



3256 N. Ashland Ave., Chicago, IL 60657

Inside

Once You Have the Knowledge, There's No Turning Back pg 1

The Secrets of Turmeric pg 2

Butter vs. Margarine pg 2

Turmeric-Ginger Chicken Soup pg 3

Offering Our Services for Veterans of Illinois pg 3

Are You Ready to Take Back Your Health? pg 4

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411



WrigleyvilleDental.com 773-975-6666



November 2017

How Julie Combines 2 Approaches to Transform Your Health

We're welcoming a hygienist to our team who brings a fresh perspective to our holistic approach. As an experienced hygienist and nutritional counselor, Julie Kingston's breadth of knowledge is only matched by her passion for equipping people with the resources to lead a healthy lifestyle.

Julie shares more in her own words:

My journey to finding the holistic approach goes all the way back to high school. In my late teens, I had a lot of health concerns. Dozens of doctor's visits and referrals to specialists, who diagnosed me with everything from lupus to multiple sclerosis, left me struggling with the medical world. I wasn't getting any better, and many medical bills later, I was actually feeling worse. Eventually, I took my health into my own hands.

I started educating myself and dug into research. Note that this was in the pre-internet era, so I would go to the library and spend hours poring over books. I got really passionate about the topics I studied and found that I could make informed decisions about my health. From that point on, I strived to live a healthier life.

After school, I found a fulfilling career in dental hygiene. I loved my role as a hygienist in a periodontics practice, where I could focus on improving patients' gum and bone health. I recognized they are at the core of most dental problems.

In 2010, a chiropractor opened the door for me by encouraging me to go back to school. I realized the holistic education I'd given myself as a teenager was a passion I'd held onto, so I enrolled in an integrative nutrition program. It put a lot of what I'd taught myself into practice.

Since then, I've continued working with dentists as a hygienist and enjoyed a separate pursuit as a health counselor. In my practice of holistic nutrition, I've seen the awareness that this approach to health gives clients. Often, people tell me, "I work full time, and I'm a single parent, so I don't have time for this." I get it. I'm a single mom to three lovely girls, so I know it's difficult, but I also know it's possible and that you can make time for your health. In fact, you have to. It's the most important choice you get to make.

After working with people, I love seeing the shift as they realize looking out for their health is not as difficult as they think it will be. Within a couple weeks, many of the issues they've been having — anxiety, low energy — have improved, and they're feeling calmer. After implementing my suggestions, people will tell me that their spouse has said, "Whatever's she's doing for you, stick with her," because they see a transformation. People realize they have control



Back row: Next to me is Bridget. Below her is Megan, and below me is Kathryn. Megan, 22, is at SLU. Bridget, 20, is at COD, and Kathryn, 17, is a senior in high school.

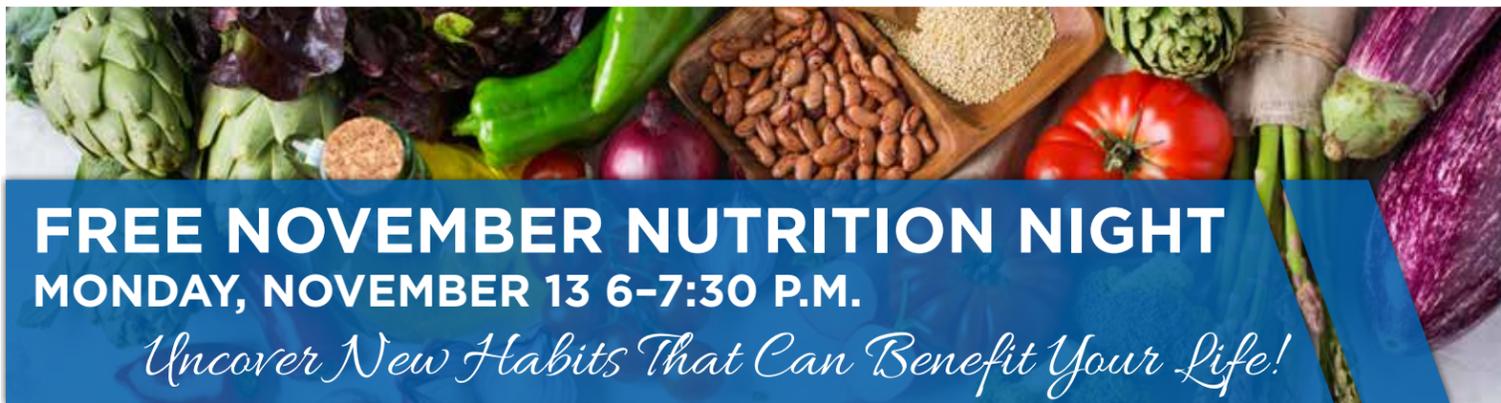
over their health and they stop spinning out of control in other aspects of their life because of it.

