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FOOD FOR A HEALTHY DAY

LUSCIOUS LIME AND COCONUT BREAKFAST SMOOTHIE

Do you ever have those days where you're running behind from the get-go? For whatever reason — maybe it's Monday or you just didn't sleep as well as you'd hoped — you're finding yourself rushing around trying to get everything done before you have to head out the door. On days like this, you need a quick, healthy breakfast option.

Enter the beauty of the breakfast smoothie. Quick and easy to make and perfect for on-the-go nutrition, smoothies offer all the benefits of a meal with less prep and clean up.

THE BENEFITS OF DIVERSE INGREDIENTS

Smoothies benefit from tasty, complementary pairings of ingredients. Avocados add vitamins and healthy fats, and full-fat coconut milk means you'll get all the health benefits of the unique fat that coconuts contain. Coconut fat is actually burned by the body as carbohydrates, making it a great ingredient to prepare your body for a run or workout. Coconut water contains electrolytes and will hydrate you for the day. The Vitamin C in lime helps you better absorb the iron contained in greens like spinach, and it adds a zesty punch. A frozen banana adds sweetness, texture, and additional nutritional benefits, along with hunger-busting fiber.

LUSCIOUS LIME AND COCONUT SMOOTHIE

Adapted from My New Roots

Ingredients:

- 1 avocado
- 1/2 cup coconut water
- 1 handful of spinach
- 1 frozen banana
- Juice from one lime
- 1/4 cup cashew or almond butter
- 1/2 cup full-fat coconut milk
- 1/4-inch peeled ginger (optional)

Directions:

Add all the ingredients into a blender, blend until smooth, and pour into a cup or thermos. This recipe is vegan and gluten free, but if your diet allows, unsweetened yogurt makes a great addition and adds some protein. Now, head out for a fantastic day with your on-the-go meal!



What I've Been Looking For

FINDING A HOME AT WRIGLEYVILLE DENTAL

Finding my way to Wrigleyville Dental feels like fate. When I first visited the website, everything I found there resonated with me, and soon after that, I met with Dr. Teplitsky. Through our entire conversation, we were on the same page about so much, and it became quite evident that Wrigleyville Dental was a great fit for me.

To practice as a holistic dentist, you have to come in with an open mind, questioning practices that have long been the "standard" of dentistry and have been taught for decades in dental schools. This is how we can best determine if they are the most beneficial for our patients or if there's a better way. It's a practice centered on looking at the big picture — all while finding what's best for our patients.

I went into dental school with a holistic perspective on healing, nutrition, fitness, and wellness. In school, I met a couple key dentists who opened my eyes to the anatomy of the craniofacial-respiratory complex and the influence anatomy has on breathing. And, that anatomy can be directly altered through dental techniques. I learned how critical environmental influence is on early childhood development.

Nutrition is near and dear to me and my family. I have a 9-month-old at home named Afia. Being a parent to a little one is something I have in common with many of the team members at Wrigleyville Dental. We all share the schedule at work, so we can maintain a good balance and spend time with our families.

At home, I make sure the food we're buying, preparing, and eating is going to benefit our bodies and contribute to my daughter's growth and development. We do a lot of cooking with fresh and organic ingredients. I want to make sure Afia gets the best nutritional base she can. I understand how what you eat not only affects energy and performance but also oral health and dental and skeletal development.

I grew up in Iowa and moved to Chicago about five years ago. I live downtown with my husband and daughter. I



love the walkability of my neighborhood. I also love being outdoors, working out, reading, and swimming. Afia really likes swimming, too. We put her in lessons when she was only 3 months old. In the summer, we like to go to the beaches of Chicago. That is just one of the many things I love about this city.

This last year, I have been doing a lot of dental continuing education. Recently, I went to a frenuloplasty course at the Breathe Institute in California and a course in Las Vegas about orthodontics and obstructive sleep apnea.

I'm so happy to have joined the Wrigleyville Dental team and Dr. Teplitsky in the practice of holistic dentistry. It feels like I found what I've always been looking for.

—Dr. Courtney Donkoh

AN ANCIENT SOLUTION TO MODERN PROBLEMS

The Truth About Meditation

Close your eyes and take a deep breath.

This is the first step in every meditation session. Though often associated with the New Age metaphysical movement, meditation isn't all about incense and healing crystals. Meditation is an ancient practice that strengthens your mental focus, and recent research suggests that it offers real solutions to modern problems.

WHAT IS MEDITATION?

Meditation has strong roots in various religious and cultural traditions, but anyone can find value in practicing it. The purpose of meditation is to strengthen your mind by promoting mindfulness, focus, and awareness.

DOES MEDITATION WORK?

It depends on what you mean by "work." Will meditation allow you to defy gravity and hover above the earth? Probably not. But there are so many benefits that will leave you feeling lighter in another way. A study published in JAMA Internal Medicine found that mindful meditation lowers stress levels, and patients who habitually

meditate report less chronic pain. Another study published in the same journal found that regular meditation also fights depression.

HOW DO I MEDITATE?

Meditating is as simple as sitting in a quiet place, closing your eyes, and focusing on your breathing for a few minutes. Whenever your mind starts to wander, gently bring it back to your breath. You don't need to climb a mountain or pay for a week-long retreat to start meditating.

