

# Combating Seasonal Affective Disorder in Sixteen Days

by Fred Pescatore, MD



Dr. Fred is a traditionally trained physician who practices nutritional medicine. He is the author of the New York Times best selling book, *The Hamptons Diet* and the number 1 best-selling children's health book, *Feed Your Kids Well*, amongst others. Dr. Pescatore's other books include: *Thin For Good*, *The Allergy and Asthma Cure*, *The Hamptons Diet Cookbook* and *Boost Your Health with Bacteria*.

- 1 Check your Vit D 25 Hydroxy levels – if less than 80, take 2000 IU Vit D3 per day
- 2 Get twenty minutes of sunshine on as much of your body as you can without sunscreen – the sun isn't as strong now and that's all it takes to raise vit D3 levels naturally
- 3 Eat more eggs – they are one of the few foods rich in vitamin D and eat the yolk - there is no vitamin D in the white
- 4 Eat more cheese – cheese is a good source of vitamin D3. Unlike milk and yogurt where the sugar in those foods interfere with absorption
- 5 Go outdoors every evening for a walk when it is still daylight or if you get home too late from work, go in the morning
- 6 Take 20 minutes outside away from your work environment outdoors
- 7 Invest in full spectrum light bulbs and place them in your office, bedroom or any place where you spend a lot of time. They act as natural sunlight
- 8 Prepare your bedroom and sleep in absolute darkness – even the light from the alarm clock can alter your sleep patterns

For more information, Vitamin D and supplement specials, and healthy living tips, visit Dr. Pescatore online :

[www.DrPescatore.com](http://www.DrPescatore.com)



@DrFredPescatore



[facebook.com/DrFredPescatore](https://facebook.com/DrFredPescatore)



Like us on  
**Facebook**

- 9 As the days get shorter, sleep more; or at least try for a few more minutes on both ends; if not, don't stay out late and try to be in a darker environment
- 10 Use cod liver oil on your salads.
- 11 Plan a winter vacation in the sun – always makes me feel better
- 12 Check your vitamin D levels every 6 weeks during the fall, winter and spring months to ensure you are getting enough
- 13 Eat less sugar – it helps everything in my opinion.
- 14 Start a strength training program – after a couple of weeks, those endorphins will really kick in.
- 15 Examine your life for sources of stress that you can control and make a concerted effort to try to eliminate at least one of them
- 16 Review your progress and focus on what works best for you.