

## A simple Way To Beat Depression During Winter

Most would not think going outside is a good way to feel better during the winter. But even when it is cold and cloudy, getting outside allows you to get some natural light. The light from the sun provides **Vitamin D** that helps boost your limbic system, which is the emotional part of the brain.

Even though the sun sets earlier, getting outside for a few minutes can provide great benefits to your mood and help you with seasonal depression.



McClure Acupuncture