

On the cover

13 The Dangers Of Energy Drinks

A discussion about the ingredients found in energy drinks and why they are not a safe mix with addiction recovery plans.
BY MARGARET FIELDHOUSE, BSC

19 Emotional Baggage—How To Pack Light

Understanding emotional baggage, learning how to minimize bad memories and regrets and move forward in life.
BY SANDY SHINER, DIPCS, PHD

35 Howie Mandel—Living With Germophobia

How Canadian comedian and show host, Howie Mandel, manages to live with germophobia and the many rituals he performs to deal with his illness, while continuing to be a major success.
BY ROBIN HARVEY

46 A New Age In Workplace Mental Health

Learn about a new proposed employment accessibility standard to assist employees/employers with disabilities at work. The review will be coming out to the public in the spring.
BY MARY ANN BAYNTON, RHN, RNCP

48 Zoloft And CipraleX Work Better

A recent study proves that not all antidepressants are the same and that Zoloft and CipraleX are in fact better.
BY REBECCA DIFIIPPO

Understanding

8 Test Your Mood

10 Ask The Pharmacists

BY MARIA CROFT BSC, PHM AND BARBARA SOMMERVILLE, BSC, PHM, AND JACKSON WONG, PHARMACY RESIDENT, TRILLIUM HEALTH CENTRE

12 Ask Ron Ellis

Ron Ellis responds to questions asked by Moods' readership about mood disorders.

17 The Enemy Is the Brain Dysfunction, Not The Person

Why a person may be in denial about their mental illness and what you can do to help them.
BY WENDY CAMPBELL

21 Ten Habits For Living Well

Tips on how to live well when you have a chronic illness.
BY STEWART WONG

On Campus

23 On-Campus Counselling

The rise in demand for university counselling services, and how these services are coping with the pressures upon them.
BY CHRISTINA ARCHIBALD, MA, PGDIP

26 Youth, Mental Health And The Internet

How the internet is addressing the needs of youth with respect to the issues of mental health.
BY HALEY MCINNIS

Healthy Living

28 What's In A Label

Understanding the foods we purchase through deciphering food labels and nutrition claims.
BY KELLY MULCAIR, RHN, RNCP

31 Food And Your Mood

Deficiencies may occur when certain vitamins and minerals are absent from the body. Learn about deficiency signs and foods containing the missing vitamins and minerals.
BY JOSSILYNN FLEWELLING

32 Healthy Recipes

Tasty almond flaxseed burgers, ginger pear smoothies, creamy ginger carrot so

Workplace

42 Mental Illness In The Workplace

A discussion about what mental illness is not, incorrect perceptions in the workplace and how you can find help if you are struggling with mental illness in the workplace.
BY SHERYLANN BARRINGTON

Research

49 Key Molecule In Inflammation—Related Depression Confirmed

The work researchers are doing with mice clarifies how the immune system can trigger depression. Further studies may help to explain the relationship between some illnesses (such as heart disease, cancer, or diabetes) and depression.
BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

52 Study—The Impulsive Behaviour In Women With Bulimia

A recent study found that women with Bulimia generally did not show as much activity in brain areas involved in self-regulation as healthy controls did.
BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

53 Pregnant Women Taking SSRI's Or Untreated Depression

A study looks at premature birth risks for women taking SSRI's or suffering from untreated depression.
BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

Resources

54 Book Shelf

A selection of books recommended for our readers.

Peer to Peer

55 Life In A Day

A person living with depression shares his life experiences and thoughts.
BY SEAN L. HAMPSON