

Darkness Falls...Don't Be Spooked~!



With the changing seasons, we welcome back many old friends; soups, sweaters, curling up by the fire with a blanket and a book—things we likely put away while we were enjoying the summer sun.

While we enjoy these treats, the new seasons can also bring experiences we didn't miss; cold, rain, dark days, and the stresses -self imposed or otherwise- brought on by the looming holiday season. These can create or increase feelings of melancholy, stress, or anxiety'

There are many ways you can prevent the fall and winter "blahs". Here are some tips:

- **Keep moving.** Although it can be difficult to get up and get moving, exercise is a proven mood enhancer. In addition, it increases our immune function, giving us an advantage during cold and flu season.¹
- **Watch the sugar intake.** Sugar can make us feel oh-so-good...for a while. The inevitable crash can contribute to feelings of fatigue and unhappiness. Keeping your blood sugars consistently level is key to having more energy and less stress, anxiety and sadness. A good way to do this is to balance your sugar intake. If you must have sugar, be sure to have some protein at the same time, this will keep the sugars from dumping into your bloodstream all at once, and prevent the subsequent highs and lows. Adding high-fiber vegetables to the protein will have an even greater effect .

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Darkness Falls...Don't Be Spooked~!, cont'd

- **Breathe.** When we are stressed or anxious, we often forget to breath deeply. With each deep breath we are ridding ourselves of toxins and taking in oxygen that will ultimately give us energy and improve our acid/base balance. Breathing deeply energizes us, helps our brain function and lifts our mood.
- **Drink enough water.** Being even slightly dehydrated can have adverse effects on our mood, according to a 2012 study. When we are properly hydrated, our brain works better, and is happier. We recommend at least 80 ounces of water per day.²
- **Be grateful.** We often hear the phrase, "Fake it 'till you make it", and this is very true for mood. When we practice gratitude by acknowledging the things in our life we are grateful for, we actually increase our brain's production of "happy hormones". Try each day to list out a few things you are thankful for, and review your lists often.³

Supplements That Can Help

There are many supplements that can help alleviate anxiety, stress, and "the blues".

Fish oil, 5-hydroxy Gaba, B vitamins, Passion Flower(see Page 2), hops, St Johns' wort, and oats are just a few of the many tools we have available to help you feel yourself during the fall and winter. And we can design a customized plan to meet your needs.

Make an appointment today to find out what we have for you!

**Dr. Susan H. Mueller,
Lynnwood, Washington**

**"He who has health, has hope.
And he who has hope, has everything ."**

~Benjamin Franklin



¹ <http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

² <http://www.webmd.com/women/news/20120120/even-mild-dehydration-may-cause-emotional-physical-problems>

³ <http://www.psychologytoday.com/blog/extreme-fear/201303/how-real-life-change-happens>

Passion Flower: Not Just A Bunch Of Pretty Petals!

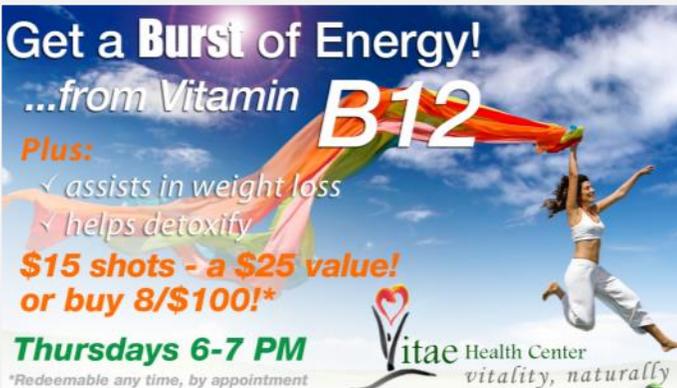
Passion flower or *Passiflora spp.* per its Latin name isn't just an aesthetic vine for the summer months, nor solely a fruit topping for some of those more exotic ice cream treats. It also carries with it several benefits as we go into the autumnal season to help adjust to the longer nights, the new school schedules of children, and the upcoming holidays.

Sleep Aide: Tired of chamomile tea to ease you to sleep at night? You can try switching it out with a tbs. of passion flower flowers in a cup of hot water to make your evening tea. It's as gentle as chamomile and offers the same calming benefit to help bring on restful sleep.

Relaxation: While passion flower is helpful for mild insomnia it can also be used as a relaxant when feeling stressed or anxious. It is often preferred in a tea as described above but a glycerite is a common way of taking advantage of this flower's mellowing benefits.

Smoking Cessation: While there's no guarantee that passion flower will get you to quit smoking, there is evidence that passion flower can help ease the physical symptoms of smoking addiction.¹

*'Passion Flower: Not Just A Bunch Of Pretty Petals!'
is continued in the next column*



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Passion Flower: Not Just A Bunch Of Pretty Petals!, cont'd

Being native to the North American, South American, Asian, and Australian continents as well as some smaller islands such as Papua New Guinea and even one native species in New Zealand, this family of plants has a diversity to match its range. However all members of the genus are gentle with stunning flower shows, and usually have edible fruit with some varieties taking preference over others.

So when you're feeling run down and need an ally to ease that tension or help bring on sweet dreams to really rest up for the next challenge passion flower can be a safe and appropriate option.

**Seth L. Enos, ND Candidate 2015,
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¹ Breivogel C. Passion flower extract antagonizes the expression of nicotine locomotor sensitization in rats. *Pharmaceutical Biology* [serial online]. October 2012;50(10):1310-1316. Available from: Alt HealthWatch, Ipswich, MA. Accessed October 8, 2014.

Open House!

Join us Thursday, Nov. 13th for our Fall Open House 6-8 PM



We will be highlighting our new retail area, offering locally made organic skin care and bath items. Free herbal foot soaks, wine tastings from Woodinville Wine Cellars, and much more! Special guest: local jewelry artist Tracy Black.

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