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# NOURISHING SUMMER SALVE

## DIY SKIN CARE

Often, Mother Nature provides us with the ingredients our body craves, such as the food we eat and the essential oils that calm us. When it comes to healing skin that's dried out from summer heat and sun exposure, a host of plants can aid in recovery and health. Olive oil offers antioxidants and may contain natural SPF properties. Shea butter is a natural emollient and helps shed old skin cells to make way for new growth. Aloe vera has long been used to treat sunburns and has a wonderful cooling effect when applied to the skin. Calendula, often used for burns and irritation, helps rehabilitate skin and makes a wonderful ingredient for infused oils.

You can easily make your own herb-infused oils, as Stephanie of Garden Therapy demonstrates. Start with dried calendula petals packed into a mason jar. Warm some olive oil on the stovetop, and then pour into the mason jar over the calendula. Close the lid and let the jar sit for eight hours in the sunlight. When done, filter oil through a cheesecloth and discard petals.



From this starting point, you have the first ingredient for a nourishing summer salve.

### SUMMER SALVE

*Adapted from Garden Therapy*

#### Ingredients:

- 3 tbsp olive oil infused with calendula
- 1 tbsp coconut oil
- 1 tsp shea butter
- 1 tbsp beeswax
- 10 drops lavender essential oil
- 3 tbsp aloe vera gel

#### Directions:

1. Melt infused olive oil, coconut oil, shea butter, and beeswax together and stir.
2. Add lavender essential oil, then remove from heat and let cool for several minutes.
3. Once cooled slightly, add aloe vera gel, and stir everything together.

Enjoy the soothing effects of your salve! It's great for parched summer skin, but it can be used any time of year for its nourishing properties and relaxing scent.

## Finding Better Options for Sun Protection

### AND SOME EXCITING ANNOUNCEMENTS

With summer in the air, I can't help but think of an interesting podcast I recently listened to about sunscreen. It is part of the "Wise Traditions" health and wellness series from the Weston A. Price Foundation, and the episode featured clinical scientist and hormone therapy specialist Dr. Elizabeth Plourde. Through years of observation, Dr. Plourde began realizing a lot of traditional sunscreens contain chemicals, and they pose serious risks to our coral reefs, our environment as a whole, and our bodies. We've been told to protect ourselves with sunscreen, but Dr. Plourde believes we're doing more harm than good with most of the options out there.

Plourde's point about what we cover up with sunscreen was especially eye-opening. Our body has warning signals that tell us when something is dangerous and when to stop doing it, like pain triggered by touching a hot stovetop. The same is true for our skin and the sun: Redness or prickling of the skin tells us it's time to find some shade. But when we lather on sunscreen, we're applying an artificial method of prolonging our sun exposure and inhibiting our body's natural ability to emit warning signs to seek shade or shelter. Our skin may not look red, but we've "covered up" the more serious damage that's happening.

The best way to combat this is a high-antioxidant diet featuring brightly colored fruits and vegetables, possibly with the addition of supplements like astaxanthin. You can also look for sunscreens that contain fewer chemicals and hormones than the traditional types. We tend to like the Badger brand because their products are relatively nontoxic and have non-nano particles. Irina Webb keeps a blog and does extensive research on various nontoxic products. Check out her website: [IReadLabelsForYou.com](http://IReadLabelsForYou.com). Do some research to determine the best options for you and your family.

Along with sun exposure, ticks are another reason to cover up in the summer. Many people enjoy hiking, camping, and spending time in the woods this time of year, which can result in tick bites, and some ticks carry Lyme disease. Take protective measures when you're outside, even if it's just gardening in your backyard. Wear high socks, long pants, and long sleeves. After spending time in forested areas, check your children, your pets, and yourself for ticks. If you find one,

safely remove it yourself or have a medical professional remove it; then save the tick in a jar. This way, if you begin showing symptoms of Lyme disease (even if it's years later), the tick can be tested to find the best treatment. Otherwise, medical professionals will be guessing with various medications and antibiotics to find a treatment. Sometimes the symptoms don't show up right away, so you may want to store the tick (safely in the jar, of course) for as long as you can.

At home, we combat the sun's harmful effects and protect ourselves from ticks by covering up. Our family tries to wear hats and long sleeves whenever possible when we're outside, and we also listen to our bodies and try not to spend too long in the sun. When we're feeling hot, it's time to find some shade and drink water.

Speaking of home, I have some exciting news to share with you. This fall, Sonya is going to be a big sister! That's right, we're expecting our second baby girl in early September. We are overjoyed to be growing our family. I'll be going on maternity leave toward the end of August, so if you'd like to see me before then, now is a great time to get your appointment scheduled.

Another exciting announcement I get to share with you is the newest addition to Wrigleyville Dental, the incredible oral surgeon and periodontist Dr. Danesh. Dr. Danesh will be able to place zirconia implants, perform gum grafts, remove wisdom teeth and perform many of the more specialized procedures that we previously had to refer patients to specialists for. Now, you'll be able to remain in our office and have these procedures done here. We are so excited to have him on board! Please give him a warm welcome when you see him.

It sounds like it's going to be a fun summer now that we're finally able to put our winter clothes away. With a healthy approach to the sun and plenty of shady spots to enjoy the nice weather, I know it will be.

In good health,

-Dr. Teplitzky

# LIMBERING UP

*For Your Next Road Trip*



Even though road trips offer you a break from the monotony of your office, the stiffness in your muscles and joints that comes from sitting in one position for too long can follow you onto the road if you're not careful. Whether in front of a laptop or behind the wheel, taking the opportunity to stretch and exercise on your summer road trip is a great way to prevent the soreness from following you back to the office. Here are a few stretches to keep in mind for the next rest stop.

