



HEALTHY MOOD

DEPRESSION VS. BLUE MOOD

Know the Difference

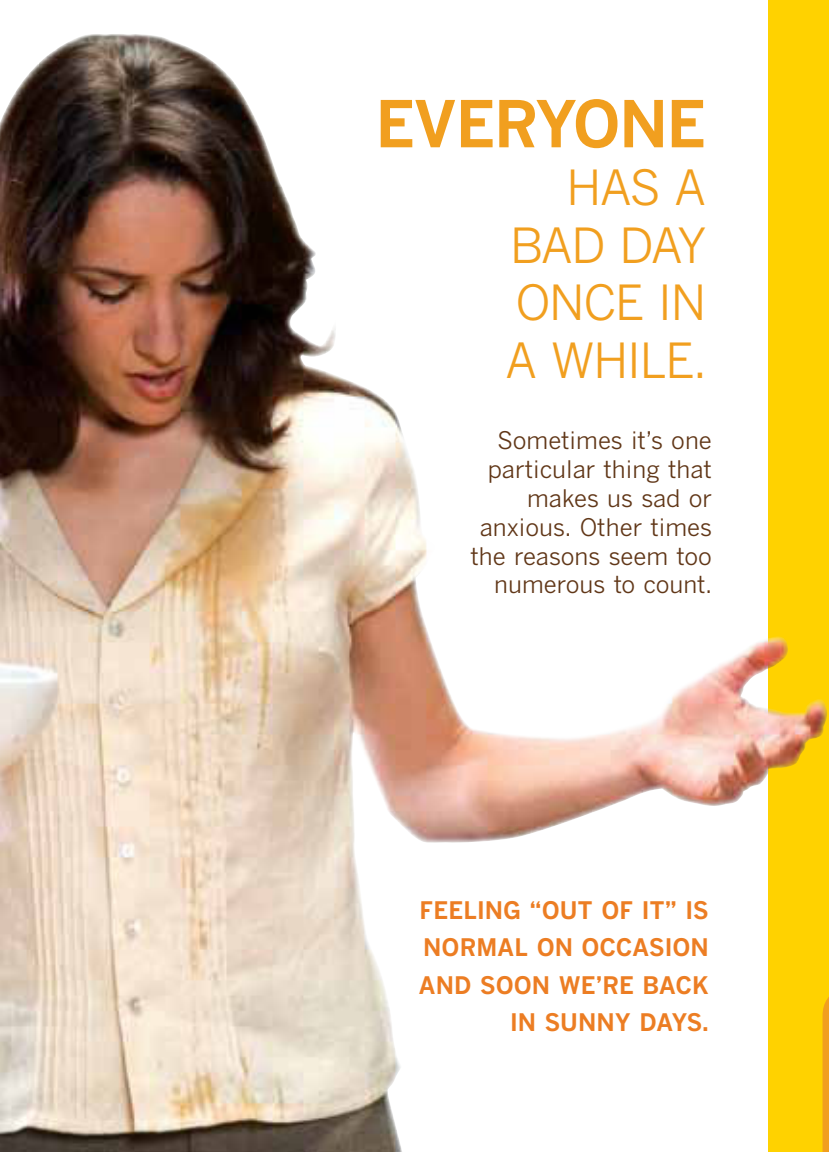
NATURAL SUPPORT FOR HAPPY DAYS

*30+ Mind-Body,
Lifestyle &
Supplement Tips*

THE FOOD – MOOD CONNECTION

*How Nutrients
Affect Emotions*

BE GOOD TO YOUR **WHOLE
BODY**



EVERYONE HAS A BAD DAY ONCE IN A WHILE.

Sometimes it's one particular thing that makes us sad or anxious. Other times the reasons seem too numerous to count.

**FEELING "OUT OF IT" IS
NORMAL ON OCCASION
AND SOON WE'RE BACK
IN SUNNY DAYS.**

DEPRESSION IS SOMETHING ELSE.

