

## HEALTHY LIVING WITH TAMMY



There are many people who see the new year as motivating and inspirational, a great fresh start, and they feel great! But there are several who are discouraged this time of year. The weather has been bothering you for some time now, the sun hasn't been out in a while, your body is aching, and the seasonal depression has worked its way in. You're ready for this season to end. Let's look into seasonal depression, and some very helpful ways I've found to navigate through it to bring a little more ease.

## THE MONTHLY BUZZ

# A Fresh Start to Wellness

Hello Everyone! I hope you all are having a great start, doing well, and staying happy and healthy! Happy New Year! A fresh start to wellness begins with embracing the new year as an opportunity to reset and refocus on your health goals. This is the perfect time to set intentions rather than resolutions, focusing on small, sustainable changes that lead to lasting results. Remember, wellness is not just about physical health, it's about nurturing your mind and spirit too. Whether through journaling, meditation, or connecting with a supportive community, this is your chance to prioritize self-care and build a foundation for a healthier, happier year ahead.



# From Surviving to Thriving

Seasonal Affective Disorder (SAD), often referred to as seasonal depression, is a recurring type of depression that affects individuals primarily during the fall and winter months when daylight hours decrease. The condition is linked to reduced exposure to sunlight, which disrupts the body's internal clock, lowers serotonin levels that regulate mood, and affects melatonin production, leading to disturbances in sleep patterns. Common symptoms of SAD include persistent sadness, low energy, difficulty concentrating, changes in appetite (often cravings for carbohydrates), excessive sleep, and a loss of interest in previously enjoyed activities. In some cases, individuals may also experience feelings of hopelessness, irritability, or social withdrawal.

**Taking the time and caring for you :**

## Ways to Navigate SAD

**-Light Therapy** Light therapy is one of the most effective and widely recommended treatments for Seasonal Affective Disorder (SAD). It involves exposure to a bright light that mimics natural sunlight, helping to regulate mood and energy levels during darker months. If you don't have a light box, it is still vital to spend time outdoors, whether the sun is shining bright, or hiding behind a bunch of clouds. Keeping your blinds open during this time, will also help promote natural light as well!

**-Maintain a Balanced Diet** Include mood-boosting foods like omega-3 fatty acids (salmon, walnuts) and whole grains. Limit processed foods and refined sugars, which can lead to energy crashes, and don't forget to stay hydrated to avoid fatigue.

**-Connect with Others** Even while this is the hardest for most it is so important to stay in touch with friends and family, even if it's virtual. Join support groups or community activities to avoid isolation is a great tip!

**-Engage in Enjoyable Activities** Pick up a new hobby or revisit one you love, such as crafting, cooking, reading, etc. Plan small outings or events to give yourself something to look forward to. Staying busy helps in great measures to not only promote happiness, but making the time feel like it's going a little faster.

**Remember: Seasonal depression is common, but you don't have to face it alone. Take small steps to manage your mood and seek support when needed.**





# Soup for the Soul



Anytime I'm feeling under the weather, or just want something rich in flavor and healthy, I always go for my homemade chicken dumpling soup. Homemade chicken broth is more than just a flavorful base for soups and stews, it also offers a range of health benefits thanks to the nutrients extracted from the chicken bones, cartilage, and vegetables during the slow cooking process.

[Click Here for my Chicken Soup Recipe](#)

**Here are some of the key health benefits:**

**1. Rich in Nutrients** Collagen and Gelatin: Slow-cooked chicken broth contains collagen and gelatin, which are beneficial for skin elasticity, joint health, and overall tissue repair. Minerals: It's a good source of essential minerals like calcium, magnesium, phosphorus, and potassium, which support strong bones, healthy muscles, and proper body function. The collagen and gelatin in chicken broth also provides compounds like glucosamine and chondroitin, which

which help maintain and repair joint cartilage and may reduce symptoms of osteoarthritis. Collagen from the broth supports the health of skin, hair, and nails, reducing wrinkles and promoting a youthful appearance. It also contributes to stronger nails and shinier, healthier hair. Gelatin in broth can help protect and repair the gut lining, supporting digestion and potentially reducing symptoms of conditions like leaky gut syndrome or irritable bowel syndrome (IBS). Broth is also easy to digest and soothing for an irritated digestive system, making it ideal for people recovering from illness or dealing with digestive issues.

