

# "Do you wake up tired?"

Dee Rohe did, even though she sometimes slept up to 12 hours a night. It was so hard to muster morning energy that she had a habit of setting two alarms just so she could get to work. Dee felt drained emotionally, too. She was prone to crying jags at the slightest provocation, like when another driver would cut her off. And as much as she tried to hold it together—to look the part of the modern-day mom juggling kids and a career—she couldn't hide that something was wrong. Here, how she discovered that a common nutrient shortfall was to blame for her tiredness, mood swings and hypersensitivity...and how she rediscovered her best self.

**M**y emotions were like a roller coaster. I'd feel great one minute, then I'd enter a down phase that would leave me feeling totally out of control. During the up times I enjoyed the world around me: I spent the afternoons playing with my new baby, Sam, and his brother, Matt (then age four). On weekends I'd go out to dinner with my husband and friends and just laugh. Life was great.

When I was down, though, I had zero energy. All I wanted to do was sleep...as much as 12 hours a night. I used every ounce of energy I had to complete my chores and get to work on time, desperate to look the part of the "together" working mom.

No one knew how sensitive I was, either. But a perceived wrong word at work would lead to crying in a ladies' room stall, and someone cutting ahead in a grocery line was cause for a tearful drive home.

As much as I tried to keep my fatigue and mood swings hidden,

it was too hard. Something had to give, so I shortchanged my "people" time. When I was home I didn't answer the phone, and I avoided social interaction as much as possible. Even sitting in the sandbox with my beloved sons seemed like the longest half hour of my life.

My family endured the brunt of my bottled-up emotions. When things got to be too much, I took it out on my husband, Tom, or on Matt. One morning when Matt crawled into bed with me and woke me up, my reaction wasn't too pleasant. After that, he started calling me "the Green Grinch."

**"I feared there was no answer for me."**

I soon learned how to self-medicate. I craved carbs all the time, and they helped me to feel



**"I became a 'carb freak' and couldn't drive past a bakery without stopping."**

—Dee Rohe, 41,  
New Orleans



News!

# Chromium shortfall is causing an epidemic of weight gain and fatigue

better...for a little while, at least. I became a "carb freak" and couldn't drive past a bakery without stopping to pick up a loaf of bread, a bag of cookies or anything chocolate. (Double-chocolate layer cake was a favorite!)

**A chromium deficiency is causing up to 66 percent of American women to feel tired and crave carbs.**

Doctors diagnosed me with everything from PMS and postpartum depression to the kind of fatigue and emotions that were normal for a working mom. They prescribed antidepressants, but the meds left me flat and fuzzy-headed.

I feared there was no answer for me.

Then a family member in the medical field mentioned a study he had seen on the mineral chromium as a remedy for atypical depression—a type of funk characterized by lethargy, carb cravings and weight gain.

I read up on chromium and was amazed to see how closely the symptoms mirrored my own. I couldn't wait to give the mineral a try. In fact, I was so hopeful that I began looking for a positive change within hours, and then with each passing day. But after a week of seeing little difference, I began to think, "Oh well...something else that doesn't work."

**"I got my energy back and lost 32 pounds!"**

Without realizing it, after a few weeks I was chasing my sons around the house, going for bike rides with my husband and laughing. It was actually Tom who first noticed that I wasn't exhausted all the time or craving goodies or crying. And when Matt awakened me suddenly one morning, instead of running away in fear from the Green Grinch, he said, "I love you, Mommy" as I pulled him into my arms. That was the moment I realized chromium gave my best self back to me.

For three years my moods have been stable, and I have energy for loved ones. And as a great bonus, I effortlessly lost 32 pounds!



Atypical depression—characterized by mild blues, oversleeping, carb cravings, hypersensitivity, mood swings and weight gain—is an underdiagnosed condition affecting up to 6 million American women.



Chromium deficiency is a prime culprit in the rise in atypical depression, according to a new study at Weill Medical College of Cornell University.



"Subjects taking 600 mcg of chromium for two months experienced a boost in mood and energy and a drop in carb cravings," says study author John P. Docherty, M.D., who recommends up to 1,000 mcg daily.

## IF YOU PREFER TO SUPPLEMENT... Choose this form of chromium



Adding picolinic acid greatly boosts chromium absorption, a USDA study shows.



One supplement to try: Chromax Chromium Picolinate 500 mcg (\$15 for 60 capsules, at [chromax.com](http://chromax.com) or call 866-247-6629).



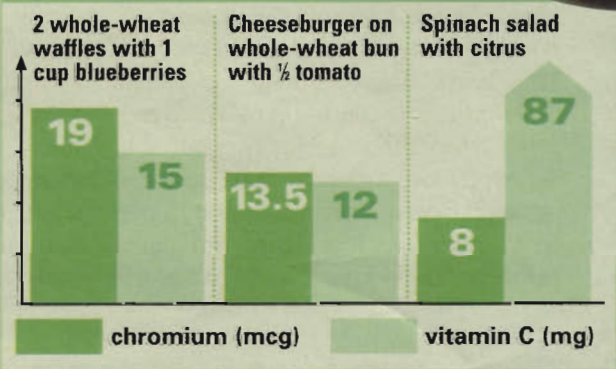
## IF YOU PREFER FOOD SOURCES... Boost absorption with vitamin C



Chromium absorption was enhanced by 448 percent when taken with vitamin C, according to a recent study.



### FOOD COMBOS THAT DELIVER BOTH NUTRIENTS:



## ONE-MINUTE QUIZ Could a mineral deficit be triggering your cravings, tiredness and blues?

If you suffer from two or more of the following symptoms, talk to your doctor about testing for chromium deficiency.

- Unexplained fatigue/oversleeping
- Depression/anxiety
- Carb cravings/overeating
- Hypersensitivity

### We're here to help!

For more information on atypical depression, log on to [webmd.com/content/article/83/97918.htm](http://webmd.com/content/article/83/97918.htm).

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