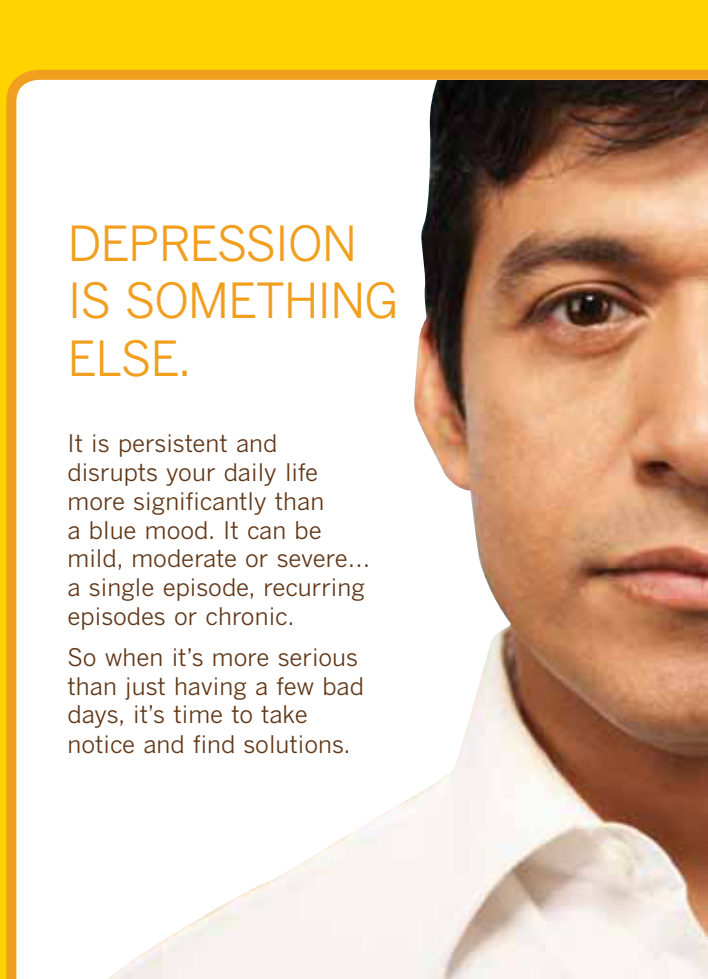
It is persistent and disrupts your daily life more significantly than a blue mood. It can be mild, moderate or severe... a single episode, recurring episodes or chronic.

So when it's more serious than just having a few bad days, it's time to take notice and find solutions.



More than 20 million people in the United States have depression.*

*National Institutes of Health, MedlinePlus, August 2009



The Signs of **DEPRESSION***

- Feelings of **HOPELESSNESS** and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- **IRRITABILITY,** restlessness
- **LOSS OF INTEREST** in activities or hobbies once pleasurable
- **DIFFICULTY CONCENTRATING,** remembering details and making decisions
- **FATIGUE** and decreased energy
- **INSOMNIA,** early-morning wakefulness or excessive sleeping
- **OVEREATING** or **APPETITE LOSS**
- **THOUGHTS OF SUICIDE,** suicide attempts
- **PERSISTENT ACHES** or pains, headaches, cramps or digestive problems that do not get better, even with treatment

* Centers for Disease Control and Prevention

MOOD DISORDERS such as depression should be treated seriously.

Don't hesitate to get professional help. And, whether you're having a rare Blue Monday or you can't seem to find your smile for days on end, natural approaches can be part of a safe and effective plan, potentially with fewer side effects than common prescriptions. Sunny days are certainly a goal when we urge you to be good to your whole body.

Some herbal and dietary supplements can interfere with the way certain prescription medications work. Always tell your health care provider about the herbs and supplements you are using or considering using.

EXPERTS
SAY...

DEPRESSION IS A MOOD DISORDER
in which feelings of loss, anger, sadness or frustration interfere with everyday life.



WHAT'S HAPPENING BEHIND THE SCENES?



THE LOWDOWN ON SWINGS AND DIPS

The exact causes of depression remain a mystery. However, in most cases, physiology, genetics and environment play a role. Physically, there may be deficiencies or surpluses of messenger brain chemicals called neurotransmitters. Some of these—dopamine and norepinephrine—create feelings of alertness, while another—serotonin—has been associated with a more calming effect. Hormonal imbalances may also be involved.

