



Positive Options for Seasonal Affective Disorder (Sad): Self-Help and Treatment

By Fiona Marshall

Hunter House Publishers. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. SAD is depression caused by lack of natural light. People who have limited exposure to light, and people who live in northern climates are most likely to suffer from SAD, though many people undergo seasonal variations in mood, energy, appetite and sleep. With SAD, sufferers experience an exaggerated version of these changes. Full-blown SAD can be extremely debilitating; the sufferer finds it difficult to carry out normal activities. The disease is often undiagnosed because the symptoms are general enough that they can be attributed to a variety of causes. SAD can be treated with or without medicine, depending on the severity. The book describes helpful changes to eating patterns and vitamin and mineral supplements, ways of adapting your lifestyle to take advantage of the daylight, as well as lightbox therapies. The book distinguishes SAD from classic depression, chronic fatigue, and other illnesses with similar symptoms. It also explains the alarming physical effects of lack of sunlight, which include a greater risk of heart disease, osteoporosis, and even cancer. Written in an informal style, with helpful tips and advice, this book is important for anyone who...



READ ONLINE
[4.86 MB]

Reviews

This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.

-- **Maude Ritchie**

It in one of my personal favorite pdf. This really is for all those who statte there was not a really worth looking at. I realized this book from my dad and i encouraged this pdf to understand.

-- **Katlynn Haag**

Other Kindle Books



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...