

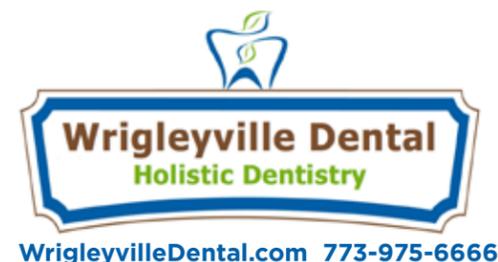


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What should I eat?

MY WELLNESS JOURNEY

One of the most common questions patients ask me is "What should I be eating?" I know many of our patients have their health on the top of their minds — that's why they come to Wrigleyville Dental. Even after doing the research and understanding which foods are "good" and which are "bad," it can still be confusing. I've struggled with it myself.

My health journey started when I was fairly young. My first exposure to nutrition was learning the food pyramid in grade school. I took it to heart: the foods at the bottom of the pyramid could be eaten more readily, like fruits and vegetables and whole grains, and at the very top, in the smallest segment, were sweets, which were to be eaten sparingly. I was also a gymnast, and I had very strict and serious coaches who told us to make sure we ate lean foods to build muscle and to stay away from junk food and sugar. Early on, I was aware of the ingredients in food and that not all food is made equal. I learned to look at the fat and calorie content of all foods and could recite most by memory. It may have not been the "ideal" diet, but that's all I knew. I was actually the one who changed my family's perception of nutrition.

We were the type of family who had soda pop at the dinner table, Fruit-by-the-Foot for snacks, and the peanut butter and jelly that comes pre-mixed in a jar. I learned that these foods were not good for us, and I had no problem sharing my findings with my parents. At one point in the summer, we were spending time with our cousins, and our parents ordered McDonald's for lunch. Upon learning this, at 10 years old, I said, "I'm not eating it." My parents ordered me chicken nuggets anyway, but as all the other kids were enjoying their food, I refused to eat anything. My dad insisted that I eat, but I was boycotting fried foods. My dad asked me, "Are you only not eating it because it's fried?" "Yes," I told him. My dad spent the next several minutes peeling all the fried outer layer off the chicken nuggets. It took years, but our family slowly got soda pop and juice out of the house, and my parents stopped feeding us McDonalds and started looking at labels of foods before purchasing them.

If you're wondering if I've ever struggled with my diet, I have — I'm definitely human. In high school and college, I stopped playing competitive sports, and I began to cultivate a teenage social life. At that age, it seemed that I needed to negate my beliefs about food, exchanging a healthy life for a socially active one. I started going out with friends. We'd stay out late, and what used to be a hard-set rule of not eating after 7 p.m. became a slow snowball effect of loosening my nutritional norms. I started pushing healthy eating to the side. My mentality toward food became much more relaxed. "I'm just going to have fun and eat whatever my friends are eating," I decided.

Most of us know it's very hard to change your diet. Once you've consumed so much sugar and processed food, it's really hard to kick the habit. It's truly an addiction. Some eat to live, but I was living to eat, revolving my schedule around meals and snacks. I realized that a

lot of it has to do with the people we surround ourselves with. And we are human. Over a year or season, we eat foods that aren't good for us. My experiment with a more relaxed nutritional plan resulted in a 35-pound weight gain and a rebound of struggling to find a diet that worked for me. I tried all kinds of diets and my weight had a great yo-yo affect: Atkins diet, counting calories, counting points, Slim Fast, and BeachBody were just a few that I tried. I tried going vegan, vegetarian, raw vegan, kosher, gluten free, and paleo — with this experimentation, I learned a lot about my body and what it likes and doesn't like.

Today, I've come to a healthy place with my diet by following some general principles about food. One of the basic principles I follow is to eat what Mother Nature made. One of the simplest principles is if it's grown in a garden, you're free to eat it. If it comes from a package, be extra careful or stay away. It's a principle that is simple to understand but harder to follow. My husband and I also do a juice cleanse each season to detoxify and jump-start our bodies. It can help to get a fresh start when you do it once a season.

Research is constantly changing. I grew up in an era when fat was bad. We learned that counting calories was necessary, and sugar wasn't a big deal. Then the research changed. Now fat is good, calories don't really matter, and sugar is an addiction that is hard to shake. There's a lot of research pointing to the benefits of eating low-carb, high-fat, and moderate protein. (From what I've seen, keto — and to some extent, Paleo — are "diets" with medicinal benefits.)

