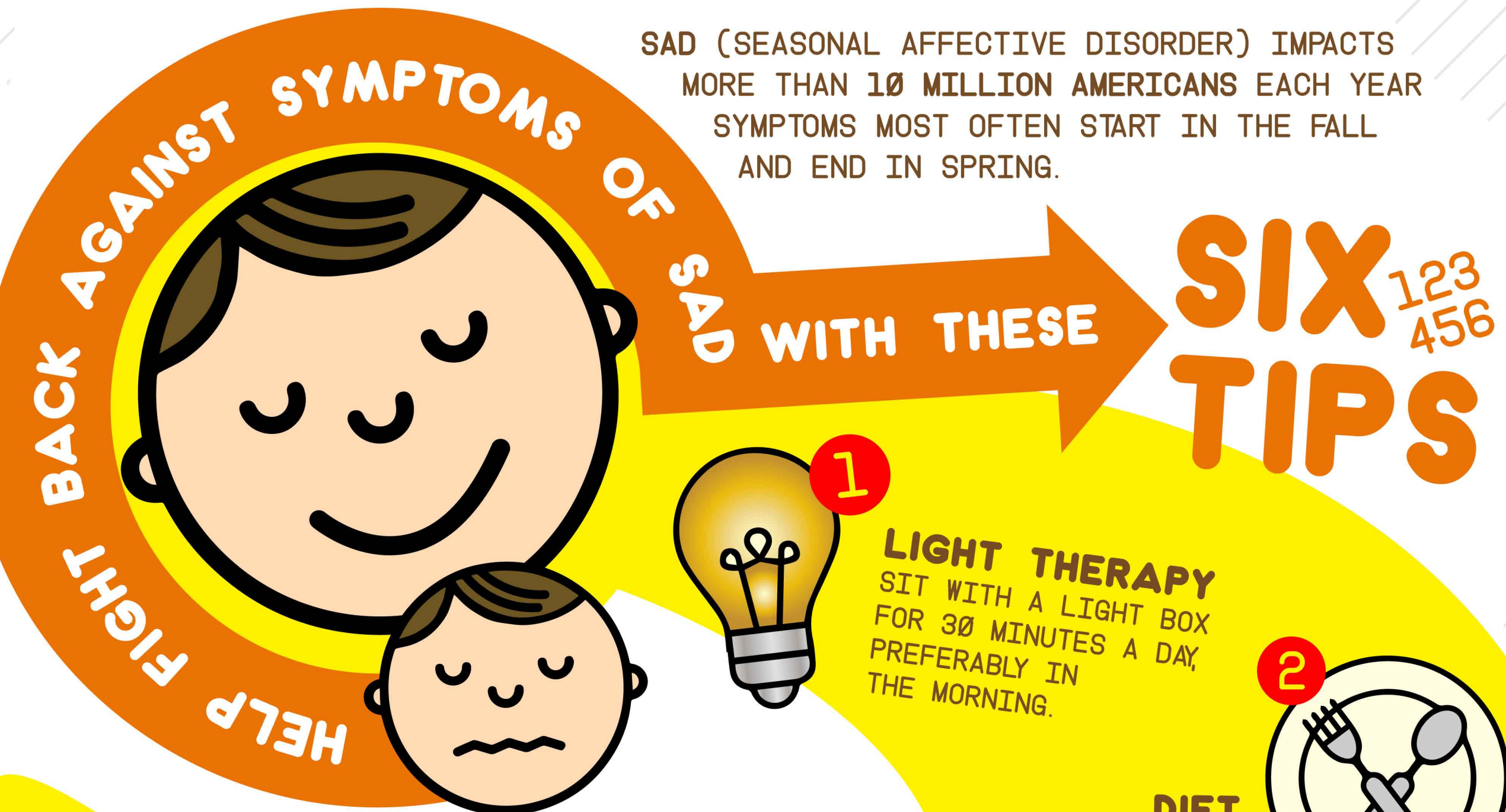




# NATURAL TREATMENTS FOR SAD

## SEASONAL AFFECTIVE DISORDER

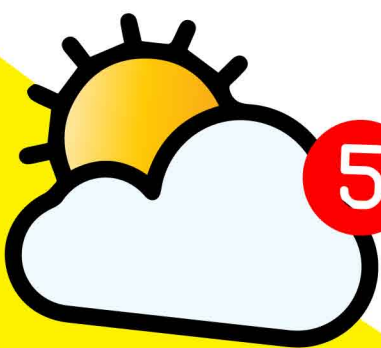
SAD (SEASONAL AFFECTIVE DISORDER) IMPACTS MORE THAN 10 MILLION AMERICANS EACH YEAR. SYMPTOMS MOST OFTEN START IN THE FALL AND END IN SPRING.



