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## Spring Travels

### AND A WHOLE LOT OF LEARNING



It's shaping up to be a busy spring filled with learning, and not just for me. My daughter, Sonya, is soaking in everything around her.

Sonya is now 17 months, and watching her grow is so interesting. The changes are slow and subtle, but it's amazing how much she develops from one month to the next. She's already

saying a few words, and she likes to point out everything she needs. She can be quite demanding — she definitely knows what she wants.

They're like little sponges at this age, aren't they? They take in everything around them. You watch them go from crawling on the floor to grabbing onto tables to steady themselves to full-on walking. They learn to follow your movements and learn to follow the words on a page. Now, she can point out most things in pictures and books. She's even eating on her own!

In addition to a healthy, growing little one, spring brings another exciting event in my family. Some of you may remember my sister from her time working in our office. Now, she lives and works in San Francisco; and this summer, she's getting married. For her bachelorette party, we're spending a weekend at a cabin and hiking in Yosemite with a bunch of her girlfriends. I'm looking forward to exploring the Pacific Northwest wilderness and hiking on some adventurous trails.

In my professional world, I'll be doing a bit of traveling, as well. Usually, it's necessary to travel to learn from the very best dentists. Since there are only about 1,000 holistic dentists in the country, learning holistic/biological dentistry most definitely involves traveling to all parts of the country to catch annual and semiannual meetings.

In April, I'll head to San Diego for the Holistic Dental Association Symposium. In its 41st year (it's been around for a while), the symposium is a great opportunity to connect with other holistic dentists and doctors. Some attendees have been practicing holistic dentistry for as many years as the symposium has been around.

Professionals of all ages and backgrounds share their experience and perspective with us. Every holistic practice is different, and whenever I travel, I get to see and learn from those differences. I love bringing back new techniques, remedies, and recommendations for our patients, family, and friends.

It's also an honor to share with you that I was elected the 2018 president of the Holistic Dental Association. I am looking forward to being more involved in the association this year and taking a more hands-on role. I'll keep you updated as I go!

After San Diego, the following weekend takes me to the opposite coast in New Jersey to continue my board certification in integrative biological dental medicine.

Through this course, I'm honing in on what it means to be a holistic dentist. Anyone can call themselves holistic, but to practice holistically requires a vast network of understanding. We're not just treating problems; we're learning to approach health with different materials and alternative remedies. We're treating from a systemic perspective, keeping each connection in mind, from the gut to the rest of the body.

This course will give me more knowledge and understanding of how to treat various conditions in natural ways. I'll be able to recommend supplements and offer more alternative approaches.

With so much to learn, it's easy to feel overwhelmed. That's when I stop and look at Sonya. Her little movements and attempts at new words remind me to take everything one step at a time and to enjoy every minute of it.

I hope your spring is full of joy and that you enjoy everything the season has to offer.

-Dr. Teplitsky

## THE HISTORY OF INTERNATIONAL WOMEN'S DAY



International Women's Day, celebrated March 8, is a worldwide event that celebrates the social, economic, cultural, and political achievements of women, while also calling for gender equality. This day is not affiliated with any one group, but it brings together governments, women's organizations, corporations, and charities.

It's difficult to say when International Women's Day began. Its roots can be traced back to 1908, when 15,000 women marched through New York City, demanding voting rights, better pay, and shorter working hours. A year later, the first National Women's Day was observed in the United States on Feb. 28. Then, in 1910, Clara Zetkin, leader of the Social Democratic Party in Germany, suggested the idea of an International Women's Day.

A conference of more than 100 women from 17 countries agreed with Zetkin, and in 1911, on March 19, the first International Women's Day was celebrated in Austria, Denmark, Germany, and Switzerland. More than 1 million women and men attended rallies campaigning for women's rights to work, vote, and hold public office. In 1913, the day of

celebration was changed to March 8, and in 1975, the United Nations officially recognized the holiday.

In 1996, the United Nations commenced the adoption of an annual theme, the first of which was "Celebrating the Past, Planning for the Future." In each subsequent year, a new theme was chosen to give the holiday more direction. Recent themes include "Empower Rural Women — End Poverty and Hunger" and "A Promise Is a Promise — Time for Action to End Violence Against Women."

Those who celebrate International Women's Day aim to achieve full gender equality for women around the world. Because of the recent Hollywood film industry scandals, and because the World Economic Forum's 2017 Global Gender Gap Report found that gender parity is at least 200 years away, this year's theme was "Press for Progress." Events were held in Australia, Canada, Germany, Israel, New Zealand, the United Republic of Tanzania, the United Kingdom, and in cities all across the United States.

The world has witnessed significant change and a shift in attitude in regard to women's equality. However, we still have a long way to go. Those who celebrate International Women's Day strive to make sure girls' futures are bright, equal, safe, and rewarding.

## 3 Things You May Not Know About Organic Agriculture

Typically, organic food costs more, but is it worth it? A lot of people say it's healthier for you mentally and physically. If you've ever wanted to learn more about organic foods, there's no time like the present. Here are three interesting facts about organic agriculture.

### WHAT DOES ORGANIC MEAN?

You might think the term "organic" means natural, but that's not always true. The truly natural way of letting livestock and plants grow would be to let them do their own thing, with no help from an outside source. Organic agriculture is very hands-on, and farmers actively look after the livestock and crops. Farmers who raise organic crops don't use synthetic pesticides, genetic engineering, or chemically-based fertilizers.

### HOW DO FARMERS HELP?

Organic farmers let the soil rest between seasons. They rotate crops from field to field depending on how the crop reacts to the soil. By doing this, the earth retains healthy levels of nutrients.