IT'S NOT ONLY IN YOUR HEAD

When something's wrong with your body, you may notice your mood suffering, or vice versa. According to the Centers for Disease Control and Prevention, physical conditions such as heart disease, diabetes, asthma and obesity are more common in depressed populations. But even a mild case of feeling low can affect immune function, as well as sleep, energy, appetite, concentration, activity levels and sex drive.




EXPERTS
SAY...

A range of alternative and complementary therapies may have their place in a comprehensive plan for depression.

Preliminary research shows that nutritional supplements may decrease symptoms of mood imbalance. Always consult with your team of practitioners about adding any therapies to your plan. (University of MD Medical Center)

VITAMINS, HERBS & MINERALS

FOR A HEALTHY MOOD

	WHY IMPORTANT	EXPERTS SAY *	NOTES
5-HTP (5-Hydroxy-L-Tryptophan)	supports healthy neurotransmitter balance; a derivative of the amino acid L-Tryptophan, the main building block of serotonin	may support healthy neurotransmitter levels in the brain	the body creates it from the tryptophan in foods high in protein; supplement is manufactured from the seeds of an African plant (<i>Griffonia simplicifolia</i>)
ADAPTOGENS	these substances provide adrenal support, helping to balance the body's natural defenses and resistance to the negative effects of stress	research shows that <i>Rhodiola rosea</i> helped symptoms for mildly depressed patients more effectively than a placebo	the herbs ashwagandha, <i>Rhodiola rosea</i> , eleuthero (commonly known as Siberian ginseng) and <i>Schisandra</i> are all well-researched adaptogens
B VITAMINS	B12, B6 and folate are vital for the nervous system and the production of brain chemicals which regulate mood	low levels of folate (folic acid) linked to depression; vital for nerve function; deficiency may disrupt the proper break-down of mood neurotransmitters	easily destroyed when foods are processed; depleted when diets are low in nutrients, high in sugar, and include alcohol; depleted quickly by stress so replenish daily
EFAs (essential fatty acids)	EFAs support healthy neurological function	research has shown that supplementation with various amounts of fish oil may be beneficial for healthy mood in both children and adults	omega-3 fatty acids found in fish oil, particularly DHA, are needed for normal nervous system function
GINKGO (<i>Ginkgo biloba</i>)	contains potent antioxidants, flavonoids and terpenoids; supports healthy circulation, including blood flow to the brain	may be helpful for symptoms of mood imbalance; a few studies regarding memory problems in older adults showed benefits for depression	one of the oldest living tree species and one of the most extensively studied botanicals
IRON	essential for neurological and nerve function	severe deficiency can detrimentally affect mood	iron supplements should only be taken when instructed by a practitioner
L-THEANINE	contributes to the regulation of dopamine and serotonin levels by helping to form GABA (gamma aminobutyric acid), a precursor to these neurotransmitters	may change levels of amino acids affecting serotonin and other neurotransmitters in the brain	the amino acid responsible for green tea's calming support; take under supervision of a practitioner
PASSIONFLOWER	promotes relaxation, calm and restful sleep	has been researched and found to be effective for supporting healthy mood	packed with flavonoids
SAME (S-Adenosylmethionine)	a compound made in the body that may aid in the synthesis of neurotransmitters to balance mood	higher SAME levels in the brain may have a positive effect on neurotransmitters responsible for mood, and oral SAME has been demonstrated to be helpful for depression in most people	take under supervision of a practitioner
ST. JOHN'S WORT	the most well-known herb for mood, especially popular in Europe	research has consistently concluded that this herb works as well as antidepressant drugs for mild-to-moderate depression	check with your practitioner before use
VALERIAN	scientists think it increases the amount of gamma aminobutyric acid (GABA) in the brain, which helps control nerve function and anxiety	used traditionally for sleep disorders and anxiety; known for its sedative properties; studies confirm valerian's help for insomnia	both roots and rhizomes (underground stems) are used to make supplements, extracts and teas
VITAMIN D	in shorter, darker days and northern areas, many people experience mood changes and may benefit from more D, made by the body when exposed to sun	studies have shown that in comparison to a placebo, vitamin D heightens positive mood and may decrease negative mood factors	known as the "sunshine vitamin"

