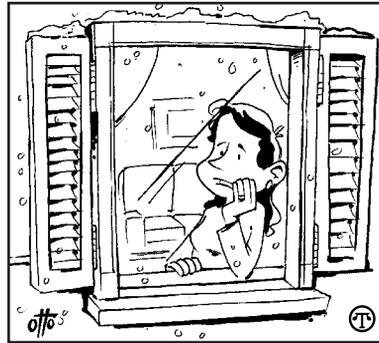


## The Winter Blues: Some Easy Steps To Kick Start Your Mood

(NAPSA)—Winter is not an easy time for some. As the days grow shorter, the weather colder and the skies grayer, many find that winter brings sunken moods, apathy and other symptoms of the blues, especially around the holidays. Fortunately, for those who experience these symptoms, there is hope.

“A gloomy day can make anyone feel down and out,” says Richard Brown, M.D., associate professor of clinical psychiatry at Columbia University, practicing psychopharmacologist and co-author of *Stop Depression Now*. “Particularly in the Northeast and Midwest regions of the U.S., winter is a time when people stay indoors more, eat more and become less active overall. If these feelings of sadness overwhelm you and seem to recur around this same time every year, there are steps you can take to combat the problem.”

Doctors also believe the limited amount of light exposure we get during colder months is another reason why some experience profound sadness during wintertime. Limited light is associated with low levels of melatonin, serotonin and other compounds that support the body’s feelings of stability and emotional balance. Shorter, colder days also contribute to increased carbohydrate cravings, less energy and sleep disturbances.



**There are many ways to tackle the winter blues, including dietary supplements.**

To jump start your mood, Dr. Brown offers the following tips:

- **Monitor your diet.** Take your vitamins and make sure to get enough fresh fruits and vegetables. Concentrate on consuming fish and other high-quality proteins while avoiding refined sugars, which can alter your mood. An unhealthy diet leads to an unhealthy mind.

- **Exercise.** As always, exercise is an important part of feeling good. Just a 10 minute walk, three times a day, is enough to help you regain the energy that you can lose with the winter blues. Also, Dr. Brown recommends yoga, which is helpful for relieving feelings of anxiety due to its breathing and meditative practices.

- **Socialize.** Withdrawal is a classic symptom of the winter blues. Socializing engages the mind and forces you to think constructively, helping to overcome feelings of loss and confusion.

- **Try a natural remedy.** SAM-e (pronounced “sammy” and short for S-adenosylmethionine) is a naturally occurring compound found in all living organisms, and has been clinically proven to help enhance mood and emotional well-being. For over 20 years, European doctors have administered SAM-e to enhance moods and thousands of Americans have been reaping its mood-elevating benefits since it arrived in the U.S. in 1998. Dr. Brown also strongly recommends trying either one of these supplements in conjunction with regular therapy or counseling sessions.

“Taking SAM-e regularly is one of the best ways to enhance mood,” adds Dr. Brown. “Studies have shown that it often starts working in half the time or less than is needed for traditional products and has very few, if any, side effects.”

Consumers, pharmacists or other health professionals can learn more about Nature Made SAM-e by calling the Nature Made information hotline at (800) 276-2878, Monday through Friday from 7 a.m. to 4 p.m. PT.