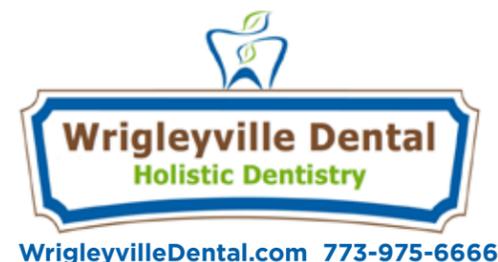




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November 2018

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# A HISTORIC VETERANS DAY

COMMEMORATING THE 100TH ANNIVERSARY OF THE END OF WORLD WAR I

This year, Veterans Day takes on a particular historic significance: Nov. 11, 2018 marks the 100th anniversary of the armistice that ended the First World War. Countries around the world will commemorate the signing of this peace agreement with moments of silence, centennial ceremonies and historical exhibits.

November is a month to remember the war that helped shape the international community's dedication to peace and to thank the individuals who served to defend it.

Unlike Memorial Day, Veterans Day is a celebration of life and a day to honor the power of peace while acknowledging the living veterans across the globe who have served their countries.

### THE GREAT WAR

By 1914, a world war had been years in the making, but the assassination of Archduke Franz Ferdinand of the Austro-Hungarian Empire by a Serbian nationalist provided the spark that would eventually burn down much of Europe. A chain reaction of land disputes, pre-emptive attacks and strategic alliances brought over 30 countries into World War I.

The Great War that ravaged Europe resulted in a devastating loss of life, but from those ashes arose a renewed appreciation for the importance of peace and a global effort to ensure its place in the future.

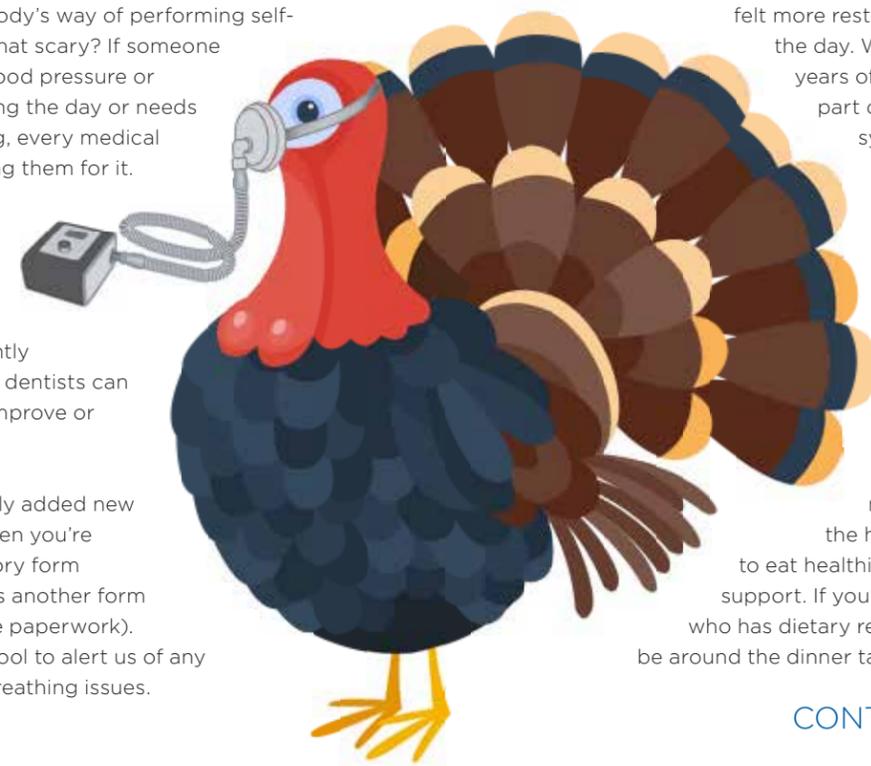
### THE RESTORATION OF PEACE

In 1918, Germany surrendered unconditionally, and the armistice ended the fighting at the

11th hour on the 11th day of the 11th month, though the war did not officially end until the signing of the Treaty of Versailles the following July. An estimated 16 million soldiers and civilians died in just four years, making it one of the deadliest conflicts in modern history.