THE FOOD – MOOD C O N N E C T I O N

We don't need science to know that enjoying a favorite familiar food makes us feel good, even if it's not an especially healthy food—just don't go overboard! (Eating too much junk food may have the opposite effect.) But what are some more scientific food and nutrition tips for when you're not feeling your happy self?

KEEP BLOOD SUGAR IN CHECK with an overall healthy diet including sufficient protein, fiber, antioxidants and healthy fats.

TRY DRINKING TEA DAILY because green, black and certain herbal teas have all been linked to happier states of mind.



ENJOY LOW GLYCEMIC FOODS which may be associated with healthy mood.

SUPPORT YOUR ADRENAL GLANDS because they are the manufacturers and gatekeepers of stress hormones; chronic stress overworks them.

PROVIDE YOUR BODY WITH A STEADY SUPPLY of certain vitamins, minerals, antioxidants and phytonutrients, such as those listed on the previous pages!

Herbal Teas

Just the act of sitting down to enjoy any old cup of tea may help calm you down and raise your spirits; however, here are a few herbs that are brewed specifically for promoting a balanced mood: St John's Wort, valerian, ginkgo biloba, rosemary, sage, licorice root, ginseng root, lemon balm leaf, ashwaganda leaf, chamomile, peppermint, lemon grass and licorice.



TIPS FOR Brewing Herbal Tea

Unless directions indicate otherwise:

- boil water, then let cool 15 seconds before combining with herbs
- use 1 teaspoon herb per 1 cup hot water
- for leaf or flowers, steep covered 5–10 minutes
- for roots, steep covered 10–20 minutes

C'mon Get Happy

MIND, BODY & MOOD

ACUPUNCTURE

Research shows that acupuncture can result in a tendency to feel happier.

MASSAGE

Shown to be helpful in balancing healthy mood levels, massage can decrease levels of anxiety, with or without the use of essential oils, which may amplify the effect. You can also use essential oils by simply sniffing straight from the bottle, using a diffuser to dispense the aroma, sprinkling on your pillow at night or adding to a bath just before you step in.

YOGA, BREATHING AND MEDITATION

These simple, helpful techniques all rely on quieting the mind with a focus on breathing. They require little or no expense; anyone can do them just about anywhere! So whether you try breathing deeply in a traffic jam, search out a yoga style that works for you and/or practice daily meditation in a soothing space at home, bring some breath into your life to help promote and maintain your mental and emotional health.



Essential oils used during massage for a healthy mood include lavender, basil, orange, sandalwood, lemon, jasmine, sage, chamomile, peppermint and rosemary. Just remember to get the real thing! Only 100% pure essential oils—not synthetic fragrances—provide the benefits of aromatherapy.



A FEW LITTLE HELPERS FOR YOUR BAG OR BACKPACK

Rescue Remedy This formula from Bach Flower Essences is a convenient, long-standing and fast-acting favorite for calming, relaxing and centering on the go.

Homeopathic Remedies For all ages, there are hundreds of formulas, each for specific symptoms, including grief, sadness, nervousness, insomnia and overall stress.



Mind-body techniques used to improve depression symptoms include acupuncture, yoga, meditation, guided imagery and massage therapy. (Mayo Clinic)

TAKE A LOOK AT YOUR LIFESTYLE

5 Factors for Healthy Mood

1 EXERCISE

Countless studies show the benefits of exercise for general health, but also for promoting a healthy outlook. And it doesn't have to be hours at the gym daily; try walking, yoga, tai chi, even gardening, cleaning house or crunches in front of the television. Just three hours of moderate activity per week is enough to boost your mood.