When someone chooses to work with me, I don't ask them to change their entire lifestyle. Like we emphasize at Wrigleyville, the holistic approach is about making small choices to see an overall positive change in health. It's really just a choice — a choice to live a certain way. Once you have the knowledge, there's really no turning back. The only way to move is forward because you see the impact your choices have on your well-being.

Now, I'm looking forward to combining my passions at Wrigleyville. In my short time here, I've already seen how thirsty for knowledge our patients are. You're so educated about your health and eager to learn more, and I'm so excited to share my knowledge with you. I love working one on one with people in integrative nutrition because it's very specific to your individual needs. When you're in the dental world, you're already working individually with patients. Each has different needs and different concerns. By adding an integrative nutrition approach, we're just taking it to the next level. I'm excited to connect the two.

If you'd like to learn more, Julie is hosting a Nutrition Night at Wrigleyville this month. Find the details about the event on Page 4 of the newsletter.

Be well and enjoy a happy holiday with your family. Until next month,
-Julie Kingston and Dr. Bernice Teplitzky



FREE NOVEMBER NUTRITION NIGHT MONDAY, NOVEMBER 13 6-7:30 P.M.

Uncover New Habits That Can Benefit Your Life!

How many times in the last week have you felt stressed? Ready to start feeling better and make a positive impact on your health? **November Nutrition Night** is for you. Presented by our new team member and nutritional counselor, Julie Kingston (whom we featured on the cover), we're hosting this free event because we know how eager you are to uncover new habits that benefit your health.

During the workshop, Julie will touch on many topics of holistic nutrition, including:

- How to make sustainable changes to create lifelong healthy habits.
- How to add healthy habits to your lifestyle in order to fade out unwanted habits.

- The difference between primary and secondary foods.
- How to find what really nourishes you.
- How she helps you find the "missing link" to renewed health.

If you're ready to learn more, join us for this free event Monday, November 13, from 6-7:30 p.m. at the Wrigleyville Dental office. Free gift for those who register beforehand. Management@wrigleyvilleDental.com*.

We look forward to learning more with you!

The Truth About Turmeric

THE SECRETS OF THE YELLOW SPICE



For thousands of years, sunny yellow turmeric has been a staple in curries as well as a spice renowned for its ability to treat a vast number of ailments. In recent years, this South Asian native has become a sort of “spice-of-all-trades.”

Turmeric’s popularity has surged throughout North America. People are adding it to food and using it to treat everything from arthritis to heartburn. Anecdotal evidence suggests that the spice can treat just

about every kind of inflammation, whether it’s joint pain or a headache.

Have a stomachache or nausea? Try turmeric. Have a mild rash or burn on your skin? Try turmeric. Current studies are even looking into turmeric’s effectiveness as a treatment for diabetes and dementia.

When one substance is purported to have near-magical healing powers, you have to remember to take it with an additional dose of skepticism. Can one spice really cure everything that ails you?

Let’s ask science. Researchers have identified over 20 distinct compounds that work similar to NSAIDs (such as aspirin and ibuprofen). Of those compounds, six are COX-2 inhibitors. COX-2 is an enzyme that causes inflammation and pain in the body.

In short, these six compounds help block the enzymatic reaction that triggers inflammation. One of these compounds is called curcumin, which is often considered the active ingredient in turmeric. An article published in the medical journal Nutrition and Cancer found that, by weight, pure turmeric powder contains 3.14 percent curcumin.

However, clinical trials of curcumin have produced less-than-stellar results. A comprehensive review of 120 studies of curcumin, published in 2017 in the Journal of Medicinal Chemistry, found no evidence that the compound produced positive results as an anti-inflammatory or antioxidant. In fact, researchers found curcumin to be an, “unstable, reactive, non-bioavailable compound.”

So what does this mean for people who use turmeric for its medicinal properties?

If it works for you, continue to use it. If you’ve thought about adding it to your diet, give it a try. It’s safe to use, and studies have shown virtually no toxicity, even in high doses.

BUTTER VS. MARGARINE

Which Is Better?



It’s Thanksgiving dinner, and the smell of hot turkey and fresh rolls has your mouth watering. Ready to dig in, you reach across the table for the

butter when your cousin suddenly shouts, “Wait! Grab the margarine instead. It’s better for you.”

