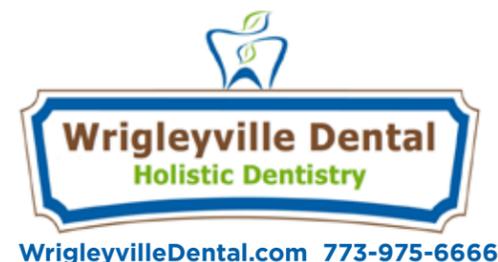




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THE PULLMAN STRIKE AND THE ORIGIN OF LABOR DAY HOW A RAILROAD PROTEST LAID THE FOUNDATION FOR A NATIONAL HOLIDAY

Today, Labor Day mostly means a day off and the closure of public pools. But when it was first created, it was a president's desperate attempt to curb the tension after one of the most violent strike breakups in American history.

In the late 19th century, the workers of the Pullman Company, which manufactured luxury train cars, all lived in a company-owned town. George Pullman, the owner, lived in a mansion overlooking houses, apartments, and crammed-together barracks, all of which were rented by the thousands of workers needed for the operation. For some time, the town operated without a hitch, providing decent wages for the workers while netting the higher-ups millions of dollars.

But after the economic depression of the 1890s brought the country to its knees, everything changed. George Pullman slashed his workers' wages by nearly 30 percent, but he neglected to adjust the rent on the company-owned buildings in turn. As a result, life became untenable in the town, with workers struggling to maintain the barest standards of living for themselves and their families.



In response, the workers began a strike on May 11, 1894. As the event ramped up, it gained the support of the powerful American Railway Union (ARU). But Pullman, stubborn as he was, barely acknowledged the strike was happening, and he refused to meet with the organizers.

The tension increased when Eugene Debs, the president of the American Railway Union, organized a boycott of all trains that included Pullman cars. The strike continued to escalate until workers and Pullman community members managed to stop the trains from running.

Eventually, President Grover Cleveland sent in soldiers to break up the strike. Violence ensued, with soldiers making a great effort to quell the strike at its core. By the time the violence ended, 30 people had lost their lives and an estimated \$80 million in damages had been caused throughout the town.

A few months later, President Grover Cleveland declared Labor Day a federal holiday. Many experts believe that this act was an effort to build rapport among his pro-labor constituents after handling the incident so poorly.

This month, as you fire up the barbecue and enjoy your day off, take a moment to remember the workers who fought for labor rights in our country.

Celebrating Our Uniqueness GETTING TO THE ROOT OF THE DEBATE

In Shakespeare's Hamlet, "To be, or not to be?" was a profound question requiring much deliberation and thought. Nowadays, it's "To root canal, or not to root canal?" At least, that's the one I hear more often in my world — but I guess 17th Century England (and their healthcare) was probably a little different.

It's a topic that patients ask us about frequently— is a root canal the right treatment?

The debate surrounding this procedure lies in the differences in how traditional and holistic dentistry approach infection. A root canal is the standard treatment when the root of a nerve dies, there's infection in the nerve, or the nerve experiences some type of trauma: You remove the nerve. This procedure is a lot easier than we often hear. Thanks to anesthesia, there's little to no pain while a patient is undergoing it.

In traditional dentistry, a general dentist or endodontist removes the nerve of the tooth that's causing pain. Endodontics is a whole field designated to root canals. In the lens of traditional dentistry, a root canal is a great treatment option because you get to save a tooth. Prior to root canals, all you could do if someone had an infection or nerve that had died was to remove the whole tooth. Now, only the nerve is removed, so patients can keep the tooth and don't have to think about replacement options. Sounds great, right?

When we're looking through the holistic lens, we ask ourselves what the long-term effects on the body are. It's great to be able to save a tooth, but at what cost to the system as a whole? That's where the root canal debate lies. Many holistic dentists and other healthcare practitioners correlate a root canal with various systemic issues. There might be connections to heart disease, cancer, and other disease, and they advise that if you have an autoimmune issue, you should not have a root canal, as it could further depress the immune system.