### FOR THE NECK

Reach your left arm over the top of your head and touch your right ear. Then, gently pull your head to the left and hold it there for 15 seconds. Repeat this process with your right arm.

### FOR THE CHEST

Stand in front of a door frame with one hand pressed on either side and your elbows at 90-degree angles, then lean forward. This will cause your chest muscles to open up. Hold this position for 15 seconds. You can do a similar stretch by bending downward while keeping your hands on your car door in front of you, stretching your entire upper body.

### FOR THE HIPS

While you're driving, a good way to prevent sore hips is by making sure your knees are slightly elevated above them in your seat. Once you have the opportunity to stop, try doing some hip flexors. Kneel on one knee, slowly push your pelvis forward, squeeze your shoulders back, and open your chest. Hold this position for 15 seconds, then repeat while kneeling on the other knee.

### FOR THE LEGS

To stretch out your hamstrings, place your right heel on a small step. Extend your arms upward, and then lean your upper body forward. You'll feel a pull in the back of your upper leg. Once you've done this for about 15-30 seconds, repeat the process with your left heel.

The road may be long, but that doesn't mean you have to feel it in your muscles. If you stop every couple of hours and take some time to limber up, your body will thank you.

# SUDOKU

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# MOTHER NATURE'S SUN PROTECTORS



## SEASONAL PRODUCE THAT AIDS IN PROTECTING OUR SKIN

It's no coincidence that many of the brightly colored fruits and vegetables currently in season also promote our skin's health and aid its natural ability to protect itself from sun damage. Consuming more antioxidants in the form of fresh produce is a powerful way to boost your immune system and help your body get more of the sun's benefits with fewer harmful effects. Fruits like berries, cherries, and plums and veggies like cabbage and peas are all great choices right now, as they're fresh for the picking and rich in antioxidants that protect our cells from damage. Here are some of the tasty options you'll find in farmers markets and gardens this time of year.

### JULY SEASONAL PRODUCE: ANTIOXIDANT EDITION

|            |            |             |
|------------|------------|-------------|
| Artichokes | Grapes     | Tomatoes    |
| Berries    | Nectarines | Watermelons |
| Cabbage    | Peas       |             |
| Cherries   | Plums      |             |

A combination of these fruits and veggies is great for boosting your antioxidant intake. Tomatoes and watermelon contain lycopene, one of the antioxidants that protects against cell damage. Cherries contain anthocyanins, and peas and cabbage contain polyphenols. Berries are always a great antioxidant-rich option, and plums and nectarines can contain as many (or more) antioxidants than blueberries.

With options like smoothies or salads and grilled or raw, there are so many ways to enjoy these delicious, nutritious foods. While you can find many of the antioxidants they tout in supplements, our bodies typically absorb nutrients from whole foods better than from a multivitamin. Enjoy Mother Nature's healthy variety of fresh summer fruits and veggies while they're here to promote your health from the inside out.

# SUMMER SWIMMING SAFETY

## 3 Tips for Swimming in Open Water



There's nothing like taking a dip in a nearby pond, lake, or even the ocean. For many, it's a summertime tradition. However, swimming in open bodies of water brings certain safety risks, as these environments are not nearly as controlled as public, club, or backyard pools. Everyone should follow these tips to have a fun and safe time cooling off under the summer sun.

**NEVER SWIM ALONE.** When you swim in virtually any body of water, having someone there to keep an eye on you can be a lifesaver: the more people, the better. Stick to bodies of water with a professional lifeguard on duty when possible, though that's not always an option. When swimming in open bodies of water, have a "designated spotter" to keep an eye on the swimmers. This way, you're prepared if anything bad happens. It's also a great idea to keep flotation devices nearby, such as life jackets, life rings, foam boards, etc.

**KNOW WHAT YOU'RE GETTING INTO.** Sometimes, it's next to impossible to see what's under the surface of the water. If you are unfamiliar with a body of water, don't jump or dive in without knowing how deep it is. If you cannot confirm what is under the surface (and the spot is not a known diving location) don't risk it. It may be okay to swim or wade, but jumping is out of the question. Along these same lines, be VERY careful around bodies of slow-moving or standing water. These can house dangerous microbes and other contaminants that can make you ill and can potentially be deadly.

**WATCH FOR RIP CURRENTS.** These can occur at any beach without warning. They pull swimmers away from shore and are strong enough that even excellent swimmers struggle to get through them. In fact, rip currents are behind nearly 80% of beach rescues. Keep an eye on the foam at the surface of the water. If it seems to suddenly pull away from the beach, there's a good chance a rip current is lurking beneath. If you find yourself in a rip current, it's crucial to remain calm and avoid expending energy swimming directly back to shore. Instead, try swimming parallel to the shore until you're out of the current.

We hope you have a fun and safe time swimming this summer!

# Austrian Potato Salad

Whether or not your friends are vegan, we're willing to bet they'll enjoy this mayo-free version of potato salad much more than the standard variety.

### INGREDIENTS

- 2 lbs. small potatoes
- 1 medium white onion
- 1/2 cup pickled cucumbers
- 3 tsp whole grain mustard
- 3 tsp extra-virgin olive oil
- 1/2 tsp garlic powder
- Salt and pepper, to taste

### DIRECTIONS

1. Bring a medium stockpot of salted water to a boil.
2. Boil potatoes until fork tender, about 20-30 minutes.
3. In the meantime, finely chop onion and cucumbers.
4. When potatoes are done cooking, strain and place in large salad bowl with onion and cucumbers.
5. For dressing, whisk together mustard, olive oil, garlic powder, salt, and pepper. It's best to add oil gradually at the end.
6. Dress salad and let sit for 15 minutes to absorb flavor before serving.

Inspired by ExceedinglyVegan.com