

## Don't be SAD this winter

Dear editor:

I enjoyed the article 'what's the deal with packaged vitamins?' and I agree that there is plenty one can do to ward off illness and keep your immune system strong. Simple exercise like walking, drink plenty of water and of course the proper amount of nutrients. Supplements are necessary if you believe you require them however an excess of vitamins and minerals can actually deplete enzymes which are necessary for proper digestion. I believe it is healthier to consume your nutrition through food, and more than 50 percent of your food should be eaten raw. A recent study by Bruce Lourie and Rick Smith purport that the more organic the food the better when it comes to 'flushing out toxins?.'

The articles reference to the February blahs is amusing. In fact there is a term SAD seasonal affective disorder, this occurs in times when there is not much sun and vitamin D levels are low. I often wonder if individuals who work and live in high rise complexes have greater incidents of SAD or depression.

I know that this February we have more reason to be sad than just the lack of sun, more so because of the extreme and early winter.

Rhonda Campbell Moon

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