

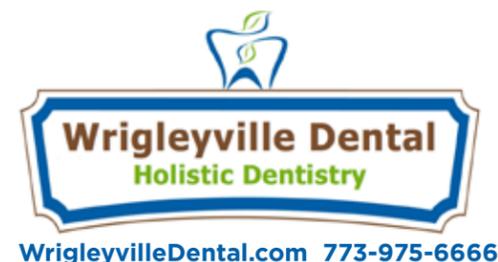


3256 N. Ashland Ave., Chicago, IL 60657

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Celebrating Motherhood AND THE FASCINATING JOURNEY OF GIVING OUR KIDS SPACE TO LEARN

I've been a mother for two-and-a-half years, which is wild to comprehend. This journey has been a joyful one of continuous learning — and it's more fascinating than I could have imagined.

At 2 years old, Sonya makes more and more attempts every day to express herself through language. It's so interesting! We're teaching her two languages, and it's really intriguing to see which language she chooses to use when. She usually opts for the easiest word from whichever language to use first. With 1-2 syllables from every word, she keeps us guessing what she's trying to say. She also mimics us a lot right now, following what we're saying to pick it up for herself. Sometimes she just flat-out refuses to say a word. We get to watch her grasp and turn words around to make sense of them as a form of communication. In some ways, Sonya has a shy personality — often, she observes and listens. But that may be because she's going through one of the biggest parts of development right now.

As they say, the "terrible twos" can be trying. Sonya is pushing her limits to see what she can get away with. She's tested this out during her favorite activity — playing with water. Sonya does this in the kitchen sink, standing on a stool so she can reach the water. As she stood there one day, she began jumping up and down on the stool. I told her, "You can stand there, but not if you jump." She looked at me, thought about what I said, and then what did she do? She jumped once more. As promised, I brought her down and took the stool away. From her expression, I knew she understood my instructions; she just chose not to obey them. Of course, there was some screaming and crying involved. But guess what, she's never jumped on that stool again.

From a parent's perspective, the discipline of enforcing what you say is a new frontier. I'm learning to follow through because she's constantly testing us. You can see her processing: "What if I do it? What if I try?" As her mother, it's a balancing act. I want to let her explore the world and test her boundaries, and I want to give her the freedom to learn. As long as it's not a dangerous situation, I know it is part of her development to interact with her surroundings. And when I tell her no and she chooses to disobey, I must reinforce the consequences.

A couple months ago, Sonya decided she's not wearing diapers at nap time. I said, "Okay, it's time to put your diaper on," and her response was simply, "No." I let her know that was okay, but if she wasn't going to wear a diaper, she wouldn't be able to go to the bathroom during her nap. She would have to hold it the whole time. And you know what? She did. After that day, she would get

to choose if she wanted to wear a diaper for nap or not, giving her independence and building confidence. And I would respect whichever decision she chose. This happened for a while, and then one night as I was getting her ready for bed and having her put on her diaper, she told me no once again. I explained to her again that she would have to hold it while she slept ALL NIGHT, and she did!

Through each experience, I'm learning to trust Sonya. It's pretty amazing — even though toddlers are so little, they know what to do in some sense. They know what they want, and part of our role as parents is letting them figure that out. Even if Sonya hadn't been successful in her no-diaper campaigns, it was important I gave her that opportunity. She said she was ready and asked for my trust.

Parenting is constant experimentation of seeing what works and what doesn't. It's a balance of not being too controlling, trusting that our kids should have a say in things, while creating safe boundaries within which they can learn and develop. It's a journey I'm really excited to be on.

At the office this spring, we're excited to introduce you to our newest dentist, Dr. Courtney Donkoh. Like all of us at Wrigleyville Dental, Dr. Donkoh lives a very holistic lifestyle, and she has the same health-and-wellness philosophy that we do. She is a really great fit for us. Dr. Donkoh also has a little one, so it's been fun sharing stories of our parenting journeys. As a dentist, she's very focused on pediatric dentistry and working with children to help them breath and feel better. She works with both children and adults to focus on airway and breathing. We can't wait for you to meet her!

We're also really excited for you to try out our two new dental chairs! It's a pretty big deal for us. The previous chairs were pretty ancient compared to these, and they didn't have any of the technological advances that have emerged. Our new chairs are the latest on the market, and they make our jobs easier, more fun, and more efficient. They're connected to our hand pieces, so the drilling sound is so quieter, making them healthier for everyone's ears — yours and ours. If you can't tell, we're pretty enthusiastic about them!

