

## ARE YOU SUFFERING FROM S.A.D. (aka Seasonal Affective Disorder )

Seasonal Affective Disorder is a form of mild depression often caused by the lack of light, specifically sunlight. Folks that live in the northern half of the USA and Canada don't get to see the sun much in the winter months. Sunlight of course being the light of choice to help prevent S.A. D.

This time of year when clouds are abundant and the daylight hours short, it is easy to see why so many folks especially in the northern climates are so affected. (If you live in the Southern Hemisphere you may experience SAD during the months May, June & July). And folks that live in very hot climates can be affected by S.A. D. year around!

SAD is caused when not enough sunlight travels via the eye's optic nerve to stimulate the hypothalamus. The hypothalamus helps the brain to regulate our moods, helps sleep and hunger patterns. When we are deprived of our sunlight we can have less energy, fatigue, a hard time concentrating, become sleepy easily and become depressed. Some folks will crave sweets that will only give you a short term 'high' that then can lead into mild depressive states, not to mention weight gain.

What essential oils can help you and your family members if they should have S.A.D.? Several oils known to stimulate the hypothalamus include: [Frankincense](#), [bergamot](#), [geranium](#) and any of the [citrus oils](#) or their blends.

The best is to try to get outdoors during daylight hours. The early morning sunshine is the best. This will help the chemical reactions needed to stimulate the hypothalamus. Sunny days of course being better than cloudy, but any natural light will help and as stated above earlier in the day is better than later.

Any essential oil that makes you feel good about yourself or happy and content are always the best oils to choose during the winter months especially if you are prone to suffer from S.A.D.

Normally citrus and floral scents will make people feel happier, but as I said, any oil you enjoy and especially should you crave the scent then your body may be telling you there is something in that oil or oils your own chemical makeup needs. As these may be the oil or oils you need to help you the most during this time.

There are special natural light bulbs that are very helpful for severe cases. These would be a benefit also. These bulbs are expensive, but for those of us looking for natural cures, the price for a few bulbs is worth the extra cost.

Here are a couple blends to help stimulate the brain and to help with depression

[Geranium](#) - 11 drops

[Ginger](#) - 10 drops

[Bergamot](#) - 9 drops

or

[Geranium](#) - 15 drops

[Bergamot](#) - 10 drops

[Lavender](#) - 5 drops

[Bergamot](#) - 10 drops

[Grapefruit](#) - 10 drops

[Spearmint](#) - 5 drops

Blend and use in diffuser or add several drops to bath or shower.

Remember any essential oil or blend you love to smell are always the most helpful. So wear your [Terra Cotta Pendants](#) or other [Aromatherapy Jewelry](#) to help you all day long. Or use a [Personal Inhaler](#) if you aren't able to wear jewelry.

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