Inside

1 Step Ahead of the Flu pg 1
Say Cheese and Smile pg 2
How to Get Your Priorities in Order pg 2
Pumpkin Soup pg 3
Workout Secrets From ‘The Walking Dead’ pg 3
Scary-Cool Halloween Hacks pg 4

HALLOWEEN HACKS
3 SCARY-COOL HALLOWEEN HACKS

It’s not just the ghosts and ghouls making Halloween a scary time of year. The pressure of creating original and memorable decorations threatens to take all the fun out of the holiday. But you don’t have to cast a spell to pull it off. Here are some life hacks to help you impress even the harshest of Halloween critics.

SPooky Glowing Ghosts
Hack: Create cool glow-in-the-dark ghosts to make any haunted house or party decoration spook-tacular.
Materials: Balloons, glow sticks, permanent black marker
How-to: Blow up the balloon. Using a permanent marker, draw eyes and mouth. Once the glue dries, carefully slide it inside the balloon. Avoid using too much glue, this will cause the balloon to not inflate.

CHAotic Crayon Pumpkin
Hack: Buy the line between decoration and art with a unique, colorful pumpkin.
Materials: Pumpkin, crayons, glue, hair dryer
How-to: Start by removing the paper from the crayons, then glue them on the top of the pumpkin, surrounding the stem. Once the glue dries, use a hair dryer to carefully melt the crayons. Use black and red on an orange pumpkin for a traditionally creepy decoration. Or, put a rainbow of shades on a white pumpkin for a burst of color.

PROBIotics can really help you avoid the bug, as can taking a magnesium supplement drink at night to help replenish the minerals and boost the immune system. That said, if you’re eating a healthy, balanced diet, you may be able to get all your vitamins/minerals from food. So, with that in mind, make sure you’re eating lots of whole foods, especially focusing on fresh fruits and vegetables with every meal. And, of course, get plenty of water throughout the day.

Working out also helps. Make sure you get some movement in each day to keep your immune system recharged. My favorite benefit of exercise is that it helps decrease stress, which we know can make any illness or condition in the body come on even stronger. Anything we can do to reduce that stress is vital. This includes practices like meditation, yoga, or even just going on a nice walk before bedtime. Quiet time will reduce stress and ease your mind so that you can achieve more effective sleep — and I think we could all use more of that.

I do everything I can this time of year to ensure I don’t get sick, and sleep is a major area of focus. I tend to go on evening walks with my husband to just relax, enjoy the fresh air, and talk — and usually that helps us clear our minds so that, by the time we’re home, we’re relaxed and can easily fall asleep. Meditation, reading, or taking a nice bath also helps me to relax before bed.

I recommend doing as many outdoor activities as possible so that you get the benefit of the fresh air. If the weather makes that impossible, fitness classes are a great alternative, because the presence of the instructor tends to make you work harder than you would on your own. I happen to love cycling, yoga, and Zumba. Something I do everything I can this time of year to ensure I don’t get sick, and sleep is a major area of focus. I tend to go on evening walks with my husband to just relax, enjoy the fresh air, and talk — and usually that helps us clear our minds so that, by the time we’re home, we’re relaxed and can easily fall asleep. Meditation, reading, or taking a nice bath also helps me to relax before bed.

I don’t usually get sick, but if I do feel like I’m coming down with something, I start increasing vitamin C and eating more foods with garlic, I love ginger tea, lemon, and making ozonated water. There are plenty of ways to make sure you are operating one step ahead of the bug that’s going around your office. Since it’s never convenient to be sick, taking every precaution you can take — nutrition, better sleep, and exercise — can make all the difference this time of year.

Wishing you good health this fall!

Dr. Teplitsky

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CHEESE MAY MAKE YOUR TEETH STRONGER

It may not be the friendliest food on the planet for your waistline, but cheese could be working miracles for your smile. Based on its findings in a recent study, the Academy of General Dentistry has revealed that cheese can keep your teeth safe from acid erosion, or the breakdown of your enamel.

A number of different foods and beverages — like coffee, tea, wine, and soda — can cause erosion. If you indulge in any of these, you’ll need all the protection you can get. Here’s what cheese can do for you.

In a natural state, our mouths are slightly acidic, which means they operate at a low pH. Certain foods and drinks will drive that pH level even lower, hurting our enamel in the process. This is why we have saliva — to restore pH levels in the mouth after we’ve eaten. But it’s possible to go one step further than saliva, thanks to dairy foods with pH-boosting properties, like milk, yogurt, and cheese. While milk and yogurt boost the pH level for 10 minutes after eating, cheese manages to do it for 30 minutes.

Even more, cheese is what’s known as a sialagogue, a compound that increases saliva production. It even contains a casein phosphate that further helps strengthen your teeth. What’s the bottom line to all of this?