### VETERANS DAY

Originally called Armistice Day, Veterans Day was first observed on Nov. 11, 1919 to honor the one-year anniversary of the armistice and it became a U.S. holiday in 1938. Today, Veterans Day celebrates veterans who honorably served their country. The U.K., France, Australia and Canada also commemorate their veterans in November. If you know a veteran, remember to thank them for their service.



# The Learning Bug

## GRADUATION, A NEW TITLE, AND LIFE AS A NEVER-ENDING STUDENT

When November rolls around, I always think of Thanksgiving and the beautiful color of leaves during the fall. This year, for Thanksgiving, I have a lot to be thankful for, especially my family, as they are *huge* supporters of everything I do. Attending seminars all across the country as well as running an office, and oh, being a dentist, is pretty time consuming. My husband and my parents have been extremely supportive throughout all of it. With a lot on my plate — and not just turkey — their support makes it possible for me to continue to learn, expand my knowledge, and bring it back to my life to help those around me.

This year, our practice has been concentrating on the early detection of sleep-related breathing issues and what dentistry can do to help patients with sleeping or breathing issues. When it comes to this topic, Dr. Julia, Dr. Levy, and I have all been receiving extensive training. It's a big need in our society because it's not always looked at as an issue, even when there is overwhelming research connecting sleep disorders and systemic issues, like high blood pressure and diabetes. It makes sense — if you're not breathing well at night, you're not getting enough oxygen into your brain. People then grind their teeth or snore, the body's way of performing self-CPR to get oxygen. Isn't that scary? If someone is overweight, has high blood pressure or diabetes, and is tired during the day or needs coffee to keep them going, every medical doctor should be screening them for it. There's certainly room for more collaboration between the medical and dental fields. But since most people see their dentist more frequently than their medical doctor, dentists can be the first ones to help improve or even save a life!

In our office, we've recently added new screening forms. Now, when you're updating your health history form (done once a year), there's another form attached to it (sorry, more paperwork). This is a quick screening tool to alert us of any possible sleep-disorder breathing issues.

Isn't it fascinating how something in your mouth can detect chronic issues? As many of you know, I have been growing my interest in finding the root cause of issues. I first set out to see if an issue like not breathing well at night has an oral origin. Many people think that the solution automatically requires a CPAP machine or an oral appliance for sleep apnea, but actually there are other solutions. I recently had a patient who filled out the new sleep questionnaire. After a conversation, this young woman told me that she hadn't been sleeping well for quite some time. It takes her "forever" to fall asleep, she constantly wakes up at night, it's hard for her to wake up in the mornings, and she's always tired during the day. Red flags definitely went up in my brain! During her exam, I noticed she had a tongue restriction. This is when the little fibrous band of tissue under the tongue, which connects the tongue to the floor of the mouth, attaches closer to the tip of the tongue and restricts tongue movement. It's formed before birth, people compensate for it during their lives, and it's rarely detected by the medical community. When the tongue is not able to move enough, it can cause all sorts of systemic issues like headaches, jaw aches, cavities and GI, and speech and sleep issues. When we removed the tether, she felt more rested and more refreshed during the day. What a simple solution to many years of problems! This is my favorite part of what I do — taking a patient's systemic issues and trying to figure out if there is a dental origin causing them. I believe this is the essence of holistic dentistry and I love being a partner with my patients to help them on their journeys in health. Supporting systemic health also reminds me how important support is for nutrition, especially around the holiday season. The best way to eat healthier and be healthier is to have support. If you're the only one in the family who has dietary restrictions, it's a lot harder to be around the dinner table. But if you get your family

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in on it, it's so much easier. If someone is gluten intolerant, can you make something everyone can eat? There are healthy recipes that can address different dietary restrictions for any food you want to make. Google is amazing! When making traditional recipes, you can look for healthy alternatives instead of eliminating your favorite dishes. This Thanksgiving, check out recipes for healthy stuffing or gravy. Just because it's the holiday season doesn't mean you need to start feeding your body poorly. Nowadays, there are endless alternatives for healthy comfort food!

