

The Winter Blues & Kicking The Habit!



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The Winter Blues

As fall approaches we can give our air conditioners a break and finally get some relief from the scorching sun and



stifling humidity of summer. With this change of season comes many other changes, like fall colors, winter sports and let's not forget wardrobe. But for some, a *change in mood is an all too familiar seasonal change* as well.

Until recently, I had no idea just how common this condition really is! It's estimated that *one-third of all Americans experience some symptoms of Seasonal Affective Disorder* during the short days and long nights of winter. It's almost like as the weather gets colder and darker, so doing our emotions! That's a lot of people catching the winter blues!

of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Getting sick (or at least pretending to) was sort of fun back in the old da

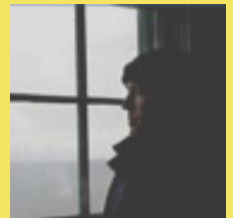
As winter gets closer, we wanted to let people know more about Seasonal Affective Disorder and what they can do about it. Sadly, many people that experience this disorder chalk it up to simply feeling down, and don't realize that there are plenty of natural solutions that can help them feel energized and back on top!

On the topic of feeling energized, we came across a really interesting news flash about the effects of nicotine. So, we set out to bring you this article on how ***this main ingredient in cigarettes is now believed to not only be addictive but can also cause atrial fibrosis!*** And, it's ironic that almost every product designed to help you quit smoking contains nicotine!

I hope you find our articles both interesting and informative.

Are You **SAD?** Help for Your Seasonal Affective Disorder

While autumn can be a beautiful and anticipated time of year for some, for many it can be somewhat melancholy, bringing about a change in mood as the season shifts. ***As daylight hours shorten, as many as 1 in 3 Americans notice increased feelings of lethargy and sadness,*** as well as a decreased number of bright and happy thoughts, as if their emotions are echoing the change in seasons.

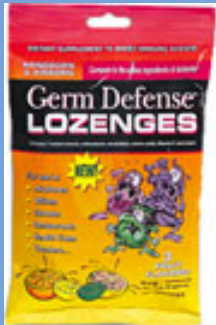


This common condition, known as Seasonal Affective Disorder or



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SAD, is a type of **depression brought about by the change in seasons**. Although anyone can be affected regardless of age, gender or location, SAD generally tends to be more prevalent in populations that live in more northern regions, where the changes in seasons are more drastic and noticeable.

While there are some cases in which SAD occurs during the transition period between winter and spring, it is most commonly experienced during the shift from summer into the colder seasons.

Usually, **symptoms of the disorder begin to set in around October or November**, and last through the winter months until the weather begins to improve during April or May.

The symptoms of Seasonal Affective Disorder may be mild at first, but typically increase in strength as winter approaches and the number of daylight hours is reduced. Generally, these symptoms include **feelings of sadness or worthlessness**,

Some things you can do on your own can help you cope with Seasonal Affective Disorder. The following suggestions may help you better manage SAD:

Increase the amount of light in your home.

Open blinds, add skylights and trim tree branches that block sunlight.

Get outside. Walk outdoors on sunny days, even during winter.

Exercise regularly. Physical exercise helps relieve stress and anxiety, which can accentuate

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***chronic fatigue, weight gain
and difficulty concentrating.***

Other signs of Seasonal Affective Disorder can include irritability, a tendency to oversleep and the desire to avoid social situations.

A correct diagnosis of Seasonal Affective Disorder is a very important step towards treatment. Given that its symptoms closely mirror those of clinical depression, it's very important that you are able to

correctly identify Seasonal Affective Disorder. Otherwise, a false diagnosis of depression can lead to unnecessary prescriptions for pharmaceutical medications.

Michael Terman, Director of the Winter Depression Program at the New York State Psychiatric Institute, explains that the disorder is "often misdiagnosed as hypothyroidism, hypoglycemia, infectious mononucleosis and other viral infections."

While many theories exist as to the exact effect Seasonal Affective Disorder has on the brain, there is a general opinion within the medical world that links the condition to a lack of exposure to sunlight, which most often accompanies the winter months.

SAD. Being more fit can make you feel better about yourself.

Find ways to relax.

Learn how to better manage stress.

Take a trip. If possible, take winter vacations in sunny, warm locations for winter SAD, or cooler locations for summer SAD.

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Sunlight is believed to have a direct effect on the brain's ability to produce serotonin, one of the main chemicals involved in the regulation and stability of moods.

