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# BALANCE BORN OUT OF HARDSHIP

## THE ORIGIN OF THE PILATES SYSTEM

When most people think of Pilates, they think of the exercise trend that was the butt of a hundred '90s sitcom jokes. In reality, this system of stretches and workouts is a great option for people of all ages looking to stay active, tone their muscles, and improve their balance, all with minimal space and equipment requirements. One need only look at the history of Pilates to understand how this century-old discipline has helped shape exercise science today.

### UNLIKELY BEGINNINGS

The man for whom the Pilates system is named, Joseph Pilates, was no stranger to health challenges. Born in Germany in the late 19th century, Joseph suffered from both asthma and rickets, making any form of physical activity difficult. But rather than shy away from exercise, he enthusiastically followed his father into gymnastics, later picking up bodybuilding and martial arts. Instead of being held back by his body, Joseph made it his life's mission to help himself and others live healthy lives. Eventually, he would begin developing his own fitness theories.

### LIGHT IN A DARK TIME

Joseph became a known quantity in the fitness world, going as far as training Scotland Yard officers in self-defense after moving to England in 1912. Then the First World War broke out. Despite having worked closely with English law enforcement, Joseph's nationality was enough to land him in an internment camp alongside fellow German citizens. As the world was consumed by the bloodiest conflict it had ever seen, the young fitness instructor did what he did best: He helped those around him get stronger and healthier.

### KNOWLEDGE THROUGH ADVERSITY

In this internment camp, the system that would eventually become Pilates was developed. Because of the constraints of captivity, Joseph had to devise exercises that didn't rely heavily on equipment and could be performed in tight, confined spaces. To this day, Pilates remains one of the most flexible, scalable fitness methods around.

The techniques first developed by Joseph Pilates are still practiced today, helping thousands of people develop their core postural muscles, gain better fitness, and improve their balance. As a result of his forward-looking techniques and steadfast spirit of personal development, Joseph Pilates remains an inspiring figure in the world of physical fitness.

# The Balancing Act

## FINDING SOLID FOOTING IN THE NEW YEAR

Do you ever find it challenging to balance the many parts of your life? Like most of us, I wear a lot of hats — I'm a mother, a wife, a daughter, sister, a business owner, a practitioner, and friend. I also recognize the need to take care of myself and balance my needs with everyone else's, and it's a challenge sometimes! Last year I was traveling for an intensive course, serving as the president of the Holistic Dental Society, and struggling to make time for everything important in my life.

Each year, before I had Sonya, I'd pick a growth aspect to focus on for that year. Now that things have changed, it's a challenge to make room for growth in both the professional and personal arenas of life. I feel like I have to pick my way through the tangle, deciding not about what's most important for the year, but for the quarter. I'm tackling it one small step at a time. My theme for this year, fittingly, is balance.

I want to be more organized and plan well. Also, I feel I have room for improvement on the personal side of my life. There was a time when I was a very Type A person — in fact, one of my New Year's resolutions several years ago was try to be more Type B. Now I think my pendulum has swung too far! It's been a big challenge to balance the wearing of my many hats with the passion I have about so many other parts of my life. 2018 felt like a juggling act, frankly, and I want more balance in 2019.

After a really busy year of traveling a lot, not just for work but for continuing education, I'm determined that 2019 is going to be more about family. I'm focused on strengthening familial bonds, both at home and with my extended family. My sister lives in San Francisco, and my brother lives in Florida, so it is going to take intentional planning and an emphasis on balance to be able to have a close relationship with them.

We're finding balance at the office, too. We just hired an amazing dentist who brings precisely that to our practice with her chosen specialty. Dr. Kubra Atici is a gum specialist who initially trained as a dentist in Turkey, where she found her passion for periodontics. After 14 years of practicing in Turkey, Dr. Kubra came to the U.S. and completed dental school again (can you imagine?) at UIC. She now practices general dentistry, but she also does periodontal procedures and is well-versed in endodontics.

