

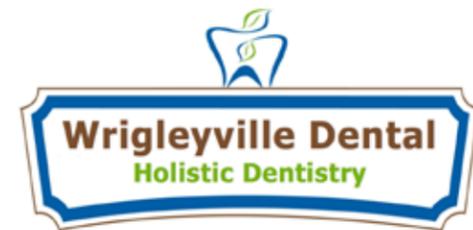


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My Journey In Holistic Dentistry

Has this summer been as busy for you as it has been for us? Despite the heat, we've been getting outside to show our visiting relatives the best of Chicago. Both Ian's brother and my own came to visit last month, and we enjoyed our time with each of them. We got to show my nieces the best of Chicago, and our adventures included trips to the Children's Museum, the Lincoln Park Zoo, and the aquarium. We enjoyed quality time with our loved ones.



Our good friends just after they tied the knot!



This dapper guy is turning 1!

In other big news, for those of you who are following our pet journey, Alfred is turning 1 this month! It's been such a fun first year with him. We'll celebrate his birthday with a little party and likely a lot of dog treats.

We've also had a lot of beautiful weddings to go to, as many of our close friends got married this summer. Some were local, some were in Chicago, and a for a few others farther away, we were lucky enough to travel and help our friends celebrate their vows in other cities.

In the professional realm, I've been reflecting on my holistic journey this summer. It's amazing how you find your way into a career that matches your interests and passions. That's how holistic dentistry has been for me. I'm working on creating my journey and furthering my knowledge in this great field, and I'm so glad to work with a passionate and knowledgeable group of people who constantly inspire me to keep learning.

I'm continuing my research into airways and breathing, and I keep seeing more and more connections with the holistic approach. I'm really interested in the way we can address chronic issues by widening our lens and looking at things in a new way. It's a good bridge for holistic dentistry and traditional dentistry. We're starting to see how the small domain that is our mouth relates to everything else. So much of our health is related to breathing. It's how our body gets oxygenated.

I've been amazed by the connections we see daily. The holistic realm is often a few steps ahead, it seems, maybe in part because we look at things through a wider lens. For example, there's now scientific research showing that cardiovascular disease is tied significantly to gum disease, and this was something the holistic practitioners noticed for some time. Thanks to more research, it's not considered a questionable link anymore. The EU recently banned amalgam in fillings for youth under 15, and it's a topic that's been part of holistic conversation for years. It's interesting to see how the conversation is taking root on a global scale.

In dental school, we learn about risks related to cavities, but we only touch the surface. Dietary and nutritional counseling is one aspect of what we do, and holistic dentistry allows us to look at food in a different light. One trend we've started to see in patients who have a lot of cavities and can't figure out where in their diet they're having issues is a connection to gluten sensitivity or intolerance. There seems to be a link between these two conditions. It may tie into some process of the body not balancing properly, making the body more susceptible to damage from the bacteria in sugar.

Holistic, by definition, looks at the whole of something. Those of us who practice in this vein are trying to step back and widen the lens we're looking through. We consider what else might be contributing to a condition instead of just one set of limited factors. We ask questions to find answers beyond the textbook response.

It's something we're always getting better at, too. As many people go back to school, I'm excited to continue my journey in holistic dentistry and to keep learning! I'm a lifelong student at heart.

What are you most excited for this month?

-Dr. Julia

3 BENEFITS OF INTERMITTENT FASTING WHY CELEBS AND CEOS SWEAR BY IT

Tom Hardy, Christian Bale, Chris Hemsworth, Liv Tyler, and Beyonce — all of these celebrities have used intermittent fasting (IF) to meet their fitness goals. Fasting dates back thousands of years — in fact, one of the most popular fasts is called the "Daniel Fast" because it mirrors Daniel's abstinence from food as portrayed in the Old Testament. This ancient trend is gaining popularity in the nutrition community. Here are three ways IF might benefit you.

WEIGHT LOSS

One of the most common misconceptions about fasting is that you can't eat *any* food. The truth is that we all fast for a period of time each day while we're asleep; intermittent fasting simply extends that fasting period. After eating, your body transitions to a fed state where your food is used for fuel. However, after 8-10 hours without food, your body enters a fasted state in which your body burns stored fat for energy, which leads to weight loss and more muscle definition. With intermittent fasting, you fast for a specified period — typically 16 hours — and eat all of your meals within an 8-hour period.

