

# Rude Wonders

your questions answered

## Q



Certified Natural Health Professional and former consultant to the World Health Organisation Stuart Tomc is an authority on evidence-based dietary supplements, specialising in omega-3 fatty acids and fish oil.

## SAD

**Now that winter is here I can't wait for spring because it just makes me miserable and really hard to live with. Getting up in the dark and coming home from work in the dark just gets me down and my mood is not good. Do you think I might be suffering from Seasonal Affective Disorder? What can I do about it?**

**STUART TOMC ANSWERS:** True SAD is something only your doctor can determine, but according to a survey conducted in 2007, SAD affects around 20% of Irish people. There are things you can do to support your mood during those winter months that are especially dreary in Ireland, including getting extra nutritional support from vitamin D and omega-3 essential fatty acids. As you may know, the vitamin D we convert from sunlight is in short supply during the colder months when we live primarily indoors. However, supplemental vitamin D easily makes up for this seasonal deficiency. Vitamin D is naturally found in cod liver oil (CLO), which is great for mood support thanks to the rich supply of the omega-3 DHA. I recommend an omega-3 supplement (CLO, fish oil, etc.) that comes with added vitamin D3 (1000 I.U.) to provide that one-two punch to combat winter blues. Both are great for brain and mood support.



## Q



Ellen Cox is an aromatherapist and a member of the International Federation of Professional Aromatherapists. She lives in the west of Ireland, provides aromatherapy workshops, training and treatments in elderly care facilities.

## Winter blues

**I suffer from the winter blues and find Ireland's long winters quite hard to cope with. Can you suggest anything natural that I can use to help me through these difficult months?**

**ELLEN COX ANSWERS:** I have a small army of essential oils constantly in use during the shorter days and longer nights of winter. The first line of defence are all of the citrus oils, I call them 'sunshine in a bottle'!

Think 'fruit bowl' - Grapefruit, Lemon, Orange and Mandarin, these essential oils never fail to energise and uplift. Early morning starts on pitch dark, cold rainy days can be easily improved with a couple of drops of these oils in the shower. Alternatively, for a more cheerful car journey, put 10 drops on the floor, under the front seats.

Lime oil tends to be distilled and is often favoured by children with its delicate fruity aroma. Bergamot oil is from the fruit of a small Italian tree and has a rich fruity scent followed by a herbaceous, balsamic aroma.

Research has shown pure essential oils to effectively inhibit airborne bacteria. So get out that burner or invest in an electric diffuser and enhance the winter season with pure essential oils.

If you would like a question answered by Rude Health's guest experts, please email [editor@rudehealthmagazine.ie](mailto:editor@rudehealthmagazine.ie)