

## Nutrition: Complementary And Alternative Choices

# SAD- Seasonal Affective Disorder

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Quan
Essential Fatty Acids	Ultra Omega-Linic	4-12
A superior Multi	Ultra Vites*	2
Calcium and Magnesium 2:1 or 1:1 ratio (Ultra Vites has 250 mg Mag)	Calcium 280 and D	1-2
	Opti-Magnesium Plus (250 mg)	1-2
Vitamin D3	Vitamin D3 (5000 IU)	1
5-HTP	5-HTP Plus 50 or 100 mg (Tranquility)	1 am, 1 pm
Calming herbs	PhytoCalm	2-4
Herbs for sleep (before bed)	RestEasy	1-2
St Johnswort	St Johnswort	1-2, 2-3x/day
	St Johnswort Plus (Serenity)	1-2

\* use a multi without iron unless there is a known need for iron

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Seasonal affective disorder, or SAD, is depression that is related to changes in the amount of environmental light in the winter. It is often called 'the Winter Blues'.

Light treatment is the generally recognized treatment for this condition. If the problems are mild, increasing the brightness of light in the environment may be sufficient. If this does not work, treatment with a light box for a half hour or more has been effective.

Another system that has been used successfully is called dawn stimulation. Here, light comes on at dawn and gets gradually brighter. For more information visit The National Alliance on Mental Illness <http://www.nami.org>.

Several nutritional supplements have been used effectively in conjunction with light therapy.

### Supportive Nutrition

#### **Ultra Omega-Linic & Ultra Vites.**

- ✓ **Did you know** that Ultra Omega-Linic is very effective in the management of various kinds of depression? This excellent source of essential fatty acids, along with the antioxidants Vitamin E, Vitamin C plus Alpha Lipoic Acid and Coenzyme Q10, protects and nourishes the brain, minimizing the problems from depression
- ✓ Our newly reformulated Ultra Vites presents its high level of B Vitamins in their active form..

- ✓ **Did you know** that many people have a genetic inability to convert folic acid into its active form? L-methyl folate has been studied for its ability to help the anti depressant response and in bipolar episodes. Both folic & B12 have been shown to dramatically help aging brains.
- ✓ **Did you know** that high levels of Biotin may enhance brain and cognitive function.



### Vitamin D3 5000:

NO Vitamin D is produced by the body from fall to spring in latitudes north of 35 degrees. (Los Angeles, CA to Charlotte, NC) In addition, very little

Vitamin D is produced in latitudes below 35 degrees in individuals who are sedentary and do not have adequate skin exposure to the sun.

There have been articles suggesting that low levels of Vitamin D, as well as lack of adequate light exposure, are partially responsible for SAD.

### 5-HTP Plus (Tranquility):

5-hydroxytryptophan (50 mg or 100 mg) is an intermediate metabolite between L-tryptophan and serotonin. It has all the benefits of SSRI drugs without the adverse side effects. These products contain Passionflower, which is a calming herb for anxiety, and insomnia. Use 1 in the morning and 1 in the evening. Use at bedtime may be helpful. DO NOT USE with anti depression medications.

**PhytoCalm**, an Endobiogenic Concept™ formula.

PhytoCalm may be useful for: anxiety, mild depression, insomnia or headache.

PhytoCalm continued:

**Each capsule contains:** 432 mg Proprietary blend: California poppy (*Eschscholtzia californica*) whole plant extract, motherwort (*Leonurus cardiaca*) herb extract, lemon balm (*Melissa officinalis*) herb extract.

**RestEasy**, an Endobiogenic Concept™ formula.

RestEasy may be useful for insomnia. Use one or two before bedtime

**Each RestEasy capsule contains:** 407 mg Proprietary Blend: Lavender (*Lavandula officinalis*) herb extract and essential oil, passionflower (*Passiflora incarnata*) herb, valerian (*Valeriana officinalis*) root extract, California poppy (*Eschscholtzia californica*) whole plant extract, inositol.

### St Johnswort:

A review of 29 clinical trials by Cochrane collaboration concluded that St. Johnswort had similar efficacy to standard anti depressant treatment. The rate of side effects was lower than SSRI and 5 times lower than tricyclic anti depressants.

**St Johnswort Plus** (Serenity) contains valerian root. One or two before bed may help insomnia or improve sleep quality.

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**DO NOT USE** St Johnswort products with any medications without the close supervision of a healthcare professional.

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