

**ghostwritten blog for a female health & wellness e-com store owner.*

How To Stay Healthy During Seasonal Changes

Isn't it strange how fast seasons change?

Feels like I've been at the beach just yesterday... Playing volleyball with my friends in the hot burning sun... And now I'm wearing my fuzzy socks, snuggling with my blanket and watching Grey's Anatomy reruns.

Autumn is a beautiful time... But it can drastically change our lifestyle and bring a lot of unwanted consequences. Here are some of the most common issues people experience... and what we can do about them :)

Dry Skin

Get ready to invest in lip balm and a good skin moisturizer. As temperature drops and the air becomes less humid, our skin is prone to crack up. Sudden changes in our environment disrupt the chemical balance of the skin and cause dryness at its best, and severe acne at its worst.

Increased Weight

When summer goes to autumn (and that cold breeze begins to blow), our physical activity drops dramatically. Suddenly that evening run is just not that appealing anymore. We're much more likely to stay inside and forget all about our healthy summer habits.

Our diet also changes. Have you noticed how low your appetite for sugary and fatty foods is in the summer? But as soon as the fall rolls in, comfort foods like mac n'cheese, pancakes, puddings and hot chocolate become extremely popular. (My grandma always made delicious "kompot" in winter days.)

Physical activity and a balanced diet are pillars of good health... That's why these two changes not only make us gain a few pounds, but also significantly decrease the quality of our life... And make us more prone to various diseases! (It's no wonder we see a spike in heart attacks in the winter.)

Weakened Immune System

Stress occurs whenever our body is knocked out of balance. During colder months, your body fights hard to maintain optimal body temperature. This can cause long term stress and weaken the immune system. Once you're prone to viruses and bacteria, it's only a matter of time before you come home with a running nose.

Tiredness and Fatigue

As the body tries to restore and maintain balance, it uses up a lot of essential vitamins and minerals. Combine this with a poor "autumn" diet and our body starts sending us distress signals in the form of fatigue, tiredness, and insomnia. So instead of grabbing Lay's Classic and

M&Ms from the store, make yourself a big bowl of fruit with a variety of different fruits and nuts. Chew well to help your body absorb all the nutrients!

How to stay healthy

The four pillars of health are diet, sleep, exercise and sunlight! If you're experiencing any negative consequences of seasonal change, follow these four points to bounce back to health in no time!

1. Maintain good sleep hygiene. When we sleep our body repairs itself and puts everything back in working order. That's why it's crucial to maintain good sleep hygiene! Avoid eating heavy or sugary foods after sunset... Don't drink coffee or alcohol... Dim the lights or invest in orange filter glasses that'll prevent your brain from thinking it's daytime when you're watching TV at night.
2. Get some sunlight as soon as you wake up. Before breakfast, dress up in warm clothes, go outside and stare at the sun with your eyes closed. This tells your brain: "Hey! Stop producing sleepy chemicals! It's daytime!". A great way to start your day and regulate your circadian rhythm.
3. Exercise! Preferably in the morning! When you wake up your body is full of cortisol - the stress hormone. (That's the body's way of getting you up and running.) if you don't burn th excess cortisol up by exercising, you will feel jittery and restless the whole day. Do some simple aerobic or anaerobic exercises. They will also oxidate your brain, making you more energized and clear-headed.
4. Maintain a nutrient-dense, plant-based diet. It's recommended that you eat *13 portions* of vegetables and fruits every day! Aim to eat the whole rainbow - red, orange, yellow, purple, green and white veggies. This way of eating will provide your body with all the necessary nutrients it needs to maintain a proper inner balance and stay healthy and strong!

Need help with your nutrient intake? Our Multivitamin Gummies will help you get all the nutrients you need in these harsh autumn and winter days! Check them out here: *REDACTED*