

# THE TUTORIAL

## LESSON 7: PREVENT THE WINTER BLUES

*Well, winter is now definitely upon us, and in this issue nutrition and health expert, Julie Silver asks "Are you managing to keep positive as the nights are drawing in?" If not, don't fear, as Julie shares some top tips to help prevent the winter blues and Seasonal Affective Disorder (SAD)*

### STEP ONE

Get a SAD lightbox which will help to bring some light into your life. You can get very small ones that you can put on your desk at work. They are helpful in cases of fatigue, carbohydrate cravings, weight gain, irritability, and difficulty in concentrating. They are usually only to be used for fifteen minutes to an hour a day first thing in the morning.

### STEP TWO

There are thirty-eight individual Bach Flower Remedies which help with negative states of mind. Here are some which may be helpful at this time of year: Mustard for when you are experiencing unexplained deep gloom; Wild Rose for when you are feeling apathetic and just can't be bothered; Gorse is for feelings of hopelessness and despair and are pessimistic; And Hornbeam is for when you get the 'Monday morning' feeling doubting your ability to face the day's work. You can find many others on [www.bachremedies.com](http://www.bachremedies.com)

### STEP THREE

Green vegetables and other green superfoods contain chlorophyll which brings more light into your body when you ingest them. Klamath Blue Green Algae has been known to help depression and other health problems. You can find more information on The Really Healthy Company website: [www.healthy.co.uk](http://www.healthy.co.uk)



### STEP FOUR

Keep your blood sugar balanced by having regular meals/snacks which contain complex carbohydrates, good quality proteins and lots of vegetables.

It is a fact that stress will dehydrate the body leading to lethargy, depression, in fact all health problems which then cause additional stress creating a vicious circle. Erratic blood sugar levels will cause energy and mood highs and lows which again, inevitably leads to all the symptoms mentioned above.

Eating certain foods will help to increase hydration, balance blood sugar and increase energy which helps productivity too.

Wheat is the most dehydrating grain and many will notice feeling particularly tired after eating their morning toast, lunchtime sandwich, pizza, or pasta, and digestive problems such as bloating, Irritable Bowel Syndrome (IBS) and stomach cramps will occur.

Wheat-free wholegrains, which hold lots of water, such as quinoa, millet, brown rice or buckwheat are a great alternative and wheat-free pasta or noodles can be made if you haven't got the time to make a grain.

You need to add flavouring such as herbs, spices, stock, or sea salt to make them tasty and appetising. Serve with a protein such as fresh or tinned salmon, sardines, mackerel or any other fresh fish you enjoy, organic chicken, organic free-range eggs, or for a vegetarian/vegan option use beans, lentils, pulses, and tofu.



Lots of fresh vegetables and salad will help to hydrate you and increase mineral intake. Homemade soups are great for winter and are easy to digest, as are stews, which can be made with animal or vegetarian protein.

For snacks, you can try: Oatcakes with avocado, hummous, nut or seed butters (sugar-free and organic if possible); Nuts such as almonds, hazelnuts and walnuts and seeds - sunflower, pumpkin and hemp; carrot sticks, cucumber, sugar snap peas; A piece of fruit or dried fruit that doesn't contain sulphur dioxide.