So come on by and say hi this month. We'd love to see you. And if you have parenting stories of your own to swap, I'd love to hear them! Happy Mothers Day to all the wonderful moms out there!

-Dr. Teplitzky

HOW TO MAKE HOMEGROWN LEMONGRASS TEA

Bringing something you grew, in the garden, into your home and cooking with it is such a gratifying experience. In the spring, the world comes alive as plants begin to peek out of the ground and grow. During this period of rebirth, you can grow many ingredients that can later be used for a savory dish or a warm or iced cup of tea, using plants like lemongrass.

Lemongrass has long been a staple ingredient in South Asian cooking and is used to flavor curries, rice, desserts and teas. In some regions of the world it's called fevergrass because of its anti-inflammatory properties and proven ability to reduce fevers. It can also aid with digestion, making it a healthy and flavorful choice with many uses, including essential oil.

The plant is native to tropical regions like Africa, South Asia and Australia. In colder regions, it can be grown indoors until the risk of frost has passed and it does well in sunny spots with well-drained soil (you can also find it at stores, including Asian markets). Once you've grown, or bought, your lemongrass use the fruits of your labors to create a flavorful and healing cup of tea.

HOMEGROWN LEMONGRASS TEA

Adapted from The Wanderlust Kitchen

Ingredients:

- 4 cups water
- 2 cups lemongrass, chopped
- 1 pinch cinnamon (optional)
- 1 teaspoon honey (optional)
- Lime juice

Directions:

1. Bring water to a boil in a pot, and add lemongrass. Let boil for five minutes. Remove from stove and strain mixture into a mug. Add a pinch of cinnamon, honey if desired, and a squeeze of lime juice. Sit back and enjoy!



GROWING FRESH AIR

A Look at the Healthiest Building in New Delhi

Imagine being told you must leave the city you work and live in because it's killing you. Hard to fathom, isn't it? This actually happened to Kamal Meattle, a researcher, activist and New Delhi native. He was told by doctors that the city's air quality was a threat to his health as his lung capacity had gone down 70%. Unwilling to accept moving as the only option, Meattle chose to stay and find an innovative solution to his health problems and to the city's air quality crisis.

New Delhi, the capitol of India, is no stranger to poor air quality. Sometimes pollution gets so bad it warrants a city-wide warning for kids to stay inside. Meattle, who studied engineering at MIT, researched articles by NASA and other well known organizations to address the issue.

Meattle's research led to him finding out that there are three common house plants that excel at removing dangerous chemical compounds, like formaldehyde and carbon monoxide, from the air: the areca palm, the snake plant (or mother in law's tongue), and the money plant. By using these plants, Meattle created an indoor plant-based air filtering

system that allowed his building, the Paharpur Business Center (PBC), to cultivate all the fresh air it needs. It works by first taking the air that enters the building and cleaning it via a scrubber and then it's filtered through the building's extensive greenhouse to remove chemicals and bacteria. The greenhouse and entire building is filled with areca, snake and money plants.

Today, the PBC is the healthiest building in New Delhi! 20 years after Meattle rolled out his plant-based filter system, the results speak for themselves. Employee productivity has gone up 20% and respiratory problems have gone down by 34%. Reports of headaches have decreased by 24% and lung impairment cases have dropped 12%. Just stepping into the Paharpur building boosts your health by increasing Blood oxygen levels up by 1% after 10 hours. Meattle has remained in New Delhi and is set on helping other Indian businesses replicate his plant-based system so they can grow their own fresh air stating: "Either you are overwhelmed by the fact that there are so many problems and so many people or you find solutions to help in any way you can."

WHAT'S FRESH?

MAY SEASONAL PRODUCE GUIDE

PRODUCE	SEASONALITY
Arugula	May - September
Asparagus	April - June
Beets	May - October
Carrots	May - November
Chives	April - July
Lettuce	May - August
Rhubarb	April - June
Strawberries	Late May - June



WI-FI AND OUR CHILDREN'S HEALTH



IDENTIFYING AND MANAGING POTENTIAL RISKS

Everywhere we look, in our homes, in our offices, in our pockets, we are connected to Wi-Fi. Our phones, TVs, computers, and iPads all have it, and even traveling in another country, you don't have to go far to find it.