Dr. Mercola, the respected functional medicine doctor, often writes about dental topics, and one of the topics he's written about is the fact that nowhere in medicine do you keep dead tissue. If a patient has frostbite on their pinky, for example, you're not going to keep the affected area. The tissue has necrosed, and the prescribed treatment is to cut off the dead tissue. Even though you are losing a finger, it's saving the whole body from being affected by this one area.

He applies the same concept to dentistry and root canals. If one nerve dies, you don't keep the dead tissue, and you don't keep the



bad tooth. Every tooth is essentially an organ and has its own blood supply. If your organ dies, you have to remove it, as it will affect the rest of the body. There's a lot of debate surrounding this concept.

At our practice, we're always asking more questions to get to the root of the issue — what is the cause of infection? What kind of bacteria are inside that tooth? We're able to test what type of bacteria are inside a root canaled tooth, and that test can help us determine if the bacteria is healthy or unhealthy. This test helps us see what kind and how much bacteria buildup is in the tooth. We use this information to decide whether or not to save the tooth.

When it comes to root canals, my philosophy is that not all root canals are created equally. It depends on the patient, on their immune system, on their health, on their preferences, and the practitioner performing the root canal. Is it a tooth a patient really wants to keep? If we decide not to remove it, it may serve them well. If a root canal is performed by a dentist who specializes in root canal therapy, they have special tools like microscopes, lasers, and other technology that can irrigate the canal properly and clean it out. They can also use ozone gas to penetrate the area much deeper to rid more bacteria. Not everyone wants to lose a tooth, especially a front tooth, so we need to give our patients options. We look at what's best for that individual in multiple dimensions.

Our philosophy at Wrigleyville Dental goes back to each person's uniqueness. Everyone comes from a different background and has a different medical history and family history. We're constantly asking: What do our patients want? What are their genetics or predispositions? What is their diet and hygiene like? What kind of

CONTINUED ON PAGE 2 ...

an environment do they live in? Everything is customized based on a person's uniqueness. Different products are more effective for some people, and some people have allergies and sensitivities to take into consideration.

It makes me think of the way our kids develop. Books and podcasts tell us the specific age at which a child will walk or talk, but in real life, they move at their own speed. My daughter is going to be 2 next month, and she has a vocabulary of less than 10 words. I speak Russian at home to Sonya, and my husband speaks Hebrew to her, so she has three languages to take in, and she'll have some lag time for processing all these new words, whereas some kids are talking full sentences by 2.

It's so interesting to see the differences play out. Food preferences are another funny thing that is very unique to every individual—Sonya loves eating everything from nori seaweed to radishes to garlic-marinated olives. And she keeps experimenting with various foods. The other day, I set aside some purple onions on my plate, and she picked them up to eat them. I went to intervene. "I don't think you're going to like this," I told her. She put them in her mouth anyway, made a face, and reached for more.



Isn't it beautiful how different we are? I doubt I liked purple onions as a baby — I didn't even like olives until my late 20s! Our differences make for such an interesting world, and it means we get to customize our work to each patient. What's best for one person isn't best for another. Whatever the question, we'll help you find what's right for you.

—Dr. Teplitzky

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FIND THE RIGHT FOOD BALANCE



FOODS THAT CAUSE AND REDUCE INFLAMMATION

The food you eat plays a major role in how your body functions on the cellular level. Some foods can wreak havoc on your body, while others can make you feel great. This is especially true when it comes to that all-too-common ailment, inflammation. Inflammation is an underlying cause of almost all diseases.

Here are a few examples of foods that lead to inflammation:

Sugar: One of the biggest culprits behind inflammation, sugar is far worse than eating fatty foods. It's also known to cause kidney damage. It's best to skip foods that have *added* sugar (and this includes sugar of any kind, including corn syrup, fructose, and sucrose). Many manufacturers now label food with more specific kinds of sugar to hide the fact that they added sugar to their product. Be sure to read labels carefully! And remember, fruit has sugar, so eat it sparingly.