So where do you start if you're a beginner and just want to eat healthy? Tim Ferris, author of "The 4-Hour Body," is adamant about having a cheat day once a week, saying that it can help people stick to a healthier overall plan. One day a week, eat whatever you want, and the rest of the days, stick to healthy foods. This works well for those who just "can't give up" certain foods.

If you are struggling to give up sugar or processed foods, for example, try allocating a certain day of the week to be your cheat day. Whether it's cheating on the weekends or just eating clean one day a week, see how you feel on the days that you don't eat sugar and processed food, for example, versus the days that you do.

My wellness journey keeps changing. The more I learn, the more I edit my "diet" (it's more of a lifestyle, really), adding new foods or removing others. I'm a life-long student, and food and nutrition have always been a big interest. If you know an interesting food, fun fact, or "diet," please share it with me the next time we meet. I love learning about the food in our world and its effects on us. Looking forward to hearing your stories!

Stay well,

— Dr. Teplitsky

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FABULOUS FORAGEABLE FUNGI THE SECRET SUPERPOWERS OF MUSHROOMS

They're the architects of the underground freeways that allow trees to communicate. A few have psychedelic properties. Some varieties contain enough toxins to kill you if consumed. Depending on the type, mushrooms can be amazing, trippy, dangerous, and delicious. But most importantly, the ones that are safe to eat have a lot of nutritional value.

An ancient organism, fungi are closely related to animals. In fact, even though they're often called vegetables, they share some characteristics with humans. Like people, a mushroom's vitamin D content increases when exposed to light. Fungi also contain chitin, a carbohydrate that's found in shrimp and crab shells.

Mushrooms pack a nutritious punch. They boast several vitamins and minerals, including vitamins D and B, and they contain no fat or cholesterol. They even have 2 grams of protein per cup, which is more than most vegetables.



Studies also reveal that mushrooms might be the best dietary source of an amino acid called ergothioneine. When tested during one study, ergothioneine was shown to serve as an antioxidant, protecting cells from damage. Ergothioneine is not produced by the human body, so the only way to get it is through your diet.

If you're ready to make a meal of it, the porous structure of mushrooms makes them ideal ingredients to marinate, sauté, or throw on the grill. While they have a faint earthy taste when left unseasoned, they take on a lot of flavor when combined with savory ingredients like garlic, butter, and salt. Shiitake, oyster, and portobello are a few varieties to try for a nutritious and tasty addition to stir-fries, scrambles, pizzas, and fajitas.

Did you know you can also forage for mushrooms? They grow in many parts of the U.S. and can be found in forested areas. Use a guide, like the "National Audubon Society Field Guide to North American Mushrooms," to help you identify which mushrooms are okay to eat and which are harmful. Some cities even have mushroom-foraging groups you can join. Happy hunting!

The Hazards of Blue Light

You may have been warned about blue light and its impending threat to your eyes. It comes from your computer screen, your phone, and even from the sun. Why is this form of light harmful, and how can you keep your eyes safe?

IS BLUE LIGHT A NEW THING?

Blue light occurs in nature and is nothing new. However, because many electronics emit blue light, it's more of an issue now than it was just 10 years ago. Backlit LED screens emit strong blue light waves, so our use of devices like cellphones, tablets, and flat-screen TVs means we are exposed to more blue light than ever before.

WHY ARE EYE DOCTORS WORRIED?

Blue light isn't inherently bad — it's found in sunlight and lightbulbs — but our increased exposure to it might be. Our eyes are pretty good at blocking UV rays but not so good at blocking blue light. Blue light has a higher energy output than other forms of light, so instead of being filtered by the corneas and lenses, almost all of it reaches the more sensitive retinas.

The high energy output of blue light and our eyes' inability to protect the retinas from it appears to cause damage similar to macular degeneration, an eye disease mostly affecting people over 65 that can lead to blindness. These similarities to macular

HOW TO PROTECT YOUR EYES AND MINIMIZE EXPOSURE

degeneration have scientists worried that our increased exposure to blue light could lead to more cases of it.

HOW CAN YOU MINIMIZE EXPOSURE?

Many computers and electronic devices have a "night shift" option built into them. Enabling this feature will dim the screen and lower the amount of blue light that your device emits.

There are also removable filters you can put on your computer screen. Brands like RetinaShield/Tech Armor and Eyesafe are designed to limit the amount of blue light your eyes are exposed to.