2 SLEEP AND REST

Often put off as indulgent, sleep and rest are in fact some of the most important parts of each day. Quality sleep is crucial for proper neurological function and a balanced mood, but shut-down time other than sleep is also essential. So get your daily zzz's, and also your naps, or restful times of light reading, meditation, music or a sunset.

* EXPERTS SAY...

Caffeine can not only sabotage normal sleep patterns, but it affects blood sugar levels, which are linked to mood swings. (Mayo Clinic)

3 WATER

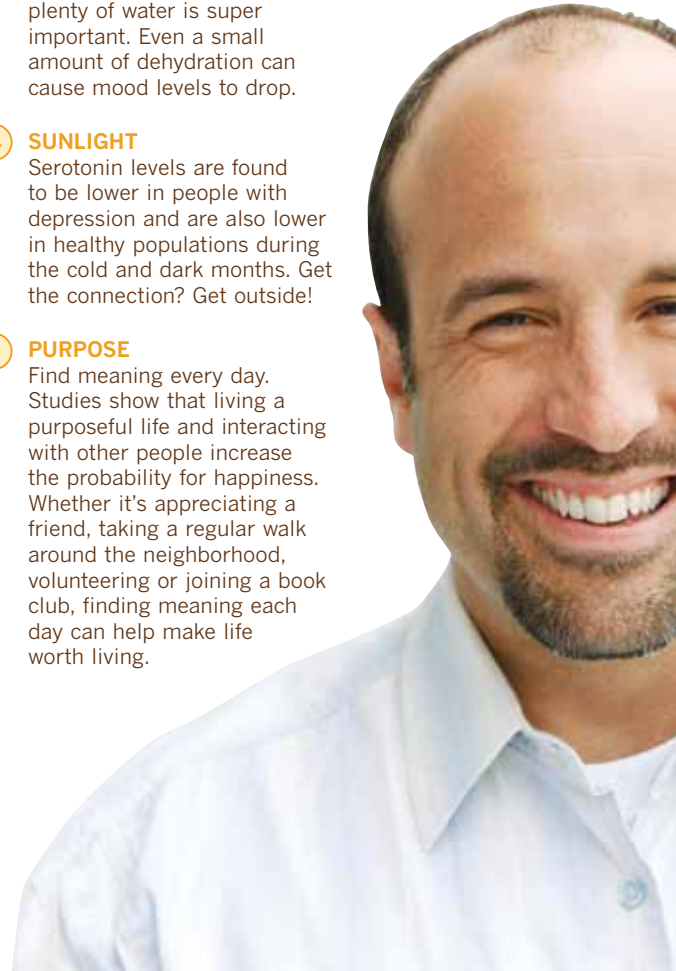
Just like with every other aspect of health, drinking plenty of water is super important. Even a small amount of dehydration can cause mood levels to drop.

4 SUNLIGHT

Serotonin levels are found to be lower in people with depression and are also lower in healthy populations during the cold and dark months. Get the connection? Get outside!

5 PURPOSE

Find meaning every day. Studies show that living a purposeful life and interacting with other people increase the probability for happiness. Whether it's appreciating a friend, taking a regular walk around the neighborhood, volunteering or joining a book club, finding meaning each day can help make life worth living.





STANDARDS TO BELIEVE IN

- We carefully evaluate each and every product we sell.
- Our body care vendor partners are encouraged to use plant-based and naturally-derived ingredients, pure essential oil fragrances, gentle preservatives and non-petroleum ingredients.
- None of our personal care products have been tested on animals.
- We are committed to high-quality body care products and research-driven dietary supplements with a proven track record.
- We feature supplements that are free of artificial colors, flavors, sweeteners and hydrogenated oils.
- Products on our shelves are labeled legally based upon DSHEA (Dietary Supplement Health & Education Act of 1994), FTC Truth in Labeling laws and all associated FDA regulations.

CURIOUS? CONFUSED?

Ask a question and you will discover that our Whole Body team members are thoroughly trained and well educated about the products we offer. They are there to help you and are pleased to guide you in making the most informed decisions for your needs. They're not doctors, though, so always check in with your healthcare practitioner.

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