Therefore, a misdiagnosis and improper treatment with chemical medications could potentially have negative effects, especially given the long list of side effects commonly associated with the use of prescription anti-depressant medications.

In fact, one of the most common and effective treatments for Seasonal Affective Disorder is Light Therapy, a process which aims to simulate the effects of exposure to sunlight by way of a special lightbox which gives off rays similar to those given off by the sun. This natural treatment can be very effective, because it aims to stimulate the body's ability to produce serotonin and regulate mood.

Prescription medications, on the other hand, aim to do this work through chemicals, thereby disallowing the body from healing itself by treating the symptoms, rather than the cause of Seasonal Affective Disorder itself.

Natural remedies and herbal products can also work very effectively in the same way as a lightbox to fight Seasonal Affective Disorder.

There are many natural herbs that have been used for centuries that work to stimulate the body's own ability to produce serotonin and other feel-good chemicals, thus increasing feelings of wellbeing and helping the mind work through Seasonal Affective



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- [MindSoothe Jr.](#) for balanced mood and stability in children
- [PureCalm](#) - for a calmed mood and soothed nerves
- [Mood Tonic](#) - for balanced mood and peacefulness in all ages
- [Nerve Tonic](#) - a naturally balanced mood

There are also a number of natural products available that can help you get over some of the more debilitating effects of Seasonal Affective Disorder.

Whether you're dealing with excessive weight gain, a lack of energy or insomnia, natural remedies can help you maintain a healthy lifestyle while you work to overcome the condition.

- [Fatigue Fighter](#) - for healthy levels of energy and stamina without artificial stimulants
- [Serenite](#) - to treat sleep problems without the risk of addiction
- [Serenite Jr.](#) - for healthy sleep patterns in children and babies
- [EcoSlim](#) - for safe and natural weight loss without the side effects of diet pills
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If you feel you may be suffering from Seasonal Affective Disorder, it is a good idea to consult with a mental health professional or a physician and voice your concerns. Keep in mind that Seasonal Affective Disorder is a temporary condition, and using natural herbal remedies in conjunction with lightbox therapy and a healthy diet with exercise, you can get through the tough winter season, and actually enjoy yourself!

*"I started taking **MindSoothe**... I had chronic sleep deprivation, memory loss, and could not concentrate. I was not able to work. I did not want to leave the house and did not want to take prescription drugs. Within the first couple of days, I felt my mood lift. After about 4 weeks, I was starting to sleep much better, and the world did not seem like such a dark place. After about 8 weeks, I was able to return to work. I can't thank you enough for this natural product. I have had no side effects. I would just tell anyone starting this product to give it at least 4 to 8 weeks and they will see results. I feel like I have my life back. " — **Susan P., CA, USA***

"...I could hardly get up in the morning to face each day, which was soooo unlike me! MindSoothe has made such a difference.



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Now I have the energy to play with my little boy and my husband says he has the old me back again!" — **Vanessa M., USA**

New Toxic Side Effects of Nicotine

Even as a child you were likely told that smoking was bad for you! It is common knowledge in today's society both smoking and secondhand smoke are extremely damaging to your body. A new scientific study points the finger, no longer just at the toxic chemicals you find in cigarettes, but also at nicotine itself, the addictive component in tobacco.



As Seen On The View



For some natural help kicking the habit check out our eight-week program at <http://www.nativeremedies.com/view>

Released by the University Hospital Magdeburg of Germany, this recent study revealed that ***nicotine in the bloodstream is a direct cause of Atrial Fibrosis***, a condition which causes

arrhythmias and is directly linked to Congenital Heart Failure.

"So far, the effects of nicotine on the blood vessels have been extensively studied," remarked Dr. Andreas Goette, lead author of the report, "but good data about direct cardiac effects of nicotine in patients was missing."

In an attempt to provide that data, Goette's study shows that nicotine itself, while often thought of only as the **addictive ingredient** in cigarettes and not the **toxic ingredient**, can significantly harm the functions and overall health of the heart. This new perspective is very interesting when we consider how people choose to quit smoking.

Addiction is a very serious epidemic facing our society today, and nicotine is one of the most common addictions out there. Of the **more than 46 million Americans who smoke, an estimated 438,000 Americans die each year of smoking-related diseases**, according to the American Lung Association.

Quitting any addiction, whether to alcohol, prescription medications or nicotine, involves an intense process that takes both psychological and physical willpower. And there are countless programs, medications and techniques marketed to help you overcome your addiction.

But this recent study on nicotine raises the question – is there a right or wrong way to quit? In the case of cigarettes, most of the products sold to help you quit smoking actually contain nicotine.

