



*November:*

Balancing the Light  
with the Dark

Dear Reader,

As the chill of November settles in, we understand that it can sometimes bring a sense of gloom. The days grow shorter, the skies grayer, and the year-end festivities seem distant. It's during this time that we need to shine a light on Seasonal Affective Disorder (SAD), a condition that affects many, but can be managed and even prevented.

In this edition of our November newsletter, we're focusing on combating this pesky seasonal visitor. Our goal is to provide you with quick insights and practical tips to help you navigate the upcoming winter season with a sense of well-being and optimism.

Stay tuned as we share valuable information on understanding SAD and effective strategies for overcoming its challenges. Together, let's brighten the path ahead.

Best in health,



*The Teggatz Clinic Staff*



# What is Seasonal Affective Disorder?

As autumn has arrived and winter closes in, our sunlight hours are becoming shorter and shorter. With less sunlight in the cold winter months comes a condition called **Seasonal Affective Disorder**, or **SAD** for short. About 70 to 80 percent of SAD patients are women who usually develop the disorder in their 30's.

Location also seems to play a part in the disorders. The further north a person lives, the more likely they are to develop SAD, since it is related to the amount of daylight. Individuals with a family history of depression, especially bipolar disorder, are also at a higher risk of developing SAD (<https://uihc.org/health-topics/seasonal-affective-disorder-sad>).

SAD is a real mental health condition characterized by depressed mood, irritability, fatigue, trouble concentrating, increased weight, and carb cravings that come and go with the season changes. People with SAD feel more down and depressed during the autumn and winter months and then feel their symptoms lighten or resolved during spring and summer.

Thankfully, there are **multiple modalities** available to support yourself if you have Seasonal Affective Disorder.

**Acupuncture:** In the case of SAD, acupuncture helps to increase the serotonin levels in your body. In turn, this helps to regulate your mood and restore overall balance.

**Light Therapy:** Morning exposure to Bright Light Therapy with a specialized light box for 10-30 minutes can be very supportive with fatigue, sluggishness, mood, and circadian rhythm.

**Aromatherapy:** Citrus oils when inhaled are invigorating and stimulating. Lavender oil is supportive for anxiety and aids in sleep.

**Proper Nutrition:** Eating a variety of COLOR in your fruits, vegetables, whole grains, legumes, and nuts/seeds provides your body with needed support and nutrients. Increasing your carbohydrate intake may also support serotonin production as well as decreasing cortisol (stress) levels. Be sure to choose whole food carbohydrates such as brown rice, sweet potatoes, steel cut oats, etc. Processed foods, especially carbohydrates, are stripped of nutritional elements such as vitamins, minerals, and fiber which are the exact elements to support your mental health.

**Gut Health:** Specifically adding gut healthy foods will also aid in mental health. The gut brain connection is real and imperative. A healthy gut supports a healthy mind. And a weak and sick gut promotes a weak and sick mind. Be sure to eat enough fiber from foods such as beans and legums and a variety of fruits and vegetables. Consider adding fermented foods such as yogurts, tempeh, and sauerkraut - and always check for no added sugars as sugar wreaks havoc on our gut microbiome and our mental health.

**Stress Management:** A consistent stress reduction practice such as deep breathing or meditation is incredibly supportive and beneficial to our mental health. Try 2-3 minutes of focused deep breathing or using a guided meditation app such as Insight Timer or Calm.

**Supplements:** SAD coincides with less sunlight during the winter months. And with less sunlight comes less Vitamin D. Taking a Vitamin D3 supplement is beneficial for most north dwellers during the winter months. Additional benefit is finding a Vitamin D3 supplement with added Vitamin K2 such as our favorite from Ortho Molecular - as the K2 helps your body absorb the D3. Speak with Dr. Teggatz or your provider to discuss what dose of Vitamin D3 is right for you.

**Sleep Hygiene:** Supporting your body's circadian rhythm by going to sleep and waking up at the same time every day is very beneficial to our mental health with SAD. Using your bed only for sleep and sex, keeping your room dark and cool while sleeping, keeping electronic devices out of the room, AND staying off screens at least one hour before going to sleep are all ways to support sleep hygiene and your mental health.

**Exercise:** Moving your body daily is one of the most widely understood forms of medication free-antidepressant. Going for a daily walk, practicing yoga, strength training, dancing video...there are so many different forms of exercise and movement. The best exercise you can do is the one that you **ENJOY!**

**Medication:** Medication does have it's time and place. If doing all the above is still leaving you feeling sad, depressed, hopeless, etc - please contact your physician to discuss your options.



# Savory Stuffed Delicata

**\*Animal based eater version: 1 pound 100% grass fed organic beef or ground meat of your preference**

**\*Plant based eater version: 1-2 cans of lentils (or make from dried lentils per package instructions)**

**\*Omnivores - why not combine the two! I love mixing lentils in with ground beef for added plant protein and fiber power!**

- 2 medium sized delicata squash
- Salt and pepper to taste
- ½ tsp Garlic powder
- ¼ tsp Onion powder
- ¼ tsp Oregano
- ¼ tsp Rosemary
- ½ tsp Nutritional yeast
- Extra virgin olive oil



1. Slice delicata length wise and remove seeds so you have a "boat".
  2. Place skin side down on parchment paper lined cookie sheet and bake in oven at 400 degrees for 40 minutes or until delicata is fork tender and skin has softened.
  3. While the delicata is roasting, brown beef then season with spices.
  4. Drain and rinse canned lentils (or cook lentils per package instructions).
  5. Place lentils in pan with a light spray of oil, add in spices, and toss to evenly coat lentils.
  6. Warm over medium heat about 7-10 minutes stirring occasionally.
  7. Brown beef, add in desired amount of lentils plus spices, and keep over low-medium heat until warmed through.
  8. Remove delicata from oven and fill boat with savory protein of choice.
  9. Drizzle with extra virgin olive oil or melted ghee.
- \*Optional to top with marinara sauce and/or parmesan cheese**

**Serves 4. Pair with a side salad for a balanced, savory autumn meal!**

*Enjoy*

-LINNEA OFFERMAN RN, BSN, FMCHC, NBC-HWC

# Resources We Love



**Verilux® HappyLight® Luxe**

“A light therapy box mimics outdoor light. It's thought that this type of light may cause a chemical change in the brain that lifts your mood and eases other symptoms of SAD, such as being tired most of the time and sleeping too much.

Generally, the light box should:

- Provide an exposure to 10,000 lux of light
- Produce as little UV light as possible

Typical recommendations include using the light box:

- Within the first hour of waking up in the morning
- For about 20 to 30 minutes
- About 16 to 24 inches (41 to 61 centimeters) from your face, but follow the manufacturer's instructions about distance
- With eyes open, but not looking directly at the light” -Mayo Clinic Website



**Scan this QR code with your smartphone camera to purchase from Amazon!**

# Supplement Spotlight

“New research is focusing on the synergistic relationship between vitamin K2 and vitamin D3, for bone and cardiovascular health. A group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is essential for the proper utilization of calcium. Through its activation of the protein osteocalcin, vitamin K helps to bind newly absorbed calcium to the mineral matrix in bone. In addition, vitamin K has been found to help maintain bone mineral density by decreasing the activity of osteoclasts, a cell that breaks down the bone matrix. Vitamin K also provides critical cardiovascular protection by helping to activate matrix Gla protein (MGP), an inhibitor of circulatory calcification. Thus, vitamin K and vitamin D not only share similar qualities, but they also act synergistically within the body.”



For more information please visit:

<https://www.orthomolecularproducts.com/product/vitamin-k2-with-d3>