

## **Rising Women Article for November/December 2008**

- Q. How can someone who is affected by light change help themselves to overcome Seasonal Affective Disorder?
- R. First of all everyone is affected by light change.
- S. Low level of light does decrease serotonin levels because the pineal gland needs light to produce these hormones. Eating sugary foods between Halloween and New Years is an “unhealthy” way to increase serotonin. The sugar allows L-Tryptophan to be more easily converted to serotonin which is why people crave carbs when the serotonin gets really low.
- T. One way to treat S.A.D. is by using a full-spectrum light in the morning to help regulate your pineal gland.
- U. Another way is to cleanse spring and fall. It is said that the eyes are the “window to the soul.” These “windows” allow light into the brain where the pineal gland is. Often these “windows” need cleaning and that is because the liver is toxic. If you clean out the liver these “windows” are clean and able to let light in.
- V. By cleansing yourself you will digest better and have more energy. Thus you get to help yourself another way by “exercising.” Everyone knows cardio-exercise increases the “happy hormones” like serotonin. It also releases stress.
- W. It is equally important for really “stressed” out people to do yoga because it releases stress from a “contracted” poor posture from hanging your body over a computer and lets you digest and eliminate effectively.
- X. Make sure that you get out in the sun every day. Don’t where sunglasses or sunscreen, try to have your head and face bare along with your arms...more difficult when it is colder, but do it as much as possible. This keeps your Vitamin D up which will help you fight off S.A.D. In fact, supplementing with Vitamin D, up to at least 5,000 IU per day or more can also be effective.
- Y. In suicidal cases, St. John’s Wort will open your “crown” chakra, on the top of your head, to better get light into the pineal and can be combined with a pineal glandular for better effectiveness.
- Z. Food wise, eat high quality proteins that are not “overcooked” and as many raw veges or sprouts as your body will let you. This will keep your liver happy and your “windows” will just need a little cleaning in the spring.

You can have a HAPPY FALL & WINTER!