That said, there are plenty of resources that help beginners build a strong foundation for meditation. Popular apps like Calm or Headspace are available on any smartphone and offer guided courses you can start anywhere, anytime. You could also check online or at your local community center for group classes if you would like some in-person guidance.

Meditation isn't a magical ritual that will cure all that ails you, but plenty of research suggests meditation does provide tangible benefits to our mental and physical well-being. Maybe one day, meditation will be as commonplace as daily exercise.

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SEASONAL PRODUCE GUIDE

WHAT'S FRESH FOR JUNE?

Ah, summertime — longer days and more sunshine bring more Vitamin D into our lives, and we all benefit, even our agriculture! This time of year means more fresh, seasonal produce is available in Chicago, and a trip to your local farmers market or grocery store will reveal a rich and colorful variety of fruits and veggies. Here's a look at what's fresh this time of year.

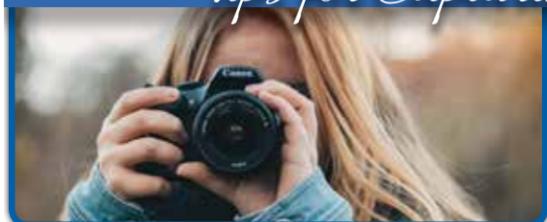
PRODUCE	SEASONALITY	FLAVORS AND COOKING TIPS
Asparagus	April-June	It's the last month that this veggie is in season! Get it while you can!
Berries	June-September	Whether fresh, baked, or frozen, get your antioxidants through delicious, fresh berries.
Eggplant	June-September	Add this to a curry or use it as a gluten-free substitute in Italian dishes.
Fava Beans	June-August	Fava beans are a delicate, delicious, and nutritional accompaniment to a variety of dishes. Remove the outer shell, simmer in water, and enjoy!
Fennell	June-October	Dress up salads with this flavorful herb or try roasting it with beets.
Melons	June-September	These are perfect for a fresh breakfast with nuts or yogurt.
Peaches	June-September	Peaches are best enjoyed fresh. Simply split them in half or cut them into segments.
Radishes	June-September	These crispy, peppery veggies go well with salads and tacos.
Tomatoes	June-September	Local, in-season tomatoes are a world of their own. Use them in pico de gallo with onion and lime juice.
Turnips	June-September	Try these root veggies roasted with oil or ghee, salt, and herbs.

Wondering where to pick up your produce? The farmers market next to the Southport CTA station opens this month, and there are many more around Chicago.

Enjoy the bounty of this season! Your body will thank you.

CELEBRATE NATURE PHOTOGRAPHY DAY

Tips for Capturing the Best Outdoor Photo!



Nature Photography Day is June 15, and it continues to garner enthusiasm with each passing year. It's been designated by the North American Nature Photography Association as a day to promote the enjoyment of outdoor photography and to explain how nature photography can advance conservation efforts not just locally but worldwide also. While everyone has access to a camera with smartphones, not everyone knows how to best capture a beautiful nature scene. Here are some tips to help!

FIND THE ANGLES

Landscape photography isn't about appealing to someone else's sense of style; it's about shooting what makes you happy. Take some time to study the work of other nature photographers you enjoy. What angles do they use? What colors do they coordinate within the frame? How close do they get to their subject? Try something different. Go against the grain, use a different angle, shoot a close-up where others might shoot a wide angle. Find a good starting place and experiment a little.

HARNESS THE LIGHT

Nature photos often look great in the morning or evening light, but the type of lighting you use is often dictated by the scene you are trying to capture. It's generally accepted that side-lighting (where the sun is coming from either side of the camera) is the most desirable for landscapes because the contrasts between light and shadow can add depth to your photos. However, front- and back-lighting (capturing a photo away from or into the sun) can also produce nice results. Similar to angles, try experimenting until you find something that looks good to you.

CROP FOR TEXTURE

Sometimes the difference between an amazing shot and a mediocre one is distance. When photographing nature, try zooming in or moving geographically closer and cropping close on your subject. This could be tree bark, a leaf, the forest floor or a lizard's skin. The fine details of your subject can often create stunning images.

In your quest to snap the most Instagram-worthy shots, the most important thing to remember is to respect the animals and the environment. Be sure to bring bags with you to take any garbage or waste with you and stay on designated trails while exploring. Keep these tips in mind, and you'll be taking incredible nature photos in no time.

Miso Soup With Mushrooms and Kale

Because miso is fermented, it comes packed with all the important probiotics. As a bonus, it tastes pretty dang good, especially in this umami-packed soup filled with mushrooms and kale.

INGREDIENTS

- 1 splash coconut oil
- 4 oz. mushrooms, sliced
- 4 cloves garlic, minced
- 4 cups water
- 1 cup vegetable broth
- 3 tbsp yellow miso paste
- 8 oz. extra firm tofu, pressed and drained
- 3/4 cup kale
- 1 tbsp rice vinegar

DIRECTIONS

1. In a stock pot or Dutch oven, heat oil to medium. Add mushrooms and sauté until mushrooms just begin to shrink. Add garlic, water, broth, miso, and tofu.
2. Bring to a boil and let simmer for 5 minutes.
3. Stir in the kale and rice vinegar; cook until kale softens.
4. Divide into bowls and serve.



Inspired by OneGreenPlanet.org