

The situation may be **urgent**  
But not a true **emergency!**

**WHERE DO YOU GO?**



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*When your health concerns can't wait.*



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*DR. VIEDER, medical director at Lakes Urgent Care says "Lakes Urgent Care was created to provide patients with a cost-effective, timely alternative when they seek quality medical care and are unable to see their own primary care physician."*

[www.lakesurgentcare.com](http://www.lakesurgentcare.com)

**LAKES MEDICAL CENTER**

2300 Haggerty Road Suite 1010 | West Bloomfield, MI 48323

*(On Haggerty Road just North of Meijer)*

**248-926-9111**

**Mon.-Fri. 5 pm-10 pm • Sat., Sun. & Holidays: 10 am - 6 pm**

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**Most health insurances accepted and MC/Visa accepted**

## HEALTH

alternatives

### Natural Cures For Season Disorder

**A**s the dark nights and short days of winter are upon us, it is not uncommon to feel more tired, lower energy and a desire to



**Julie Silver**  
Columnist

stay inside a warm house and cozy up with a good book. For many of us, this is a passing experience that can be cured by a weekend getaway or a few sunny days.

However, for some, these symptoms can be indicative of a form of depression called Season Affective Disorder. According to the Web site familydoctor.org, as many as 500,000 people have SAD. It is not surprising that SAD is more common in the northern part of the country. Symptoms of winter-onset Seasonal Affective Disorder include: loss of energy, depression, anxiety, oversleeping, changes in appetite and difficulty concentrating.

Shorter days and longer nights can cause an increase in melatonin, a hormone that helps us to sleep. Melatonin's main function is to induce sleep by traveling through the bloodstream during our deepest sleep time. Typically, melatonin secretion peaks in the middle of the night. However, according to a 1994 study by the Russian Academy of Medical Science, SAD patients had higher daytime levels of melatonin during the winter months.

Research has shown that taking melatonin supplements at 9-10 p.m. to induce sleep will help your sleep cycle shift back to normal and allow you to wake earlier in the morning. In essence, melatonin can help reset the body's internal clock.

When we suffer from Seasonal Affective Disorder, or winter depression, we are missing the exposure to natural light that we enjoy with the longer days of sum-

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