With Dr. Kubra's skill set in periodontics, instead of referring our patients for these treatments, we now have the capacity to treat them at Wrigleyville Dental using our conscientious, holistic

technique. We are very excited to fold into our practice Dr. Kubra's in-depth knowledge and meticulous methods.

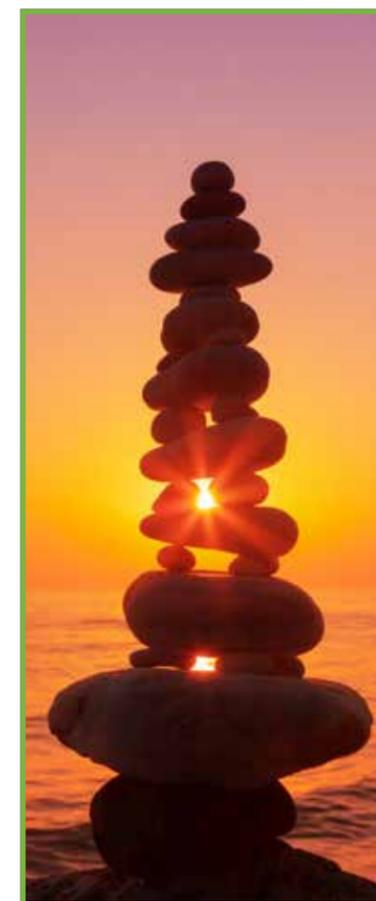
In addition to our wonderful new dentist, we're adding two new patient chairs to our office — they're going to feel great! We're also adding motion-detecting lights, which I think you'll enjoy for the ease they will bring to your treatments.

Needless to say, there's a lot going on this year, both at home and at work! How can I make sure everything gets done without anything falling through the cracks? I know that the solution has to be a balancing act. It's kind of like baking — you have to have the right measurements of each ingredient in order for a cake to turn out. Each area of my life needs attention for all of them to thrive.

And even when I'm the most organized I can be, there are still going to be a lot of moving pieces. Life is a game in which we move forward and make progress without neglecting what's most important. It does require letting go of some things: mostly the idea that we're ever going to be perfect.

May you find your own sense of balance this year. I'd love to hear your ideas, and see how you do it!

-Dr. Teplitzky



## 3 EASY WAYS TO RECOVER QUICKLY FROM A COLD

During the winter months, colds and the flu can spread like wildfire. Getting sick at least once during the season can be hard to avoid, and once you are sick, you want nothing more than for it to be over and done. While there is no way to completely avoid getting sick, there are ways to speed up your recovery. Next time you're suffering from a cold, try these remedies to get back on your feet a little bit faster.

**ELDERBERRY SYRUP** Also referred to as elderberry extract, this syrup is made from a plant called European elder. It can be purchased at many health food stores or made at home (but use caution when doing this, since raw and undercooked elderberries are toxic). Many people swear by the berries' ability to ease congestion and relieve a number of other cold symptoms. Plus, elderberry syrup is known for having anti-inflammatory and antiviral properties, making it an ideal tool for fighting the common cold. Some research even suggests that it can shorten flu symptoms by up to three days.

**EUCALYPTUS** If you're suffering from congestion or can't stop coughing, eucalyptus may offer the relief you're looking for. Available in



several different forms, including syrup, oil, and dried leaves, eucalyptus can be used as an expectorant or as a way to relieve a sore throat. When you're at home and sick, try adding a few drops of eucalyptus oil to the water in a humidifier. The results are remarkably soothing!

**ZINC** While many people turn to vitamin C to hurry through a cold, that's not the supplement you should be focusing on. In fact, an overwhelming number of studies show that vitamin C does absolutely nothing to help shorten a cold. Instead, take zinc. You can find it as a nasal spray or lozenge, or even as part of a vitamin C supplement. One study published in the Annals of Internal Medicine found that those who took zinc reduced their recovery time from a cold by half. Cold symptoms among those taking a zinc supplement lasted about four days, while symptoms among those taking a placebo lasted about eight days.

