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Blackstrap Benefits

Who knew that waste could be so good? Well, sure it doesn't sound so great when you put it like that, but it's true! Unsulphured blackstrap molasses is a serious superfood, but this liquid nutritional gold is actually the byproduct of sugarcane processing. Instead of the less than healthy refined sugar that is the end goal of most sugar processing, blackstrap molasses is an oft overlooked nutritional powerhouse in need of some well-deserved love! Let's face it, we're all looking for ways to boost our health, and vitamin popping isn't really the answer. With nutrient-dense foods like molasses out there, we don't have to rely on pills to get a full complement of our daily needs.

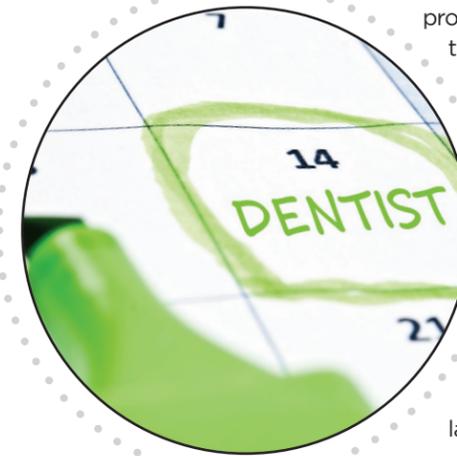


Low on the glycemic index, this is a sweetener and seasoning that won't send your blood sugar into a spike and spiral. Manganese, iron, potassium, magnesium, B6, calcium, copper, and zinc (oh my!) are packed into each spoonful. Its distinctive taste can also work in your favor. Molasses tastes amazing when added to sweets, but the savories can be just as delectable. Molasses glazed pork chops, BBQ's rosemary chicken, goulash, tenderloin - are you hungry yet? Whether it's for dinner or dessert, add one to two tablespoons of molasses to your daily diet and you'll see the benefits in beautiful hair, blood sugar stability, strong bones, a better brain... The list goes on and on!

No Teeth Lost at Wrigley

If I had a penny for every time people ask about tooth loss, I'd be a rich gal. It's something that a lot of my patients really worry about, and while it's good to be proactive, I have to take a moment to say that we live in a truly amazing era - tooth loss is not inevitable! A lot of us have grown up watching our parents or grandparents lose teeth the older they have gotten. It feels like one Christmas, Grandma has all of her pearly whites, and the next time you see her, her set of teeth are floating in a cup of water by her nightstand. Watching this transition leaves quite a mark on your memory (it did for me, just wait until you hear about dental care in the Soviet Union in next month's issue!), and one of the most common fears I hear from my patients is, "I don't want to lose my teeth!"

I think that given the past of dentistry, we tend to think that losing teeth is just part of growing old. But science has long since come to the rescue and I can say with confidence that there's very little reason for any of you to lose your teeth - well, unless you have a Wile E. Coyote moment and start to bring on some serious damage, that is. Hazards aside, we live in a phenomenal generation and we know more now about tooth health and decay than ever before.



And in today's age, we can keep your teeth forever.

Now, you might be wondering, "How can she be so sure?" The answer to that is in how I practice dentistry. Once upon a time, people only came to the dentist when something was really, really wrong. Toothaches, broken teeth, really gnarly gums - only then would most patients come in for evaluation and treatment. But as we started to uncover the truth behind the tooth, dentists around the world decided to be proactive instead of reactive. This led to the wonderful world of semiannual checkups and cleanings. Now ask yourself this: Where did the "every six months" rule come from?

This tradition of sorts actually came from insurance companies. When setting the standards, the "experts" of the insurance industry decided that twice a year would serve as more than enough covered visits for their clients, and to keep with the form, most dentists followed suit and began to see their patients only twice a year for maintenance, with a few extra visits every once in a while for emergent

problems. But, not all mouths are created equally, and there are quite a few out there who aren't served well with the "every six months" insurance standard.

This is why I make sure that everyone who walks through my doors is given a treatment plan that is as individualized as possible. Clean teeth correlate to healthy teeth, and if someone has a hard time with that, other tools and more frequent cleanings will definitely pay off in the long run! My mission here is to ensure that you keep the teeth that you have, for the rest of your life. I want my patients to keep their gums healthy, bones strong, and every last chopper cavity-free. So, check out the secret:

1 Get cavities taken care of as soon as they're found. Most grow rapidly, so, the longer you wait, the more tooth structure you lose - which is bad news for your tooth and your wallet.