**2. Strengthens the Immune System** Homemade broth contains amino acids like cysteine, glycine, and proline, which have anti-inflammatory and immune-boosting properties. Warm chicken broth has long been used as a remedy for colds and flu due to its ability to soothe sore throats, loosen mucus, and provide hydration.

**3. Promotes Hydration** Broth is an excellent way to stay hydrated, as it combines water with electrolytes like potassium and sodium, helping to replenish the body after illness, exercise, or dehydration.

**4. Anti-Inflammatory Benefits** The amino acids found in chicken broth, particularly glycine and arginine, have anti-inflammatory properties, which may help reduce inflammation and promote healing in the body.

**5. May Improve Sleep** Glycine, an amino acid found in broth, has been shown to promote relaxation and improve sleep quality by calming the nervous system.

**6. Supports Bone Health** The minerals in chicken broth, including calcium, magnesium, and phosphorus, contribute to bone strength and health.

**7. Aids in Recovery** Homemade broth is a go-to for recovery after illness, surgery, or injury. It's light, easy to digest, and packed with nutrients that help the body heal.

**8. May Reduce Symptoms of Cold and Flu** Warm chicken broth can ease congestion, reduce nasal inflammation, and provide comfort when you're feeling under the weather.

**How to Maximize Health Benefits :** To get the most health benefits, use high-quality ingredients, Organic or pasture-raised chicken for cleaner, nutrient-dense broth. A mix of vegetables (onions, carrots, celery) and herbs (parsley, thyme, rosemary, bay leaf) for added vitamins and antioxidants. Apple cider vinegar to help extract more minerals from the bones.

# Where Focus Goes Energy Flows

**Discover the art of manifesting your dreams with clarity and peace. I am delighted to introduce to you my Vision Board Guide, a resource designed to help you align your goals with your highest self.**

**This guide will take you through the process of creating a vision board that reflects your deepest aspirations, inviting calm focus as you bring your dreams into clear view. With each step, you'll cultivate mindfulness and clarity, crafting a visual space that inspires growth and serenity in every area of your life.**

**Take a moment to center yourself, breathe deeply, and begin the journey of creating the future you envision. The Vision Board Guide is your gentle reminder that your dreams are within reach. Start today, with peace and purpose guiding your way.**

[Click Here for Your Vision Board Guide](#)

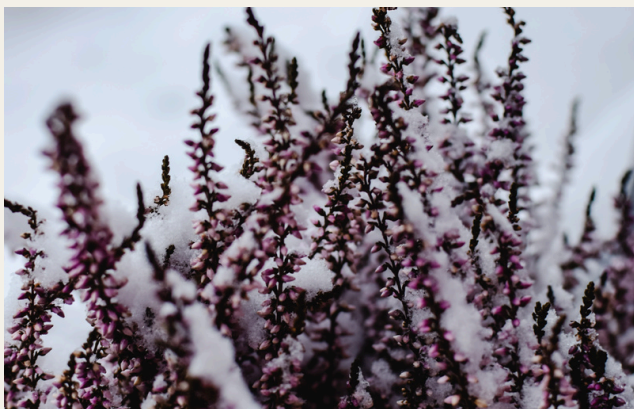


# Mindful Moments

**Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.**

1. "This is a season, not my forever."
2. "Light and warmth exist within me, even on the darkest days."
3. "My body and mind deserve care and kindness."
4. "I am patient with myself as I move through this season."
5. "Nature is resting, and it's okay for me to rest too."

**For those of you who will be following along  
with the Vision Board Guide  
and creating your very own Vision Board for 2025,  
submit a picture through text or email  
when you have it complete and  
receive 25% OFF YOUR NEXT SESSION.  
I am looking forward to seeing your dreams,  
goals, and visions for 2025!**



I hope you enjoyed reading this month's newsletter. Have questions or feedback? I'd love to hear from you! You can reach me at:  
[healthylivingwithtammy@gmail.com](mailto:healthylivingwithtammy@gmail.com)  
For more information you can visit  
[www.healthylivingwithtammy.net](http://www.healthylivingwithtammy.net)  
Blessings to you all!