

Winter Blues? Seasonal Depression may be more common than you think

According to the Canadian Mental Health Association, about 2% to 10% of Canadians are affected by seasonal depression, which is also known as "Seasonal Affective Disorder" or "SAD". Fortunately, there are things you can do to combat the effects of sunlight deprivation. SAD lights emulate natural daylight and are commonly used by people who struggle with SAD. The bright white light helps to boost your mood by increasing serotonin production in the brain and is ideal for use during the dark and short winter days.

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If you are ready to quit, call and book a smoking cessation consultation with one of our pharmacists today! We are here to support you with this and all of your other healthcare goals.

We commend you for prioritizing your health and making the decision to quit. However, we also realize how difficult quitting can be. Fortunately, there are several medications available that can greatly improve your chances of quitting successfully.

Our pharmacists will work with you to create an individualized Quitting Plan. We will also provide periodic check-ins and on-going support for as long as is needed. We believe in you and want to make the process as easy for you as possible.



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Loaded Cauliflower Casserole

You'll never want to eat roasted cauliflower any other way once you try this tasty recipe. Bacon, sour cream, and sharp cheddar cheese coat good-for-you cauliflower in deliciousness for an easy dish that will make everyone actually want to eat their vegetables.

Ingredients:


- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 ¼ cups shredded sharp cheddar cheese, divided
- ⅔ cup sour cream
- 4 scallions, sliced, divided



Instructions:

- Preheat oven to 425°F/ 225°C
- Place bacon in a large nonstick skillet over medium heat; cook until crisp, 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool. (Reserve the drippings in the pan.)
- Combine cauliflower, pepper, salt and the bacon drippings in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
- Meanwhile, combine 1 cup cheese, 2/3 cup sour cream and half the scallions in a small bowl. When the cauliflower is tender, stir the cheese mixture into the cauliflower in the pan. Sprinkle with the remaining 1/4 cup cheese. Bake until hot, 5 to 7 minutes more.
- Chop the cooled bacon. Sprinkle the hot casserole with the bacon and the remaining scallions.

Recipe from: <https://www.eatingwell.com>

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