2 Stay on top of your cleanings and appointments (whether that's every three months, or every six months) - don't forget, your cleanings are customized. The longer you put off your custom cleanings, the more bacteria and more damage you cause your body.

3 Be a pro at your personal home hygiene, and maintain the right tool kit. Most people should be using a Sonicare electric toothbrush. It's the best investment you can make for maintaining your teeth. (Remember - the ones we sell at our office come with a free replacement head given at your cleaning appointments!).

This, my friends, is the Dr. T-Approved recipe to keep your smile, and I'm not just saying that because of my own dental wizardry - the science backs it up! We're living in a wonderful age, and even now, we're still discovering new things about oral health. With all of the knowledge we have now, and look forward to, I know we can work together to keep you healthy and smiling for many years to come... with *all* of your own beautiful teeth!

-Dr. Teplitzky

READY TO RAFFLE

The big day is finally approaching! Thanks to all of you who have shown up on time for your appointments over the last few months, and entered to win our Sonicare toothbrush. We'll be broadcasting the drawing on April 7 on our YouTube station: Wrigleyville Dental. Stay tuned!

CRITICS SAY...

Criticism can be a tough pill to swallow...especially when you've just finished patting yourself on the back for a job well done. But when it comes right down to it, criticism (as long as it's constructive) is the most effective tool for helping us grow. And knowing how to take constructive criticism is the only way to improve. Here's how:

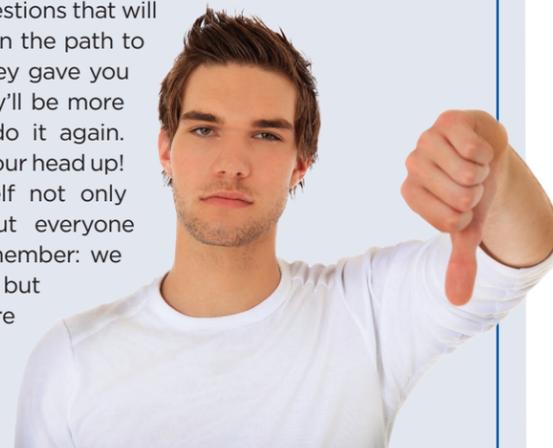
Step 1: Before you begin to take anything personally, distinguish whether you've just been dealt a hand of mean-spirited criticism or constructive criticism. Unwarranted criticism usually comes from people who are insecure or jealous of your abilities. If they're rude, condescending, or unwilling to offer advice, you're better off ignoring their opinions. Constructive criticism, on the other hand, is delivered by someone who genuinely wants to see you improve. They're not trying to bring you down or make you feel bad, they're simply trying to help.

Step 2: Learn to listen. It's hard to hear about your flaws, but try to avoid shutting down or going on the defensive. Keep your mind open and remember that this is all about helping you improve.

Step 3: Take some time to think it over. Have you heard the same criticism from several different sources?

Did the criticism touch on something you already knew needed improvement? Ask around; have others noticed that you need a little help in this area as well? Accepting the criticism as valid is the key to making amends.

Step 4: Work on it! Now that you know what you need to work on, the final step is easy. It might not happen overnight, but now that you're on the right track, you'll be seeing improvement in no time. Follow up with your "critics" and ask them questions that will help guide you on the path to betterment. If they gave you advice once, they'll be more than happy to do it again. Above all, keep your head up! Bettering yourself not only benefits you, but everyone around you. Remember: we all have flaws, but the fact that you're willing to work on yours speaks volumes.



FIVE WAYS TO FIGHT STRESS AND IMPROVE YOUR HEALTH

You already know a few ways to improve your health, such as making it a point to eat veggies every day and to eat high-fiber foods. Here are a few other stress-fighters and health-improvers:

Approach your life and work with a more positive outlook.

Find a positive side in every aspect of your life. Research involving women age 50 and older found that those with an optimistic view were much less likely to die of any cause during the years of the study.

Try yoga and tai chi.

The gentle mind-body practices combine aerobic, strength training, core stability, flexibility, and balance. They reduce blood pressure and improve sleep.

Develop a sense of gratitude for life.

