

How to Overcome Anxiety and Depression Naturally This Winter

For many of us, the cooler months are welcome to give us a break from the hot temperatures of the summer. All too often, depression along with anxiety soon reign in on our lives for a variety of reasons.

The days are shorter and the sunlight is lessened which affects the circadian rhythms of the body. More time is spent indoors during this time period of our lives which can also lead to feelings of claustrophobia.

The Creator has provided us with many different fresh foods to help us during this season of change in our lives. He has given us a variety of fresh fruits and vegetables which help the body to *naturally* ward off depression and feelings of anxiety. Many scientists call these foods the “Good Mood” foods.

The Delicious Apple

Apples are rich in antioxidants helping the body to prevent oxidation and they are even great for preventing inflammation. Eating apples provides fiber to the diet and the fare can also help with balancing blood sugar levels in the body.

Anxiety-Prevention Cinnamon

Cinnamon has been used for centuries to treat ailments and it is one of the most popular spices in the world. It is often used for anxiety prevention and it can help to balance blood sugar levels. Simply adding one teaspoon to the diet provides nearly one-fourth of the day to day needed manganese. One study at the Wheeling Jesuit Univ. found cinnamon to enhance

cognitive functions. This was possible by subjects smelling it on a regular basis.

Zinc-Packed Pumpkin Seeds

Pumpkin seeds are great for the body during this time of the year. The seeds are full of zinc which provides one-fourth the daily allowance (in one ounce). Doctor Deans with *Psychology Today* calls this food item as necessary for resiliency. The seeds help prevent depression within the body as well as fight against inflammations.

Immune-Fighting Squash

Squash is another delicious vegetable which provides wonderful nutrients to the body during the cooler months. Simply adding eight ounces of butternut variety will give the individual close to twenty percent of needed manganese and potassium. In giving the immune system a boost, the food serving provides over fifty percent (50 percent) of vitamin C.

Super Power Sweet Potatoes

Sweet Potatoes are *full* of vitamin A which is considered one of the super power antioxidants. One serving of this sweet will provide over fifty percent (50 percent) of vitamin C and manganese. Other vitamins and minerals are present within this God given food item that adds to the “needed nutrients” list for this time of year. In addition, one case study found sweet potatoes to hold strong anti-inflammation properties which can prevent disease processes including cardiovascular issues, cancers, neuro diseases, and even diabetes. Publication was recorded within the *Journal of Biomedicine & Biotechnology*.

Brain-Protecting Eggplant

Eggplant is known to help protect the brain by preventing damage through free radicals along with nutrients to guard the fats within the membranes of the brain. Eggplants are

wonderfully full of fiber, manganese, and copper. Phytonutrients (nasunin) are also found in this nightshade which provide additional benefits.

Depression-Fighting Turmeric

Turmeric is a “strong agent” found to fight depression. This is evident in medical studies found within the *Journal of Affective Disorders* (2014). The information points out curcumin is found within this spice and is shown to strongly influence depressive indications in patients followed during studies. The spice also holds abilities to help the immune system as well as fight inflammation.{eo}

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