceutical Grade SAM-e. In addition, look for enteric-coated SAM-e that is preferably blister-packed to ensure stability. Agnew recommends Nature Made Mood-Plus SAM-e.



- **Omm...find your center:** Pursue meditative physical activities to improve the body and mind. Yoga is a great way to channel energy and clear the mind of stressful thoughts through balance, stretching, and breathing. A subject of much clinical research, yoga breathing and meditative practices have been found to help relieve feelings of anxiety.

- **Seek Support from Family & Friends:** Withdrawal is a classic symptom of the winter blues. Socializing with friends and family engages the mind and forces you to think constructively, helping to overcome feelings of loss and confusion.

- **Try To Get Some Exercise:** As always, exercise is an important part of feeling good. Just a ten-minute walk indoors on a treadmill or outdoors in the fresh air, three times a day is enough to help regain energy.

In addition to Agnew's tips, she always recommends consulting a health care professional first to develop a personalized strategy for combating low moods. To find out more information on winter blues visit www.naturemade.com.