Tip of the week – **“Boosting your mood with the right foods”**

Most people feel better when the sun is shining, because the vitamin D supplied by the sunlight raises levels of the “happy” hormone Serotonin. Levels of this mood-boosting chemical are at their lowest in the dark, winter months. Studies link the active form of vitamin D3 deficiency to worsening mood and memory. To combat this, try eating vitamin D rich foods such as eggs, milk and oily fish as well as taking regular exercise to help increase the release of brain endorphins.