These include an assortment of gum, patches and nicotine inhalers. Through a process of gradually reducing the amounts of nicotine you ingest, eventually the idea is that you can wean yourself off the nicotine completely over time.

But since the nicotine itself is still extremely hazardous to both your heart and other parts of your cardiovascular system, is this really such a good idea? Ingesting nicotine on a daily basis for months after you have quit can still be physically damaging. It is also important to consider that these products have not been proven any more effective than non-nicotine methods of helping you break the cigarette habit.

The healthiest way to quit smoking is by going cold-turkey. However, this is often also the hardest, as withdrawal symptoms become a factor, and dealing with nicotine cravings can be exceptionally hard.

There are however, natural products that can help you can quit smoking by going cold-turkey. Herbal remedies can help you deal with the most difficult part of quitting smoking, such as the irritability, anxiousness and of course the dreaded cravings for nicotine, which can pop-up at any time out of nowhere.

Native Remedies has a [combination of three products](#) that work together to help you break your nicotine addiction naturally. Crave-RX is specially formulated to help control cravings and make quitting smoking naturally much easier. When Crave-RX is combined with Rx-Hale and Triple Complex NicoTonic Tablets, they

provide the maximum benefit during nicotine withdrawal.

- [Rx-Hale Tablets](#) - help prepare your body for nicotine withdrawal before you begin
- [Crave-Rx Drops](#) - help reduce cravings and control your appetite to prevent weight gain during nicotine withdrawal
- [Triple Complex NicoTonic Tablets](#) - help to reduce the side effects experienced during nicotine withdrawal

Herbal Remedies can also help you overcome other addictions, including addictions to prescription medications, which have become more prevalent as over-prescribing continues to run rampant throughout the medical and psychiatric professions.

Oftentimes, these addictions start out with a trip to the doctor to find a solution to chronic anxiety, pain or low energy. And, all-too-often doctors attempt to treat these conditions using prescriptions to anti-anxiety medications, opiate painkillers and amphetamines. Over time, patients may develop a physical dependence on these addictive drugs and become unable to function without it.

Herbal remedies can help by not only alleviating the withdrawal symptoms associated with the cessation of using these drugs, but they can also work to eventually take the place of them. Whether you're treating an addiction to anxiety, pain or any other medication, there are all kinds of herbal supplements that can help ease the transition from chemical dependency into a natural

treatment for your condition.

There is no better way to break the cycle of addiction than through a natural approach that makes it easier for your body to cope with withdrawal and rebound back to stable health!

"Crave-Rx really works! *As a veteran smoker and aspirant quitter I was constantly on some program or other to help me to kick the habit. Needless to say that my family had come to believe that I would never succeed. By nature I do not like to give up and so I kept trying, encouraged by my doctor who put me on one program after the other due to the terrible effect the cigarettes were having on my health. All of them contained nicotine in some form - tablets, sprays, gum, gel, patches, you name it! They all helped a bit, but as soon as I started to cut back on the products, I began to smoke again. When I read about your program and the fact that it contained no nicotine products I was prepared to give it a try, which was a good decision on my part as even my doctor was skeptical! I have not looked back and after 14 weeks I am using Crave-Rx only a few times a week. At first it was my lifesaver and I went everywhere with the bottle! Now I am using the drops less and less and can even go a whole day without once thinking of cigarettes. For a guy who smoked more than 20 a day for 15 years, I would say that is very impressive! I will continue to use the Rx-Hale tablets every day for a few more months as recommended. Thank you Native Remedies!"* —**Mike G**

Trying to Quit Smoking?

5 Helpful Tips to Make it Through Your First Week

When it comes to breaking any addiction, *the first week is often said to be the most challenging*. Since your body is accustomed to



daily doses of nicotine, it can react harshly when suddenly deprived of the drug, causing what are known as withdrawal symptoms.

Like withdrawal from other drugs, beating a nicotine addiction can produce serious symptoms like headaches, anxiousness and the inability to focus or concentrate, as well as many others.

These withdrawal symptoms are usually strongest during those first few days after quitting. Although their intensity can vary from mild to severe, the inability to tolerate these symptoms can oftentimes be the reason a plan to quit smoking fails.

We have assembled a list of helpful tips for you to use to during your first smoke-free week.

1. Drink Lots of Liquids

Water acts as a natural detoxifier and can help to expel the residual nicotine in your system. Calming herbal teas are also helpful, as they will help settle the anxiousness. Drinks containing caffeine - such as non-herbal teas, coffee or soda - should be avoided as they can increase jittery feelings or nervousness.