Basically, if you eat cheese, you’re helping keep your teeth stronger and more resistant to erosion. If you’re worried about how cheese would affect your health, take heart in the fact that the positive effects of cheese can appear from as little as one-third of an ounce. Try goat, sheep, or raw cheeses if traditional cow cheese doesn’t work for you.

Best of all, these improvements come from any type of cheese, so you can happily snack away knowing your teeth are reaping the rewards. Enjoy!

WHAT MATTERS MOST

How to Get Your Priorities in Order

Think about your to-do list. How many things are you trying to accomplish every day? Do you usually manage to finish them all? If not, is everything on your list really that important? Trying to handle too many responsibilities only leads to stress and failure. The only way to regain control over your life is to determine what your priorities are and how to achieve them.

First, take a step back. Imagine yourself 10 years from now. What decisions should you be making today that you will be happy with in a decade? Do you want to get out of debt? Spend time with your spouse? Get that promotion? You want to get out of debt? Spend time with your spouse? Would being promoted be a step in advancing your career? Once you recognize what your priorities are, put them in order. Physically write them down, so when it comes time to make a decision between them, you know what you should choose. Remember that while your priorities may be divided between different parts of your life, they are not disconnected. There is no right or wrong answer to the order of your priorities. Don’t let someone else dictate what you feel should be important.

Finally, let everything else fall away. It can be tempting to take on those old burdens when you feel like you’re managing everything well. If an activity does not support your priorities, don’t let it take up your time. The key to managing your priorities is not letting yourself be too ambitious. You cannot do everything. Nobody can. But you can do what you truly want and be happier for it.

When you know what you want to do, consider why that is. Is getting out of debt the first step to financial freedom? Will having dinner each night with your spouse keep you emotionally connected? Would being promoted be a step in advancing your career? These end goals are your priorities.

Once you recognize what your priorities are, put them in order. Physically write them down, so when it comes time to make a decision between them, you know what you should choose. Remember that while your priorities may be divided between different parts of your life, they are not disconnected. There is no right or wrong answer to the order of your priorities. Don’t let someone else dictate what you feel should be important.

Run for your life

Andrew Lincoln, the actor who brings Rick Grimes to life, is a long-distance runner by nature. Runners enjoy the benefits of a total-body workout, toning muscles, burning calories, and improving heart health. And when it comes to getting in shape, a study published in Medicine & Science in Sports & Exercise revealed that running is a far more effective weight-loss method than just walking.

Maintain body balance

When you’re a katana-wielding zombie slayer like Michonne, body balance is as important as strength. Danai Gurira does her fierce character justice through Pilates, helping her identify areas of her body that need improvement. If your body’s strength isn’t balanced, you will end up favoring one side and restrict your athletic ability. Focus on building up problem areas, like weak knees or upper body strength, to improve your overall fitness.

Stay lean and alert by eating clean

To play Daryl Dixon, a fan favorite, crossbow-loving survivor Norman Reedus started by making big changes to his diet. By planning meals in advance, Reedus found he could more easily avoid eating things like sugar and bread and stick to fresh foods. Research in the Nature Reviews Neuroscience journal actually shows that a healthy diet strengthens synapses in the brain and leads to better focus and decision-making. Staying alert is a must during the apocalypse.

Pumpkin Soup

Recipe courtesy of tessadomesticdiva.com.

INGREDIENTS

• 3 tablespoons coconut oil, ghee, light olive oil, or any fat of choice
• 1 medium yellow onion, chopped
• 1 medium apple, cored and chopped
• 2 carrots, chopped
• 2 cups broth, veggie or chicken
• 1 ½ cups pumpkin or winter squash puree
• 2–3 sage leaves (whole)
• 1 cup canned coconut milk
• 2 tablespoons maple syrup (amount depending on apple and pumpkin sweetness, add to taste)
• ½ cup toasted pumpkin seeds

DIRECTIONS

1. In a large saucepan, heat the oil or fat over medium heat.
2. Stir in onion, carrots, and apples. Sauté for 5–10 minutes until wilted and soft.
3. Stir in the broth, pumpkin, and sage leaves. Bring to a simmer.
5. Remove the sage leaves.
6. Puree the soup (in batches if necessary) in your blender or food processor until creamy and no chunks remain.
7. Return to your saucepan and add the remaining ingredients.
8. Heat gently and adjust seasonings to taste.

HOW TO OUTLIVE THE UNDEAD

‘The Walking Dead' stars share workout secrets

It’s hard to survive a zombie apocalypse. Just ask the characters from AMC’s wildly popular series “The Walking Dead.” In the show’s first six seasons alone, there have been over 250 on-screen deaths, many of which were main characters whose demise fans are still trying to get over.

So what can you do to outlast the walking dead? Start by taking a page from Rick Grimes, Michonne, and Daryl Dixon. Or at least the talented and dedicated actors who play them on TV.