



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | SPRING 2018

Hopeful Texting

There's a lot of negative press about social media and the brain, but the news is not all bad. A new study found that supportive text messages can have a real antidepressant effect.

The messages were simple, but the benefit was marked. After three months, those who received two supportive messages had a 25% reduction in depression compared to those who received generic "thank you for participating" messages.

The supportive messages were meaningful but not personal, and there was no interaction between

the therapist who wrote them and the participants. They included practical tips for depression, like "Pay attention to activities that have a positive impact on your mood," and encouraging comments like "Stumbling blocks can become stepping stones to a better life."

Inspired by this study, we've launched an Instagram account featuring a regular stream of positive messages, antidepressant advice, and hopeful research updates. Find us on Instagram with the key word "moodnews." Facebook users can follow the thread at: fb.com/moodtreatmentcenter.



come in "whole" or natural forms, including oats, cornmeal, and barley.

Whole grains are rich in brain-protecting antioxidants and phytochemicals. High in fiber and protein, whole grains have a stabilizing effect on blood sugar and appetite. In contrast, refined, white flours break down quickly into sugar, causing spikes of metabolic hormones that are disruptive to the brain.

Shifting your carbs to their whole grain forms will help depression-proof your diet. The food industry has caught onto this trend, however, so you'll need to do a little work to avoid misleading labels.

Real whole wheat:

100% whole wheat or 100% whole grain. If it says 100% on the label, it probably passes. Wheat is a type of grain, so products made from 100% whole grain usually include a greater variety of grains such as amaranth, barley, millet, oats,

Treatment Breakthroughs

You can expect a full recovery from mood and anxiety problems. Below are the latest breakthroughs:

Medication and Devices

Lurisdone for bipolar depression in children and teens.

Asenapine for prevention of bipolar.

Lamotrigine for weight loss.

Oxcarbazepine and *amantadine* for disruptive mood dysregulation disorder in children.

Natural

Acupuncture for sleep quality.

Affron Saffron extract for depression.

Lavender-sandalwood aromatherapy for anxiety during medical procedures.

Devices

Relaxis vibration pad for restless legs.

Wheat Brain

A new antidepressant was discovered in 2017: Food. Two studies found that a diet designed to improve brain health had a significant antidepressant effect.

A key step in the diet was shifting breads towards whole grains. These are grains in their natural form, before being stripped of their nutrients through the refinement process. The most common whole grain is whole wheat, but all grains

bulgur, cornmeal, farro, spelt, rye, sorghum, teff, triticale, wheat bran, buckwheat, and wheat germ.

The first ingredient is a whole grain. The product may have enriched or non-whole grains as well, but if the first ingredient is “whole” (or the second one after water) then it’s pretty close to the real thing.

Fake whole wheat:

“Made with...” or “contains...” whole grains or whole wheat. These products often sprinkle a few whole grains in but pack the rest with unhealthy ingredients.

Multigrain or 7 grain. Even products with zero whole grains can make this claim, as long as they are made with more than one type of grain.

Wheat bread. These products contain wheat, but not necessarily whole wheat.

Pumpernickel, rye, oat, or oatmeal bread. Although healthy grains appear in their title, these breads are usually stocked with refined flour unless they are labeled “100% whole.”

100% Natural. This could mean many things, but 100% whole grains is not one of them.

The Whole Grains Stamp

Some products are stamped by the Whole Grains Council (wholegrainscouncil.org) as having 100%, 50%, or basic whole grains (the basic category has the least). Only the 100% stamp would count for this diet.



Whole grains are not limited to bread and include brown and wild rice, whole wheat pasta, quinoa,

oatmeal, and air-popped, butterless popcorn. For snacks, there’s 100% whole grain crackers (from Kashi heart to heart, Mary’s Gone Crackers, Ak-Mak, Triscuit 100% Whole Wheat) and chips (SunChips, Way Better snacks, Snyder’s whole wheat pretzel).

The full antidepressant diet follows the Mediterranean approach, emphasizing vegetables, fruits, nuts, beans, fish, and limited amounts of dairy and meat. No foods are outlawed, though sweets, fried, and processed foods are limited. And... there’s no calorie restrictions: moodtreatmentcenter.com/minddiet.pdf

New Locations

We are now open next door to the Old Salem Visitors Center in downtown Winston-Salem:



Old Salem / Downtown Winston
713 SW Marshall Street

Our Country Club office will open later this year:



Country Club Road in Winston-Salem
104 Cambridge Plaza Drive



Practice News

Mood News on Instagram. Inspired by the finding that supportive text messages can reduce depression, we’ve launched an Instagram account with positive messages, antidepressant advice, and hopeful research updates. Search for the key word “moodnews” on Instagram or follow on Facebook: fb.com/moodtreatmentcenter

Text us. You can now reach our receptionist through secure text at (336) 722-7266 M-F 8:30am-5:00pm.

Appointment reminders by text. We have a new system to give appointment reminders by text.

New Providers

Kelly Caniglia, LPC-A, brings experience with therapies for mood, anxiety, and trauma including mindfulness, CBT, and EMDR. She also works with dissociation and works at the national level to advocate for people with dissociative identify disorder (Greensboro office).

Laura Davis, PMH-NP, completed her graduate training as a psychiatric NP at UNC-Chapel Hill. She has over 10 years of experience working with psychiatric problems and a determined compassion for those who suffer from them (Winston office).

Jennifer Smith, F-NP, works with medication, natural therapies, and lifestyle approaches to help people achieve full recovery. She has experience working with both mental and physical health problems. In her free time she enjoys outdoors, hiking, and family (Winston office).

Becky Stevens, LPC-A, holds two masters, in psychology from Boston University and in counseling from UNC-Charlotte. She has experience as a therapist at an integrative health center, in career counseling, and as a co-leader of a bipolar education group. Before becoming a therapist, Becky worked at our center and helped organize MTC into what it is today (Winston office).