

The Low Mood Reset

Ageless Coach | The moves that come before any supplement, and the questions worth taking to your doctor.

1. Name what you are actually treating

A flat few months is not the same thing as a hard week. Only the first has trial evidence behind it, and only a clinician can rule out the causes worth ruling out: thyroid, iron, B12, sleep apnoea, medication side effects and perimenopause all imitate low mood.

Cleveland Clinic points out that stress is subjective and cannot be measured with a test. That is not a reason to dismiss it. It is a reason to describe it carefully to someone who can help.

Write down when it started, what it stops you doing, and how your sleep has changed. Take that to the appointment.

2. Do the unglamorous things first

Morning daylight within an hour of waking, outside if you can, for ten to twenty minutes. Light is the strongest signal your body clock takes.

Movement on most days. It does not have to be training. A brisk walk counts and the evidence for it is stronger than the evidence for anything in a bottle.

A consistent sleep window, meaning the same wake time seven days a week, even when the night was bad.

Real social contact you did not schedule around a screen. This is the item people skip and it is the one that moves most.

3. If you try saffron, match the trials

Use a standardised extract, not culinary threads. The published trials tested roughly 28 to 30 mg a day of a standardised extract.

Give it eight to twelve weeks before judging. The trial that met its primary outcome in women aged 50 to 70 ran for twelve.

Expect a modest effect where mood is already low, and expect nothing at all if you feel fine. That is what the research actually shows.

Clear it with your prescriber first if you take any antidepressant or mood medication, because saffron acts on serotonin signalling. Skip it in pregnancy.

4. Know when to stop experimenting

See a provider if your mood has not lifted on its own, if your physical health is affected, or if you are using alcohol or anything else to cope.

Persistent low mood is a medical condition, not a supplement gap. Treating it as a shopping problem is the most common and most costly mistake in this aisle.

If you are in immediate distress or thinking about hurting yourself, call or text 988 to reach the Suicide and Crisis Lifeline in the United States.

Sources: Frontiers in Nutrition (2026) saffron extract trial in women aged 50 to 70; Frontiers in Nutrition (2020) saffron and psychosocial stress in healthy adults; NCCIH, Anxiety and Complementary Health Approaches; Cleveland Clinic, Stress; Mayo Clinic, Herbal treatment for anxiety. Educational only, not medical advice. These statements have not been evaluated by the Food and Drug Administration.