MENTAL ACUITY

Fasting has become popular among the Silicon Valley crowd in recent years due to the endorphin rush and mental acuity associated with IF. When food is scarce and you haven't eaten, your brain sends

endorphins into your bloodstream to make you more alert. Your brain then digests information more efficiently. This is thought to be a holdover from our hunter-gatherer days, when we had to be alert enough to find food or we'd starve to death. CEOs in the nation's tech capital have begun using this strategy in recent years to increase their productivity.

BOOSTED IMMUNE SYSTEM

According to researchers at the University of Southern California, fasting essentially flips a regenerative switch in the body. "It gives the 'okay' for stem cells to go ahead and begin proliferating and rebuild the entire system," says Valter Longo, Ph.D., director of the USC Longevity Institute. "Fasting cycles can generate, literally, a new immune system."

Try it for a few days, and see how you feel!



HOW TO ACHIEVE A MORE RESTFUL NIGHT'S SLEEP

A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all want to feel rested. So, what can you do to improve the quality of your sleep and get the rest you need?

Listen to your body. This, above all else, is crucial to a good night's sleep. Your body knows when it's time for bed. Generally, you want to go to bed when you feel tired, whether that's at 8 p.m. or 1 a.m. Whenever your body tells you it needs rest, you should make a habit of going to bed then. The more consistent you are, the better your sleep will be. If it's hard for you to hear signals from your body, here are some rules: Your body begins a physical repair process from 10pm-2am. The body's mental repair cycle is from 2am - 6am. Try to be asleep during those hours.

Wake up naturally. Jolting yourself awake with an alarm or radio isn't doing your brain and body any favors (it can be stressful on the body and even elevate blood pressure, which is not good first thing in the morning). If you do need an alarm, consider a wake-up light. Wake-up lights mimic the sunrise, slowly brightening the room, waking your body in a natural, gentle way.

Kick the screen habit. You've heard it before, and you'll hear it again: Looking at an electronic screen — a TV, computer, tablet, or smartphone — before bed is detrimental to sleep quality. Light from these devices is disruptive to your brain's suprachiasmatic nucleus (SCN), which helps regulate your circadian rhythm, and screen time before bed can throw off normal SCN function. Also the EMF's that these electronic emit, could affect sleep quality. Make sure there is nothing plugged in to any outlets in the bedroom (yeah, that includes a cell phone! At least put it on airplane mode and see if there's a difference.)

Put your excuses for staying up too late to bed. Say no to "one more episode." And all those emails? They can wait until tomorrow. Not getting enough quality sleep is harmful to your mental and physical health. When you get into the habit of following these three tips, you'll find yourself feeling rested and refreshed in no time.

Still not feeling rested? You may have a sleep disordered breathing issue. This happens when there is not enough oxygen that reaches the brain during sleep. The body doesn't get enough air and one symptom, among many (including snoring), is that you wake up still tired and needing coffee to keep you going. If this sounds like you, call our office for an assessment. A simple dental device can help you get some good quality Zzz's.

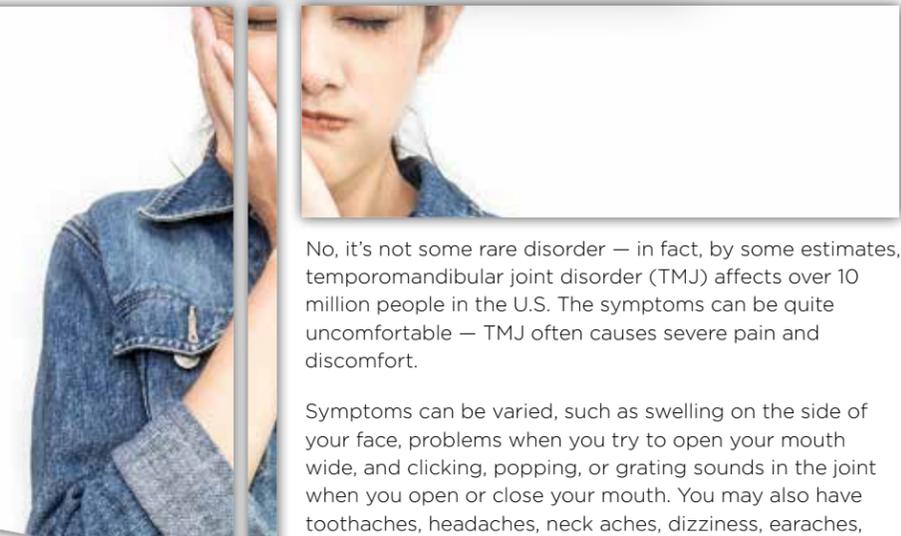
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DO YOU HAVE TEMPOROMANDIBULAR JOINT DISORDER?