“What are you talking about?” scoffs your brother. “Butter is better because it’s natural. Margarine is made in a lab.” Suddenly, everyone is arguing about what’s best, and your poor roll is left uneaten.

The butter-versus-margarine debate can be confusing, especially when you remember margarine was introduced as a healthier butter substitute. People have been eating butter without a second thought for thousands of years, but in the late 20th century, scientists determined that butter contains high level of saturated fat. At the time, saturated fatty acids were believed to be connected to cardiovascular disease, so butter became public enemy No. 1.

Enter margarine, which is made of plant oils and contains unsaturated fat. Health experts gave margarine a big thumbs-up, and it began to fly off the shelves. Then the data came in. Margarine has

a very low melting point, and in its natural state, it has the consistency of vegetable oil. To match the spreadable consistency of butter, chemists added hydrogen atoms to make margarine solid. In doing so, they changed margarine’s chemical structure and inadvertently created what we call trans fats. Our bodies process trans fats differently than they do other fatty acids. When we try to break down trans fats, it lowers our good cholesterol and increases bad cholesterol. This can lead to a greater risk of coronary heart disease.

It can be difficult to make a straight comparison between butter and margarine, because margarine recipes vary greatly between brands. Many modern margarine spreads lack trans fats, however, this does not automatically make margarine better than butter. Butter contains important vitamins, like vitamins A and E. Furthermore, recent research suggests saturated fats may not be as damaging as we originally thought.

Ultimately, you want to be aware of exactly what you’re putting in your body and eat reasonable serving sizes. Check the nutrition labels and try to limit your saturated fats while avoiding trans fats entirely. And if you’re looking for the healthiest options, vegetable oil spreads and extra virgin olive oil beat out butter and margarine by a longshot.

Turmeric-Ginger Chicken Soup

INGREDIENTS

- 1 (3½-4-pound) chicken
- 2 medium onions, peeled, quartered
- 2 heads of garlic, halved crosswise
- 1 (4-inch) piece of ginger, peeled, thinly sliced
- 3 dried bay leaves
- 1 tablespoon ground turmeric
- 2 teaspoons black peppercorns
- 2 teaspoons coriander seeds
- Kosher salt
- 12 ounces carrots, peeled, cut into ½-inch pieces on a diagonal
- 8 ounces dried udon or lentil noodles
- Scallions, very thinly sliced
- Chili oil (for serving)

DIRECTIONS

1. Place chicken, onions, garlic, ginger, bay leaves, turmeric, peppercorns, coriander seeds, and several pinches of salt in a large pot. Pour in cold water to cover and bring to a boil over medium heat. Reduce heat and gently simmer until an instant-read thermometer inserted into the thickest part of breast registers 155 F, 30-35 minutes.
2. Transfer chicken to a plate and let cool slightly; keep stock simmering. Remove skin from chicken; discard. Pull meat from bones and shred into bite-size pieces; set aside. Return bones and carcass to stock. Increase heat and bring stock to a boil; cook until reduced by about one-third, 15-20 minutes. Season with more salt if needed.
3. Strain stock into a large saucepan; discard solids. Add carrots, bring to a simmer, and cook until carrots are tender, about 5 minutes.
4. Meanwhile, cook noodles in a large pot of boiling salted water, stirring occasionally, until al dente; drain and rinse under cold water to stop cooking.
5. Divide noodles among bowls. Add shredded chicken meat to stock and cook just until heated through; season stock with more salt if needed. Ladle over noodles. Top soup with scallions and drizzle with chili oil.

OFFERING OUR SERVICES FOR VETERANS OF ILLINOIS



What: Our dentists at Wrigleyville Dental are proudly offering free dental services to the veterans of Illinois for a day!

Where: Wrigleyville Dental Holistic Dentistry in Lakeview (3256 N. Ashland Ave., Chicago, IL 60657)

When: Friday, November 10

Why: Our dentists at Wrigleyville Dental want to show Illinois veterans that we care! On Friday, November 10, we have reserved appointment times in our office to salute Illinois veterans!

Under the Illinois Dentists Salute initiative, participating dentists will provide critically needed dental services for the selfless men and women who have served our country — *at no cost to the veteran!*

Illinois veterans will receive a complimentary dental exam at our office. Treatment will focus on cleanings, restorations, and extractions, with the dentist determining priority treatment.

The dentists of the Illinois State Dental Society are privileged to offer these services to the veterans of Illinois. Illinois dentists proudly salute our Illinois veterans!

How: Veterans can visit illinoisdentistssalute.org for more information and to sign up.

Please call our office at 773-975-6666 or the Illinois State Dental Society (ISDS.org) for more information.