When ranching organically, farmers allow their livestock to walk in an open field rather than keeping them enclosed in small spaces or indoors where it's more likely they'll get sick. As a result, antibiotics aren't needed. Ranchers also don't feed their animals growth hormones to speed growth.

### IS ORGANIC FARMING HEALTHIER?

Many people believe that organic food is much healthier than conventionally grown foods since pesticides aren't used. While that might seem valid, it's not necessarily true. Organic crop growers do use pesticides on their plants, and while the chemicals are not synthetic, they still need to use them to kill the bugs that eat the crops.

Don't let that deter you, though, if you want to indulge in organically grown crops. Organic food provides you with more antioxidants and nutrients than non-organic food. Simply wash any fruit or vegetable produce you purchase to get rid of the outer layer of pesticides, dirt, or bacteria that may still be on it. The delicious inside should be more nutrient dense.

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## KEEPING UP WITH YOUR NEW YEAR'S RESOLUTIONS



WHAT YOU NEED TO DO TO STAY ON TRACK AND PUSH FORWARD

March is the month of spring time and rejuvenation. It's also the time when most people have forgotten about the resolutions and goals they set earlier in the year. Have you neglected or given up your goals? If you have, you are far from alone. Most people let their goals fall to the wayside at least by March, if not long before. It comes down to four simple reasons.

1. They set goals that were out of reach or unrealistic.
2. They had zero accountability.
3. They set abstract goals.
4. They didn't track progress.

Setting goals is the easy part. A lot of people say they want to lose weight, eat better, learn a new skill, or try a new hobby, but they don't define their goals any further. Vague goals aren't really goals at all.

The best way to stay on track is to be as specific as possible. Understand what you need to do to accomplish your goals. Make sure you have access to the appropriate resources that will help you make progress. Resources come in all forms. Look to the people around you for accountability — your family, friends, neighbors, or colleagues. If you don't want to involve anyone else, keep a notebook or diary to track progress. Or if you are learning a new skill, such as a foreign language for a trip next year, the resource you need may be an app on your phone.

When you bring specific goals together with the necessary resources, achieving your dreams becomes more possible than ever before. You just have to take steps to avoid falling into the mistakes listed above. Set attainable concrete goals, track your progress, and check in with someone to keep you accountable. Since it's been a few months, take a moment to review how far you've come since January. What do you need to do to make 2018 your best year yet?

## MARCH IS FULL OF FUN IN THE WINDY CITY



On March 17, the Chicago River will continue its tradition of turning green for St. Patrick's Day. The tradition dates back to the '60s, when the mayor used a green dye to put an end to water pollution.

Today, we continue it just for fun (and don't worry — the dye used is vegetable-based and doesn't hurt the fish), and we've heard the best spot to view the water is from the east side of Michigan Avenue. Dyeing will start at 9 a.m. on St. Patrick's Day, which kicks off a day full of festivities.

In addition to our very own Emerald Isle, there are a few more fun events to check out this March in the Windy City.

### HOLI FESTIVAL OF COLORS

March 4, 1-4 p.m. at the Navy Pier

Gather in the Aon Grand Ballroom at the Navy Pier for Holi, the Hindu spring festival of colors. Traditionally celebrated in Nepal and India, the beauty and liveliness of the festival travels to the

Navy Pier. Live performances from a variety of local dance companies, including Mandala Arts, Bollywood Groove, and Zeshan B will entertain you. Wear a white shirt to join in the traditional throwing of colors. Free color powder is provided.

### ST. PATRICK'S FESTIVAL

March 17, 1 p.m. to March 18, 2 p.m.

After getting a view of the river (it's tradition, right?) and watching the parade go by, head to the Irish American Heritage Center for more Irish music, food, and dance. Put on by the Heritage Center, this is a fun event for the whole family. While you enjoy the song and dance, the kids will enjoy taking part in crafts and other activities. Cost is \$12, children 12 and under get in for free.

### CHICAGO BLUEGRASS AND BLUES SERIES

March 21-25, various venues

Music lovers, it's time to head out on the town for this festival. Taking place over five days and four different venues, the Chicago Bluegrass and Blues Series brings a bevy of talent to our town. The series kicks off with featured musicians on Wednesday night. You can purchase individual tickets for specific acts or buy a full pass so you don't miss out on any music.

## Spiced Kabocha Squash Soup

Recipe inspired by [vegetariantimes.com](http://vegetariantimes.com)

### INGREDIENTS

- 1/2 medium kabocha or 1 butternut squash (about 2 pounds), halved
- 5 garlic cloves
- 1 small onion, chopped (about 1 cup)
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cinnamon
- 1 (15-ounce) can low-sodium vegetable broth
- 3 tablespoons finely chopped chives
- 1 teaspoon sherry vinegar

### DIRECTIONS

1. Heat oven to 350 F.
2. Line a baking sheet with foil and coat with cooking spray. Place squash cut-side down on prepared baking sheet and tuck garlic cloves in the hollow under the squash.
3. Bake 50 minutes, or until tender. Cool 10 minutes. Scoop flesh from shell and place in a large bowl. Peel garlic cloves.
4. Heat large pot over medium heat and coat with cooking spray. Add onion and cook 7 minutes, or until translucent.
5. Add ginger, allspice, and cinnamon; cook 1 minute more.
6. Stir in squash, garlic, broth, and 3 1/2 cups water. Bring to a simmer, then reduce heat to medium-low. Partially cover pot and simmer for 25 minutes.
7. Puree in blender or food processor until smooth. Stir in chives and vinegar just before serving. Serve hot or cold.