Refined carbs: Basically anything made from white flour falls into this category, including bread, pasta, baked goods, and cereals. Research suggests that refined carbs are a bigger contributing factor than fat in obesity, diabetes, and heart disease.

Alcohol: Too much alcohol puts a burden on your liver, an organ that helps flush toxins out of the body. When you consume alcohol, it's harder for the liver to pump out the toxins in your body. When it can't do its job properly, the result is inflammation.

Now, for the good stuff. Eat these foods to reduce inflammation:

Blueberries: Many studies call blueberries one of the best fruits you can eat to ease symptoms of inflammation. These blue orbs of goodness are packed with antioxidants, vitamin C, polyphenols, and so much more. Eat a handful every day! Eating organic is even better.

Salmon: As a source of healthy fats and omega-3 fatty acids, salmon is one of the best protein choices for people with inflammatory conditions, or for those who want to keep inflammation at bay. Eating wild caught is best.

Broccoli: One of the most nutritious and easily accessible vegetables around, the little green buds that cover the tops of broccoli are loaded with anti-inflammatory compounds.

These are some of many foods that can decrease inflammation. The body loves balance. So if you make strides to eat foods that will decrease inflammation, you will be less likely to become ill.

DR. LEVY TALKS ABOUT TREATING TMJ AND OSA

Everything Is Related



Dr. Shira Levy has been a general dentist treating all aspects of dentistry since graduating from Tufts School of Dental Medicine in 2009. She joined our team at Wrigleyville Dental to focus on her main area of interest and specialization, which is sleep dentistry and temporomandibular joint disorder (TMJD). Dr. Levy began taking continuing education classes regarding obstructive sleep apnea (OSA) and TMJD soon after graduation and became a passionate advocate for treating patients suffering from these diseases. OSA affects people of all ages and to different degrees; helping the condition improves patients' quality of life and directly impacts their overall health. If you think about it, when a person is able to breathe better, they get more oxygen into their brain and body, and a cascade of symptoms and problems start

to go away. After all, oxygen is an essential part of life! This fits in perfectly with the philosophy at Wrigleyville Dental - healing the overall body through the mouth.

While treating OSA, Dr. Levy makes sure to address any concerns regarding the temporomandibular joint, as well as addressing common symptoms associated with OSA, such as headaches, neck and shoulder pain, and discomfort in muscles of mastication (chewing). This is done through a variety of treatment modalities and is tailored to each individual's needs. In addition, she is able to treat patients who have pain in their TMJ, whether it's acute or chronic.

Dr. Levy's 3 1/2-year-old son suffers from OSA, and she is very grateful that he can be treated at such a young age with dental intervention. Understanding how and when to treat pediatric patients is vital and an increasingly growing focus for her as she continues to learn the latest and most advanced treatment options.

Please welcome her when you see her around our office. If you or anyone you know can benefit from her services, please contact our office for more information.

Vegetarian Gumbo

<https://www.vegetariantimes.com/recipes/vegetarian-gumbo>

INGREDIENTS

- 1/2 cup vegetable oil
- 1/3 cup almond flour
- 1 small onion, chopped (1 cup)
- 1 small green bell pepper, chopped (1 cup)
- 3 stalks celery, chopped (1 cup)
- 1 28-oz. can diced tomatoes
- 2 cups fresh or frozen green beans
- 3 carrots, sliced (2 cups)
- 1 parsnip, diced (1 cup)
- 1 cup fresh or frozen sliced okra, optional
- 1 Tbs. ground cumin
- 1 Tbs. paprika
- 1 Tbs. dried oregano
- 1/4 tsp. cayenne pepper

DIRECTIONS

1. Stir together oil and almond flour in Dutch oven or heavy-bottomed pot until smooth. Cook over high heat 10 minutes, or until roux turns a dark caramel color, stirring constantly.
2. Add onion, bell pepper, and celery, and cook 5 minutes, or until vegetables are softened. Stir in all remaining ingredients and 4 cups water. Season with salt and pepper. Reduce heat to medium-low, cover, and cook 40 minutes, or until carrots are tender. Serve over rice.

