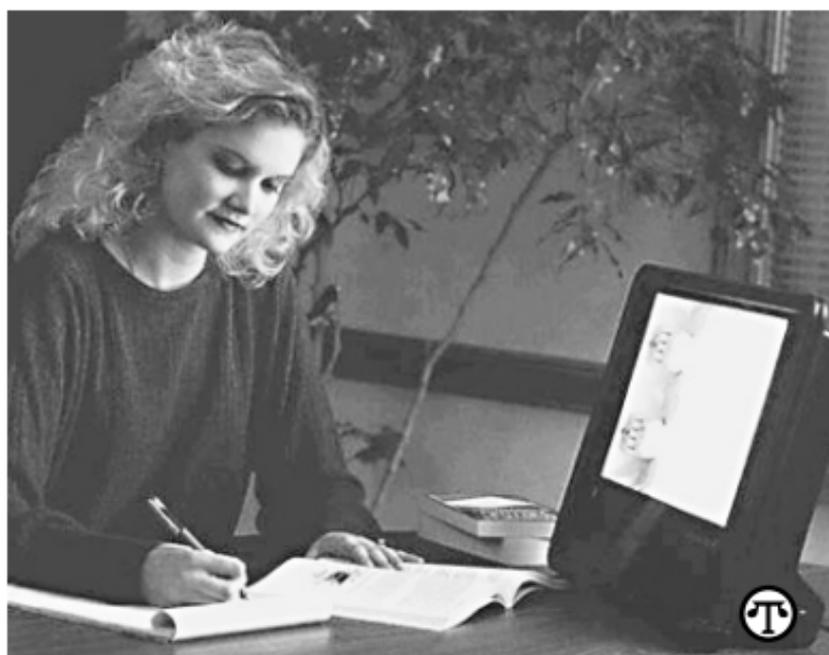


## *Understanding Yourself*

### **Smiling Through The Seasons**

(NAPSA)—There are ways to keep a sunny disposition, even in the darker days of winter and fall.



**Brighten Up—Full-spectrum light can help alleviate seasonal blues.**

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That's important news because Seasonal Affect Disorder (SAD) is a serious condition that affects hundreds of thousands of Americans. The disorder is marked by depression, lethargy and fatigue, and it often occurs during fall and winter. Even if you're not a SAD sufferer, being deprived of natural sunlight can still take a toll on your mood.

One way doctors suggest people cope with the seasonal blues is with a full-color spectrum light.

Devices such as Lighten Up II and Lighten Up Plus provide relief by producing continuous light intensity, which delivers a spectrum of simulated sunlight—but without harmful ultraviolet rays.

For more information on the lights or dealing with the change of seasons, visit [www.lighten-up.net](http://www.lighten-up.net), or call 1-800-321-6699.