Gratitude is sometimes called a combination of humility, grace, love, and acceptance. Each day, identify at least one thing that enriches your life. Have gratitude be your last thought before you fall asleep at night and your first thought when you wake in the morning.

Try volunteering.

Research shows that participating in meaningful volunteer activities promotes emotional and mental well-being. A study reported in the Journal of Aging and Health found that volunteers had lower blood pressure than non-volunteers.

Improve your relationships.

Forgive yourself and those closest to you. It doesn't mean you condone a wrong done. Forgiveness is associated with improved mood and lower stress. Accept those around you for who they are. We all have our differences, and that's what makes us unique. Learn to appreciate everyone for their uniqueness.



Gluten Free Flax Seed Bread



Mix Together

On a flat stainless steel cookie sheet, spread mixture with a rubber spatula to 1/2 inch thick. Bake at 350F for 10min. Score with butter knife. Bake for an additional 30min.

Here's a recipe for gluten free (and guilt free) bread, compliments of Dr. Douglas Cook (one of my mentors)

Ingredients

- 3 cups of golden flax meal (ground up flax seed)
- 1 cup almonds (ground up. And they're better if they're frozen)
- 1/2 tsp salt
- 2 rounded tsp Cinnamon
- 2 rounded tsp Ginger
- 1 tsp of nutmeg (optional)
- 3 eggs
- 2 cups water
- 3 tbsp olive oil

Be a Bed Head

If you're a night owl, the thought of crawling under the covers anytime before 1AM can be a laughable suggestion. But waking up with a sleep-hangover every morning is starting to get old. So how can you convince yourself to get to bed earlier?

1. Set a Bedtime

Don't just wait until you feel sleepy to go to bed. You'll never get any sleep! You need at least 7 hours - so set your alarm and do the math backwards from there. Make a serious effort to hit the sack at the same time each night. It'll be rough at first, but soon your mind and body will follow suit.

2. Be Prepared

This should be obvious, but stay away from caffeine for at least a few hours before bedtime - and that includes the technological kind. Watching TV or browsing the Internet will only make you feel artificially awake. Those "mind" stimulants will make it much harder for you to fall asleep.

3. Get Ready

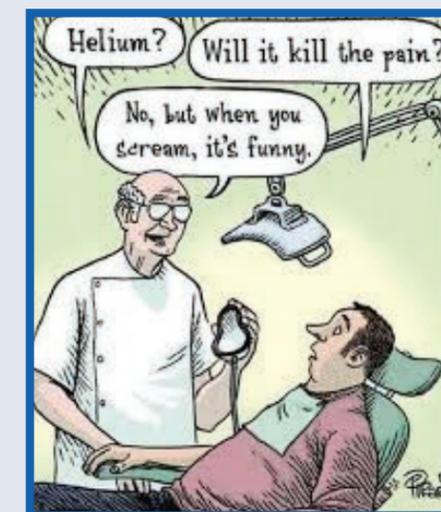
It happens to the best of us, we wait until 5 minutes before bedtime to brush our teeth and change into some PJ's, then end up tiredly slogging through our routine or just ditching it altogether. The solution? Get ready before you set up camp on the couch. While you're at it, make a bedtime routine and stick to it. Going through the motions each night will mentally prepare you for rest.

4. Think Ahead

Think about how great it will feel when you wake up in the

morning, rested, rejuvenated, and ready to take on the day! Bonus points if you manage to wake up before your alarm and avoid that ugly jolt out of dreamland. If you need some help in this area, check out the app "Sleep Time" that can help you wake up with perfect timing, so you can avoid the morning zombie blues. The key to great waking, is a good night's sleep, so when bedtime hits, and you consider staying up later (just this once), ask yourself, "Is 30 more minutes of TV worth the side-effects I'll feel all day tomorrow?" The answer is probably "no."

Catch the FUNNIES



Did You Know?

Preventing Cavities 411

Last month, we talked about rinsing your mouth after meals, so now, let's have a chat about tongues! Your tongue can perceive the smallest of details in your mouth. After a meal (and a rinse, of course), run your tongue around every tooth: front and back, left and right. It may sound odd, but your super sensitive tongue can detect and remove food from your teeth and that's what helps keep them cavity-free. Next time you come in, you may be surprised to have less cavities. It's proof that a healthy smile is all about the little things!

