



## Stay Warm & Healthy

For many people health tends to suffer a bit during the winter months, more so if it is really cold. We have written a number of blogs to guide you to staying warm and healthy this winter, such as [Prevention and Management of Cold & Flu](#), [Avoiding Dry Skin](#), and [High-dose Vitamin D Supplementation, is it safe](#). In general, the most important steps to take to ensure that winter doesn't result in increased weight and decreased health include changing to a [winter diet](#), staying active and taking part in social outings and events. Check out our blog on [Tips to Staying Warm and Active this winter](#) and our listing of [Winter Salads](#).

## Stay Happy

*by Dr. Iva Lloyd, ND*

February is generally considered the "sad" month. [Seasonal Affective Disorder \(SAD\)](#) refers to bouts of depression that occur during the winter months. It is caused by the lack of sunlight which decreases the production of specific neuro-hormones, by a decrease in [exercise](#), an increase in [sleep](#) and by a decrease in social outings. This year [SAD symptoms](#) are starting early and are tending to be worse for many people because we not only have had very few days of sunlight this winter, we also had a summer and fall with decreased sunlight hours. Talk to us about the tips for [SAD](#) and other therapies such as [tryptophan](#) that are designed to address this common condition.

## Stay Active

*by Jacqueline Cooper, ND*

With the tremendous cold this winter many people are a lot less active. That is understandable, but not desirable. It is important to stay active. Being more sedentary is associated with increased [weight gain](#), [higher blood pressure](#), worsening of [diabetes](#) and [blood sugar levels](#), worsening of [arthritis](#) and many other diseases and symptoms. Check out [Dr. Jacqueline Cooper's](#) blog on [tips to staying active during the cold winter months](#).

## Tai Chi Classes

[Tai Chi classes](#) are starting Friday mornings at 9:30 am. The first class begins on February 21st. These classes are taught by [Dr. Daniel Chou](#). Class size is limited to 8 people. The cost is \$10 per class or \$70 for a series of 8 classes. [Call the clinic](#) to reserve a spot.

## Featured Lab - Vitamin D

Have you had your [Vitamin D](#) level checked? Most people need to take [Vitamin D](#) during the winter, but it is not advantageous for everyone. If you have never had your [Vitamin D level](#) checked or if you have been taking more than 1,000 iu of [Vitamin D](#), consider ensuring that your levels are not too high. During February the [Vitamin D blood test](#) is \$50.

## Seminar Schedule

We have a number of great [seminars](#) lined up for this winter, including [Childhood Food Introduction](#), [Psychology of Skin](#) and others. Check out our website for a [full listing of free Tuesday night seminars](#).