



REDOX and SAD

Seasonal Affective Disorder

Shorter hours of daylight can often trigger changes in mood leading to depression, commonly known as Seasonal Affective Disorder (SAD). Today there are natural approaches and therapies that can significantly alter outcomes.

IN THE 1980'S Dr. Norman Rosenthal, under the gloomy winter skies of New York, was the first to recognize this condition as a clinical syndrome. Today root etiologies of this condition are being recognized at a cellular level. As we understand the causes of alterations in our neurobiology, the balance of the neurotransmitters that we literally think with, we are in a better position to make a change.

SAD has a prevalence rate of nearly 10% in northernmost countries, and only 1% near the equator. Symptoms of the disorder are characterized as a major depressive disorder. It is associated with thoughts of hopelessness, suicide, loss of interest, loss of appetite and difficulty in developing or maintaining motivation.

Causes:

It is unclear why this condition exists. Some theorize that scarcity of food in winter months shuts down our drive for higher levels of activity, which normally provides an adaptive advantage. Women experience higher rates of SAD, which in turn causes our species survival reproductive disadvantages as well.

Therapies:

Therapy with full spectrum bright light, known as "light therapy", can be helpful. Medications and supplements that raise serotonin such as Lexapro and St. John's Wart are also successful in treating SAD. Professional counseling and even Vitamin D therapy are other treatments that have had

good outcome. An additional novel approach is supplementing Redox molecules to those suffering from SAD. This can be done alone, or in conjunction with other modalities.

Redox:

Our growing knowledge of the biology of our circadian and seasonal metabolic rhythms is fascinating. The role of our antioxidant defenses in contending with oxidative threats suggests that we have been, by design, able to prepare for winter and adapt to day and night rhythms. At a cellular level, when these biorhythms are interrupted, there is a breakdown in cellular communication inside and between cells. The mechanism of communication is the release and recognition of redox molecules. These molecules are normally in abundance, but at times there is a loss which may result in critical disaster. Messaging about day, night and seasonal issues can get lost with a lack of carrier molecules. The result can lead to dysfunction and depression. Today these molecules, formerly thought to be out of reach, can be supplemented orally and replenish our supplies. They enhance our communication lines and secure the ability to recognize our potential.

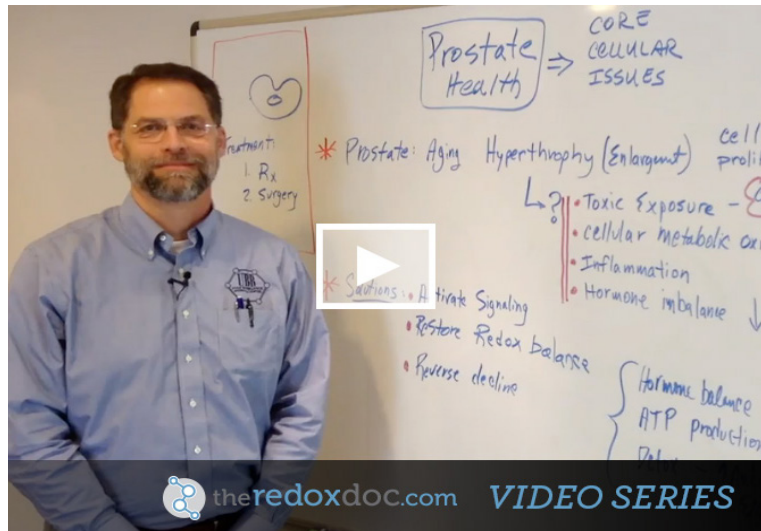
Comparative Biochemistry and Physiology
Vol 120, issue 3 July 1998 Pm437-448

Nature Reviews Genetics
9, pp764-775. 2008

International Journal of Neuroscience
Vol 67 1992-Issue 1-4

For more details and videos on the emerging science of REDOX signaling, and how it affects our health, visit www.theredoxdoc.com.

the **redoxdoc.com**
VIDEO SERIES



Available Video Titles:

- | | |
|-----------------------------|------------------------|
| 21st Century Infections | Hormones |
| Acne | Hypertension |
| Addiction | Thyroid & Iodine |
| Adrenal Insufficiency | Inflammation |
| Adrenal Gland Insufficiency | Inflammatory Bowel |
| Allergy Epidemic | Macular Degeneration |
| Anxiety | Obesity |
| Arthritis | Osteoporosis |
| Asthma | Oxidative Stress |
| Athletic Endurance | Peripheral Neuropathy |
| Autism | Psoriasis |
| Bipolar Disorder | Prostate health |
| Cancer and Redox | Rheumatoid Arthritis |
| Cell Genetic Expression | S.A.D. |
| Crohn's Disease | Safety |
| Coronary Artery Disease | Skin Redox connection |
| Dementia | Sleep |
| Depression | Testosterone (Low) |
| Diabetes | Thyroid |
| Digestive health | Traumatic Brain Injury |
| Fibromyalgia | Uric Acid / Gout |
| Flu "Armor" | Ulcerative Colitis |
| Gerd | Vitamin D Deficiency |
| Gut Micro biome | Welcome Video |
| High Cholesterol | Wound Healing |

Did you Know?

Many people who have enjoyed the FREE newsletters from theredoxdoc.com website have also been able to introduce others to science topic video lectures.

For just \$4.95 a month you can view these videos (7-10 min) as often as you like. You can also send a link to a friend to view once at no additional charge.

Approx. 5 new video classes are added each month.

Learn More Here: www.theredoxdoc.com/videos/