## SUDOKU

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## MAKE YOUR OWN NOURISHING, NON-TOXIC LIP BALM

### WITH COCONUT, LAVENDER, AND ALMOND OIL

Winter air can be harsh on your skin, and your lips are no exception. Exposure to the cold can make them dry and chapped. Remedy the situation with a healing lip balm with natural ingredients that nourish the irritated skin and protect it. While there are many natural products out there, lip balm is a relatively easy salve to make at home with just a few ingredients, some of which you probably already have on hand.

Coconut oil makes a great base for many skin care products, including lip balm, as it contains vitamin E, and the emollient properties help repair dry skin. Lavender essential oils add a calming aroma to just about anything, including lip balm. Sweet almond oil is another great addition to add to your lip balm. It contains vitamin E and A and helps skin retain moisture, plus it adds a slight nutty flavor.

With just a couple additional ingredients, you're on your way to some wonderful homemade lip balm. If you're ready to make it yourself, give this recipe a try.

#### COCONUT AND LAVENDER LIP BALM

Makes about 12 lip balm tins.  
Adapted from Coconut Mama ([thecoconutmama.com](http://thecoconutmama.com))

#### Ingredients:

- 3 tablespoons coconut oil
- 1/2 teaspoon honey
- 1 tablespoon sweet almond oil
- 2 tablespoons beeswax pastilles
- Lavender essential oil
- Empty lip balm tins

#### Directions:

1. In a double boiler, melt coconut oil. Add beeswax and stir.
2. Once combined, remove from heat and stir in honey, almond oil, and lavender oil.
3. Pour mixture into lip balm tins. Allow balm to cool and set with the lids off.

This is a fun, kid-friendly activity (with adult supervision, of course). The kids will enjoy the process and the results!

## SCREEN TIME FOR KIDS?

### Identifying and Managing the Potential Harms



A lot of my clients are curious about screen time for their kids. I don't have a prescriptive answer, but in doing my own research on the topic, I've come across several factors that are worth considering when we think about what's coming from the screen.

When it comes to your kids and screen time, one of the potential harms is the amount of blue light being emitted from most electronic screens — iPads, phones, and computers all emit blue light. This isn't inherently harmful, but the amount may be. Blue light is a natural form of light that's emitted by the sun; it's one of the natural cues that tells your body when it's time to wake up and when it's time to go to

bed. So you can imagine how confused your body must be when you constantly expose yourself to blue light. It can mess with your natural hormones and mute the effects of melatonin.

Not only does this affect adults and make it more difficult to fall asleep, but it also can have the same effect on kids. For people of all ages who don't sleep well, it might be especially imperative to manage screen time. Many specialists recommend shutting down screens at least an hour before bedtime so the blue light doesn't mess with your body's natural rhythms.

Most phones and devices now have dimming features that allow you to lower the brightness of the screen, decreasing the amount of blue light you're exposed to. Others have the capability of inverting the background so that most of the screen is black and only text is white. Screen protectors can also be helpful to diminish the amount of light coming from computers, and some people wear blue light glasses when they're looking at electronic screens.

Because it's probably not realistic to relocate your family to a dark cave free of screens or to live in a bubble, it's important that we learn to protect ourselves and our kids from the potential harms of technology.

### Vegan Roasted Red Cabbage

Inspired by "Recipes From a Pantry" by Bintu

While this recipe calls for the Middle Eastern spice blend called Baharat, you can easily substitute your favorite spices. As a bonus, this recipe isn't just vegan; it's also gluten-free.

#### INGREDIENTS

- 1 medium red cabbage, loose outer leaves removed
- 1 1/2 tablespoons extra-virgin olive oil
- 1 teaspoon Baharat or other spice blend
- 2 tablespoons lemon juice
- Roasted almonds, to garnish
- 2 scallions, chopped, to garnish
- Salt, to taste

#### DIRECTIONS

1. Heat oven to 400 F.
2. Cut cabbage into 8 wedges, leaving core intact.
3. On a lightly oiled baking sheet, evenly space wedges. Season with salt and spice blend.
4. Roast cabbage until softened and slightly browned, about 20 minutes.
5. Garnish with almonds and scallions, drizzle with lemon juice and olive oil, and serve.