To avoid eye strain, talk to your eye doctor about blue light glasses. These tinted glasses, which come in prescription and nonprescription versions, reduce the amount of blue light that reaches your eyes.

Remember, blue light itself is just a natural form of light and isn't inherently bad. During the day, it can even be beneficial to get some natural blue light from sunshine — while wearing sunglasses, of course. But it's also a good idea to take precautions to protect your eyes from artificial blue light, especially if your work environment and hobbies expose you to it frequently.

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SEASONAL PRODUCE GUIDE FOR JUNE



Check out our seasonal produce guide to find some of the fruits and veggies that are best enjoyed this month!

Fruits and berries are beginning to ripen, and we couldn't be more excited — they taste delicious and contain a powerful boost of antioxidants. Be on the lookout for these and a variety of vegetables to be available in your local markets.

Produce	Seasonality	Flavors and Cooking Tips
Asparagus	April-June	It's the last month that this veggie is in season! Best enjoyed now!
Beans	June-August	Fresh beans are a wonderful alternative to canned and dried varieties — no soaking necessary! Simply simmer in liquid until tender.
Berries	June-September	Look for different varieties available all summer long!
Eggplant	June-September	Recreate lasagna or chicken parmesan with this purple plant.
Garlic	June-October	Slice the top quarter off a head of garlic, discard, and roast the rest. Add to salads and any dish needing a flavor boost.
Horseradish	June-October	Season homemade hummus with fresh horseradish.
Melons	June-September	A great addition to any meal — try mixing with savory foods.
Peaches	June-September	Best enjoyed fresh. Simply split in half or cut into segments..
Radishes	June-September	These crispy, peppery veggies go well with salads and tacos.
Tomatoes	June-September	Local in-season tomatoes are a world of their own. Use for a pico de gallo with onion and lime juice.
Turnips	June-September	Try these root veggies roasted with oil or ghee, salt, and herbs.

A LOOK AT THE KETO DIET

And When It Might Be Right for You



Have you ever heard a story about someone surviving in the wilderness for several days without food? How is that possible? One of the more recent diet trends may hold the answer.

The ketogenic diet, often referred to as keto, is named after the process your liver initiates when food intake is low. In its simplest form, keto relies on the principle of consuming a low-carb, high-fat diet to initiate ketosis in your body. By avoiding sugar and other carbohydrates, keto aims to turn fat into fuel.

Generally, your body breaks down the carbohydrates you eat so it can use carbs as energy. Carbohydrates are broken down into glucose, which is the easiest molecule to convert into energy, and insulin, which processes glucose and carries it through the bloodstream. When you eat fats, your body doesn't need to use them for energy, so they

are stored by your body. With less glucose, your body initiates the ketosis stage, and it begins to produce ketones to break down fat in the liver.

Instead of lowering the caloric intake like many diets plans do, the keto diet focuses on lowering the carbohydrate intake to stimulate ketosis. In that state, the body can use fat as the main energy source instead of storing it.

Foods that are given the okay on the keto plan include meats, high-fat dairy, nuts and seeds, leafy greens, avocado, berries, and above-ground vegetables. Grains, sugar, fruit, tubers, and legumes all get the axe.

Keto can be a great way to jump-start your body. Some people have reported a reversal of unhealthy lab results after being keto for just one week. Many claim that the ketogenic lifestyle helps heal all sorts of medical conditions. The keto lifestyle has been reported to ease symptoms of neurological issues, diabetes, autoimmune diseases, most inflammatory diseases, and even Lyme disease. Consider trying keto (with your doctors permission of course) for a week to see if it has a positive effect. Please share your stories with us at your appointments or write it on our Facebook Page!

Keto Smoothie Recipe with Avocado, Chia Seeds & Cacao



INGREDIENTS

- 1-1/4 cups full-fat coconut milk
 - 1/2 frozen avocado
 - 1 tablespoon nut butter of choice
 - 1 tablespoon chia seeds, soaked in 3 tablespoons of water for 10 minutes
 - 2 teaspoons cacao nibs, cacao powder or cocoa powder, OR 1 scoop of chocolate protein powder made from bone broth
 - 1 tablespoon coconut oil
 - ice (optional)
- FOR TOPPING**
- cacao nibs and cinnamon
 - 1/4 cup water, if needed

DIRECTIONS

- Add contents into a high-powered blender, blending until well-combined.
- Top with cacao nibs and cinnamon.

<https://draxe.com/recipe/keto-smoothie-recipe-avocado-chia-seeds/>