From a health perspective, there are concerns about this constant exposure. Because Wi-Fi is relatively new, it's still too early to have definitive data on its long-term effects. However, some scientists are looking into this technological phenomenon, especially as it relates to children. Some studies suggest that the radiation we're exposed to from Wi-Fi can be disruptive to the nervous system especially for children, being that they are more sensitive than adults. While much is still unknown, there are definite benefits to reducing your child's exposure to Wi-Fi. Here a few ways to make that happen.

1. SET THE EXAMPLE.

Your kids learn from you and if you don't want them to be on the computer or iPad all day, you need to take the lead. Finding fun activities you can do together that don't require an internet connection is also a great way to set an example. Another option, when it's nice out, is to play a game of tag, collect leaves (to later use for drawings) or plant a garden outdoors. Having our electronic devices, in our hands to entertain us, keeps us from remembering that there's an entire world of possibilities to explore.

2. MANAGE THE RISK.

The home button of most devices emits the most radiation, usually because that's where the battery is located. It's unrealistic that you'll keep your child away from the device forever, but having a thick case around the device can help reduce the amount of radiation your child is exposed to.

3. SET BOUNDARIES.

When your kids get into the habit of watching TV or playing games on an iPhone or iPad it's hard to get them off of it... it's compelling. The Pediatric Association suggests that children shouldn't watch television until age two, so setting age and time-related limits on how often they can use these devices is helpful. (For additional Pediatric Association guidelines check out their website.)

Do what you can to reduce your child's interaction with Wi-Fi, and consequently reduce their exposure to radiation. Every little bit helps. The less they hold on to a device and keep distance from it, the better.

THE WORLD'S BEST EXERCISE



different kinds of diseases at bay, such as diabetes and heart disease. In addition to these physical benefits, walking daily can improve your mood and overall mental health.

As simple and straightforward as walking is, it can be difficult for many people to find the time. Most experts agree that you need 30-60 minutes of physical activity per day, but the good news is that you can split those minutes up throughout your day. For example, you can take a brisk 20-minute walk in the morning before work, followed by another one at lunch and one more after dinner. Those 60 minutes also don't have to be strenuous; they just need to happen.

However, the more time you invest in walking, the more you will get out of it. If you slowly increase your distance and speed, you'll end up burning more calories and strengthening your legs over time.

The great thing about walking is that it's not particularly taxing on the knees, and you can move at your own pace. It doesn't get any better than that! To get the most out of walking, schedule your walks for after mealtimes, especially the ones that come later in the day, like lunch and dinner. It's a great way to aid digestion and burn calories — which can't hurt your waistline!

Not all exercises are created equal. In fact, there is one form of exercise that is better than many others: walking. Harvard Medical School took a look at various exercises and concluded that walking is up there with swimming and tai chi in terms of health benefits.

Regular walking can help maintain good cholesterol and blood pressure levels and keep your bones strong and healthy. One study showed that 40 minutes of walking every day helped people reduce blood pressure from hypertension to prehypertension, and then eventually to normal over several months. Walking can even keep many

Chipotle Black Bean Burgers

Inspired by ArisMenu.com

These vegan, gluten-free chipotle black bean burgers are so full of flavor they will knock the socks off any meat burger!

INGREDIENTS

- 2 cans black beans, drained and rinsed
- 1/2 medium onion, roughly chopped
- 3 cloves garlic
- 2 tablespoons chipotle peppers in adobo sauce
- 2 teaspoons cumin
- 1 pinch salt
- 1 tablespoon arrowroot
- 1 handful fresh cilantro
- 1 teaspoon Sriracha
- 1/2 cup gluten-free rolled oats
- 1-2 tablespoons unsalted butter, ghee or coconut oil

DIRECTIONS

1. Place half the black beans, onion, and garlic in your food processor. Blend for 20-30 seconds until combined. Add chipotle, cumin, salt, cornstarch, cilantro, and Sriracha. Blend for another 10-20 seconds.
2. Transfer to a large mixing bowl. Stir in oats and remaining black beans.
3. Heat olive oil in a large skillet over medium heat. Form mixture into patties and carefully transfer to skillet. Cook for about 5-7 minutes until bottom is browned and set. Very carefully flip and cook for an additional 4-6 minutes until opposite side is browned and set as well.
4. Serve immediately, or store refrigerated in an airtight container for up to 1 week.

