



NEWSLETTER NO. 2 October 2008

<p>SAD – Seasonal Affective Disorder</p> <ul style="list-style-type: none"> • Desire to oversleep • Feeling of fatigue and inability to carry out a normal routine • A craving for sugary and/or starchy foods, usually resulting in weight gain • Loss of self-esteem • Difficulty concentrating and processing information • Tension and inability to tolerate stress • Decreased interest in sex and physical contact • Full remission from depression occur in the spring and summer months <p>These are the symptoms of Winter Depression. It is thought to be caused by lowered levels in serotonin, a chemical in the brain, and an increase in the production of melatonin, a sleep-related hormone. This time of year is the peak season for SAD. These are some of the things you can do:</p> <ul style="list-style-type: none"> - Full Spectrum Light - The lack of sunshine also mandates an earlier sleeping time. - Don't binge on sugary or starchy foods. - Exercise. - Take an omega-3 supplement. - Ensure that you eat plenty of wholegrain, vegetables, nuts/seeds and good quality protein (fish, lean meat, eggs, tofu..) 	<p>Detox</p> <p>The Autumn is a good time to detoxify the body. A detox is a burden on the body, but if done correctly you can avoid many of the bad effects and gain more energy and aid weight loss.</p> <p>The Liver Detox is a gentle 4-week programme, which allows your body to slowly get rid of toxins and which gives your liver time to regenerate.</p> <p>The liver is an organ that is extremely busy, it stores and makes hormones and helps us get rid of old ones. It also deals with toxins that we ingest and transports these out of the body. A sluggish liver working overtime may lead to hormonal imbalance, tiredness, sluggish thyroid, headaches, muscle/joint pain, dull skin and hair.</p> <p><u>Liver Detox Work Shop</u></p> <p>If you are interested in doing a Detox with the full support of a Nutritional Therapist, you can sign up for</p> <ul style="list-style-type: none"> - A 5 week programme (every Monday at 2pm, starting on the 27th of October) - An introduction to Detox on the 27th of October and one individual consultation <p>The program will take you through the steps of the Detox, give you recipes, shopping lists, supplement recommendations and the full support of Nutritional Therapy.</p> <p>Cost : €50</p>
<p>Nutrient – Folate</p> <p>The vitamin is well known for its role in preventing neural tube defects but the latest research has focused on it's potential to reduce the risk of developing cancer, cardiovascular disease and Alzheimer's disease.</p> <p>The vitamin is found in abundance in dark green vegetables, asparagus, sweet corn, strawberries, orange juice, eggs, pulses, sunflower seeds and whole-wheat. Liver is an excellent source.</p>	<p>Super Food - Avocado</p> <ul style="list-style-type: none"> • Excellent source of raw fat, which many are deficient in • Rich in monounsaturated fat, which is easily burned for energy. • More than twice as much potassium as a banana. • Good source of folate, dietary fiber, vitamin C, vitamin E, riboflavin and vitamin B6
<p>For a personal Optimum Nutrition consultation or to sign up for the Liver Detox Workshop, contact: Tove Cecilie Schränkler on 0211 1584 293 or info@scandinavian-health.de</p>	

Don't change your medication or start a supplement regime without consulting a health professional.