

DETROIT, Sept. 27, 2013 /PRNewswire/ -- FlowerDeliveryExpress.com a leading online flower delivery company, is aware that not every one celebrates the arrival of the beautiful fall colors this time of year. The reason is that the change in the season also means that the days are getting shorter with less sunshine. For many people this means a change in their mood; they are overcome by a feeling of depression. This feeling is known as Seasonal Affective Disorder or SAD.

Symptoms of SAD may consist of difficulty waking up in the morning, morning sickness, tendency to oversleep and over eat, especially a craving for carbohydrates, which leads to weight gain. Other symptoms include a lack of energy, difficulty concentrating on or completing tasks, withdrawal from friends, family, and social activities, and decreased sex drive. People with this disorder may be treated with [light therapy](#) with sunlight or bright lights, antidepressant medication, or given a carefully timed supplementation of the hormone [melatonin](#).

Fresh flowers are a natural way to combat feelings of depression. Nancy Etcoff, Ph.D., of Massachusetts General Hospital and Harvard Medical School, conducted a behavioral research study that revealed people feel more compassionate toward others, have less worry and anxiety, and feel less depressed when fresh cut flowers are present in the home. Etcoff says, "Our results suggest that flowers have a positive impact on our well being."

Don't be SAD, add flowers to your life.

FlowerDeliveryExpress.com has items available to accommodate every budget. In addition to their floral offerings, they also have a wide variety of items [including cookies, chocolates and specialty gift baskets.](#)

About FlowerDeliveryExpress.com

FlowerDeliveryExpress.com is rated A+ by the Better Business Bureau. The company has also been voted "Best Florist" over a dozen times. FlowerDeliveryExpress.com

delivers from their own brick and mortar flower shops with their own delivery fleet, and through FedEx and UPS from coast to coast. Deliveries are also made via a computerized sending network of affiliated shops. They provide delivery throughout most of the United States

,
Canada
, and over eighty countries around the world.

Wesley Berry is the CEO of FlowerDeliveryExpress.com , a multi-million dollar online floral delivery operation. He also owns [Wesley Berry Flowers](http://WesleyBerryFlowers.com) We
, a
Detroit
-based brick and mortar florist established in 1946.

Shoppers can conveniently make floral purchases by phone at 888.851.2881 and online at www.FlowerDeliveryExpress.com
24 hours a day, 7 days a week.

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