**1 LIGHT THERAPY**  
SIT WITH A LIGHT BOX FOR 30 MINUTES A DAY, PREFERABLY IN THE MORNING.

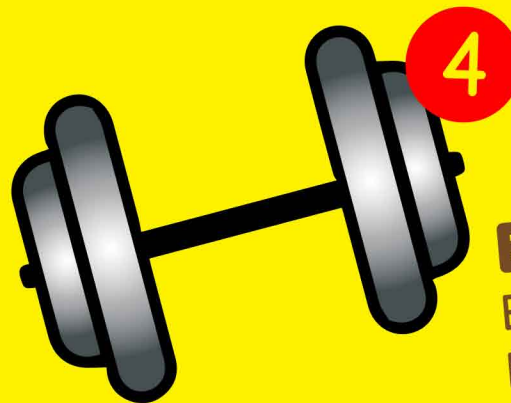


**2 DIET**  
BLUEBERRIES, RASPBERRIES, STRAWBERRIES CAN REDUCE CORTISOL. FISH, DAIRY, EGGS, NUTS, SEEDS & BEANS PROVIDE ENERGY THROUGH PROTEIN.



**5 SUN**  
GET SUN DAILY. GO FOR A WALK, SIT OUTSIDE OR GO ON A VACATION.

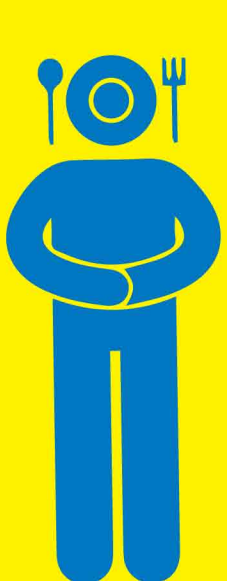
**3 VITAMINS**  
VITAMIN, B12 AND OMEGA-3 TO FIGHT SYMPTOMS OF SAD.



**4 EXERCISE**  
EXERCISE TO INCREASE ENERGY AND ENDORPHINS.



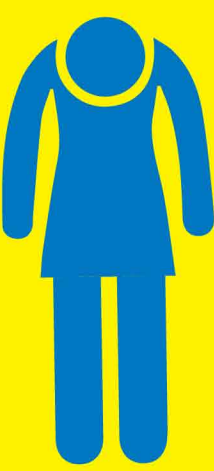
**6 MEDITATION**  
MEDITATE FOR LOWER STRESS, ANXIETY & BETTER SLEEP.



REDUCED APPETITE



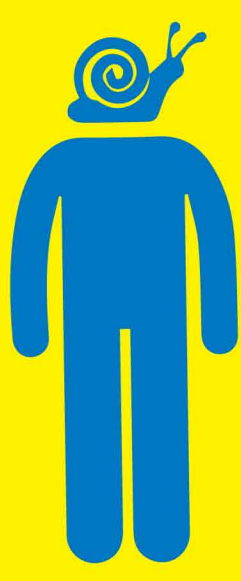
IRRITABLE



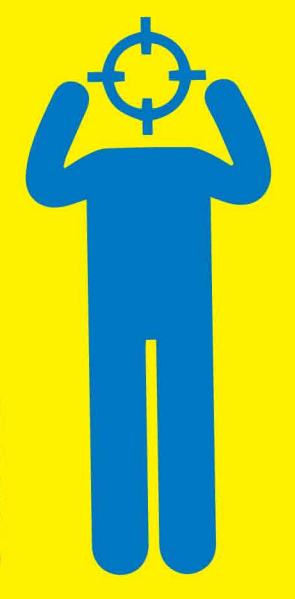
DEPRESSED



LOW ENERGY



SLUGGISH



DIFFICULTY CONCENTRATING

# SYMPTOMS