

h e a l **THYSELF** ■

a light box 1 to 3 feet away while you eat, read, go through your mail, or meditate. If your symptoms remain unchanged, increase your treatment to 45 minutes a day, says Rosenthal. Reevaluate your symptoms on a weekly basis and make adjustments. "You should feel the effects within two to four days," says Rosenthal. "Almost everyone should feel the benefits within two weeks." (Find light boxes at www.lightforhealth.com or www.litebook.com.) Brighten up your living and work space with full-spectrum light bulbs that closely match natural daylight.

Diet and exercise

Dietary changes also can ease SAD symptoms, says Chris Krumm, ND, LAc, of the Bastyr Center for Natural Health, near Seattle. For breakfast, Krumm advocates a high-protein meal to boost intake of tyrosine. "Consuming this amino acid in the morning helps boost your energy throughout the day," he says. For dinner, Krumm suggests less protein and more carbohydrates like whole grains to help the brain synthesize serotonin. "In addition to improving

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your mood, increased serotonin may help people sleep better," he says.

You may want to add more fish to your diet, too, especially cold water types like mackerel and salmon that are rich in omega-3 fatty acids. People with depression often have low levels of omega 3s. A 2001 study found a correlation between increased fish consumption and decreased incidence of SAD in Iceland.

Davis has found that staying active in winter helps her feel less lethargic. She's chosen a treadmill inside a brightly lit gym, but don't be afraid to head outside. On bright afternoons, go for a long walk or run. Got more time? Climb on a bike or break out the skis. "You'll get your

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PORTRAITS OF TRIUMPH...**"THE DOCTORS TOLD ME TO 'GET MY AFFAIRS IN ORDER'...5 YEARS AGO!"**

I celebrated my fifth birthday in July of last year! Biologically, I'm 33, but my life started all over again after surviving a combination of cancers that conventional doctors didn't believe I could survive. But here I am, full of life and radiant health – and five years older and wiser.

After being diagnosed with lymphoma, I started a chemotherapy regimen that was expected to last about four months. About two months into the process, my doctors discovered that in addition to the lymphoma, I also had a chronic form of leukemia, making it impossible for me to rebound from the chemotherapy. Things were so stirred up inside my body that both cancers were in a progressive state, and there was really nothing left to do but get my affairs in order.

That's when the miracle of American Nutraceuticals entered my life. Within nine days of beginning the nutraceutical products, I felt better, looked better and already had a new lease on life!

Today, I live an active life that includes running four to six miles on the beach everyday and spending quality time with my friends and family. In the past five years, I have learned how to appreciate my health and the wisdom the body possesses to heal itself if you give it the things it needs to thrive! American Nutraceuticals gave me a second chance. Now I see every birthday as a blessing and every year of my life as a gift. I can honestly say that American Nutraceuticals is not just a lifestyle for me – it's my life!

Sonya Bentley

For your FREE copy of the booklet "Portraits Of Triumph", a collection of stories by patients who have conquered their cancer, including colon, breast, prostate, multiple metastatic melanoma and others, contact:



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