No, it's not some rare disorder — in fact, by some estimates, temporomandibular joint disorder (TMJ) affects over 10 million people in the U.S. The symptoms can be quite uncomfortable — TMJ often causes severe pain and discomfort.

Symptoms can be varied, such as swelling on the side of your face, problems when you try to open your mouth wide, and clicking, popping, or grating sounds in the joint when you open or close your mouth. You may also have toothaches, headaches, neck aches, dizziness, earaches, hearing problems, upper shoulder pain, and ringing in the ears. It may affect one or both sides of your face and can be temporary or last several years.

WHAT CAUSES TMJ DISORDER?

Some causes of TMJ are not completely understood. Multiple factors contribute to the muscle tightness and dysfunction that characterize this condition, including teeth grinding, stress or anxiety that may increase muscle tension and jaw clenching, and certain medications. Women ages 20-45 have increased risk, and people with jaw trauma or poorly positioned teeth also have increased risk.

HOW A HOLISTIC DENTIST TREATS TMJ

You should seek professional help in order to treat your TMJ Disorder. A holistic or biological dentist is a good place to start for comprehensive evaluation and treatment. A massage or chiropractic care with a practitioner specialized in TMJ can also help. There are several holistic and traditional methods that claim to treat or even cure TMJ disorder. In many cases, a mouthpiece called an occlusal guard or splint can help correct TMJ disorder.

For some patients, though, this is not enough. Missing teeth or misaligned teeth may require correcting the root cause of the issue. Treatments like straightening crooked teeth or creating a better way for teeth to come together with Invisalign clear retainers or braces is one treatment option. Replacing missing teeth with a bridge, partial denture, flipper, or dental implant can be another option. These TMJ treatments balance the surfaces of your teeth or correct an improper bite.

TMJ disorder can be painful and sometimes even debilitating. Visit your holistic or biological dentist for a proper assessment and treatment.

Did you know Wrigleyville Dental has a TMJ Specialist at the office on Wednesdays? Call our office today to schedule your appointment.

Inspired by Bon Appetit magazine.

NO MORE AMALGAM

The E.U. Bans Mercury-Based Fillings



It's been known for many years that mercury can be toxic to humans and poses many risks. More recently, concern about its use as a material in fillings has

caught international attention. This year, Europe led the charge in regulating the use of mercury.

After groups across Europe called for its discontinuation, the EU made the decision last year to ban the use of mercury-containing amalgams in children under the age of 15 and in pregnant and breastfeeding women. As of July 1, the ban went into effect.

The ban was first proposed at the UN Minamata Convention in 2009, though countries and interest groups have long been concerned about the impact of mercury exposure. With the enactment of the Regulation on Mercury through the Minamata Treaty, EU countries have signed on to reduce the release of mercury into the environment, with a phase-out plan to be part of the process. By July

2019, each member state must have a plan for how it will phase out the material.

One representative says, "This partial ban on dental amalgams is excellent news, especially for children's health. It will not only help protect the health of mothers and children but also contribute to reducing everyone's environmental exposure to mercury. We hope each Member State will now take seriously its duty to reduce amalgam use for everyone."

As one of the largest users of dental amalgam, Europe's choice to ban the material may signal a global trend. While Europe leads the charge, the U.S., and especially the Environmental Protection Agency (EPA), have discussed regulations on the use of mercury. Concern is especially high for the use of the material on young children and pregnant mothers, leading to the EU's decision to ban the material from these vulnerable sectors of the population. Evidence points to potential health risks, especially to the nervous system, during these crucial periods of development.

If you are concerned about the use of amalgam in your fillings, talk to your holistic dentist today. Wrigleyville Dental is a holistic dentist that seeks to provide its patients with knowledge and alternatives.

Chana Masala

This classic Indian dish of chickpeas in tomato sauce is a great vegan main course. It's perfect for weeknight dinners. Serve it with basmati rice.

INGREDIENTS

- 1 onion, chopped
- 1 garlic clove, sliced
- 2 tablespoons fresh ginger, peeled and chopped
- 2 tablespoons olive oil
- 1 teaspoon curry powder
- 1 28-ounce can peeled whole tomatoes, crushed
- 1 15-ounce can chickpeas, rinsed
- Salt and pepper, to taste
- Chopped cilantro, for garnish

DIRECTIONS

1. Over medium heat, cook onion, garlic, ginger, olive oil, and curry powder for 8-10 minutes, until onion is soft.
2. Add chickpeas and can of tomatoes with juice. Simmer 25-30 minutes.
3. Season with salt and pepper. Serve over rice and top with cilantro.