2. Start an Exercise Program

Now is the perfect time to take action and join that exercise program you've been thinking about. Whether you take a yoga class, join a gym or just walk around your neighborhood, exercise will help. Whenever you crave a cigarette, get up and get moving. This activity will can help distract both your mind and you body from the craving, as well as provide a healthy alternative to your former habit.

3. Take Steps to Reduce Stress

Experiencing stress in your life can exacerbate any anxiety and stress you feel from the nicotine withdrawal. When preparing to quit, try to plan a low-key week at home and at work. This will reduce your chances of smoking due to the overload of nervous energy. If your stress levels begin to rise, take a minute to breathe deeply and relax, listen to calming music, get a massage, or whatever helps to reduce your stress.

4. Get Help from Friends & Family

Luckily, your friends and family are usually the people who most want to see you quit, so turning to them in a time of need is a great option. They can also serve as a welcomed distraction, strength in a moment of weakness, or even just by providing you with someone to talk to about how you are feeling as each day passes.

5. Avoid Alcohol, Sugar & Fatty Foods

It is important to stay away from alcohol, sugar and fatty foods because all of these substances can lead your body to crave nicotine more readily. In addition, it is especially helpful to avoid alcohol as it statistically lowers your chance of staying nicotine-free.

Although all five of these tips will improve your chances of successfully quitting, the most important thing to keep in mind is why you want to quit. By putting your health first, as well as the health of those around you, ***you can get through that first week*** of quitting. Just be determined and find a good support system, and you will win out over nicotine addiction!



Natural Help for Anxiety & Depression

Dealing with Anxiety

A fast-paced modern lifestyle can be difficult for both adults and children. Trying activities such as work deadlines, job interviews, school competitions and public interactions don't make it any easier either.

It's **not uncommon to find oneself a little overwhelmed** at the thought of a particular upcoming event or situation. Sometimes demands may be so great that it is difficult to slow down and take a deep breath, causing us to worry about everything.

The natural way

A lot can be done to **support a healthy ability to relax** and slow down. One way of doing this is to keep your mind producing its own natural feel good chemicals by eating lots of fresh fruit and vegetables and whole grain foods, getting plenty of fresh air and sunshine and exercising regularly.

Practicing relaxation techniques, meditation or even taking time for a regular walk on the beach can all help to reduce stress levels and facilitate a feeling of calm – helping us to wind down and relax.

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** – to enable us to cope more easily with the everyday stresses of our modern existence. In fact, natural remedies have been used in traditional medicine for thousands of years **to support the healthy functioning of the brain and nervous system.**

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain a healthy equilibrium - which will assist with staying calm under pressure.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

Naturally Helping Depression

Serotonin is an important neurotransmitter manufactured and found in the brain. Along with other neurotransmitters, serotonin helps to support **emotional wellness and sleep patterns as well as energy levels, sex drive and appetite**.

Serotonin also promotes healthy concentration, a positive mental attitude, memory and mental alertness. Other neurotransmitters such as dopamine, as well as **certain hormones like cortisol** are also involved in maintaining balanced mood and feelings of confidence and well-being.

While your feelings are not all about brain chemicals, the delicate balance between neurotransmitters and other hormones can play a big part in **maintaining emotional stability**, wellness and a positive outlook. Lifestyle, stress management and maintaining healthy relationships all contribute to happiness.

However, when there are challenges to face, a solid foundation of emotional health, **balanced brain chemistry** and a healthy self esteem will make all the difference to how we are able to cope or have the emotional strength to make changes necessary to improve our lives.

The natural way

A lot can be done to naturally **maintain emotional health and a healthy positive mental attitude**.

It is a good idea to keep your natural feel-good chemicals flowing by eating lots of fresh fruits and vegetables and whole grain foods, ensuring plenty of fresh air, adequate sleep, moderate sunshine and regular exercise. Many healthy foods (e.g. bananas, turkey and carbohydrates) contain nutritional precursors of serotonin and this makes them natural ‘mood foods’ to

maintain healthy serotonin levels!

Also, never underestimate the power of a few stolen minutes during the workday (or school day) to rejuvenate the spirit and relax the mind – **meditation, yoga or listening to a calming CD can all promote relaxation.** Smoking, recreational drugs and alcohol can all depress the nervous system and affect the balance of neurotransmitters like serotonin – so try to cut back or avoid these habits for the sake of your emotional as well as your physical health.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.