This month, I'll be out of the office the week of Nov. 12 for a trip to Israel with my family. We'll be visiting my husband's family and celebrating a bar mitzvah for our nephew. The first time we went, Sonya was just a few months old. Now she'll be 2! So she'll get to meet some older cousins and new baby cousins who recently arrived. This Thanksgiving, there's a lot to be thankful for. What are you thankful for?

-Dr. Teplitzky

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## THE NUTRITIONAL BENEFITS OF SEAFOOD



### A LOOK INSIDE THE FISHY MATTER

Seafood, especially fish, gets an enthusiastic thumbs up from nutritionists and the U.S. Dietary Guidelines. The Guidelines recommend 8 ounces or more of seafood per week as part of a healthy diet. Take a look at what seafood offers, compared to other sources of protein, and it's clear why nutritionists encourage us to put it on our plates. Seafood packs a nutritious punch of omega 3 fatty acids, more so than what's found in red meat and poultry. It's clear that seafood is a healthy protein source, and when it comes to finding options with lower mercury levels, scientists also have a few pointers.

Roxanne Karimi, a research scientist at the School of Marine and Atmospheric Sciences at Stony Brook University, recommends eating seafood that is lower on the food chain, like sardines and anchovies instead of top predators, like swordfish and marlin. Even big shots like Tony Robbins got this one wrong, as he ate a lot of swordfish and tuna and got mercury poisoning, leading him to go through a mercury detox! Dr Karimi's research showed that people who ate more top predatory fish had more mercury in their blood but no more omega 3 acids than people who ate lower food-chain seafood. Other low-mercury, wild-caught options include Alaskan salmon and Atlantic mackerel.

Aquaculture (the farming of aquatic animals and plants for food) offers farm-raised fish, which is a practice that has faced some ethical controversy in the past. The demand for seafood leads to overcrowded hatcheries, which use antibiotics to prevent disease in their fish. Farming practices are improving and there are a few options for responsibly produced, farm-raised seafood that is also high in omega-3 fatty acids. Arctic char, rainbow trout, and oysters are among the seafood that meet both criteria.

When looking for which seafood to purchase, visit websites like Seafood Watch to provide helpful guidelines that you can access on your phone while shopping. Though standards are changing, farm-raised options can still be problematic, so please, do your body a favor — read carefully and shop smart when you're at the store.



## CLEANER HOME WITH CLEANER PRODUCTS

### Easy DIY Products



There are a few ingredients that you'll typically see on any recipe list for a DIY household cleaner: lemon, vinegar, water, and essential oils. The antibacterial properties of lemons and their fresh scent make them a great ingredient for all types of cleaners. With a 5 percent acetic acid concentration, vinegar also fights bacteria, but note that vinegar can erode granite or marble, so if you're cleaning surfaces made of those materials, opt for a milder ingredient for the recipe below, like castile soap. Essential oils smell great and also contain disinfectant properties along with many other benefits as well. Finally, distilled water, which prevents bacteria growth better than tap water, is used to dilute the concentration of the other ingredients in your DIY cleaner.

#### DIY ALL-PURPOSE SURFACE CLEANER

- 1/2 cup white vinegar
- 2 tablespoon baking soda
- 10 drops tea tree, lavender, or lemon essential oil (for their disinfectant properties)

In a clean, 12-ounce spray bottle (glass is best), mix vinegar, essential oils, and a little water. Add baking soda. Fill to top with water. Gently shake to mix ingredients. Spray surface, wipe with a cloth, and allow it to dry.

### Paleo Thanksgiving Stuffing

<https://40aprons.com/best-paleo-stuffing/>



#### INGREDIENTS

- 2 tablespoons ghee, avocado oil, or refined coconut oil
- 3 cups onion, diced
- 2 cups celery, diced
- 1 cup mushrooms, diced
- 1 cup apple, cored and diced
- 1/4 cup dried cranberries or dates, chopped
- 1/4 cup flat-leaf parsley, chopped
- 4 teaspoons poultry seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups almond flour
- 3 eggs, whisked

#### DIRECTIONS

1. Heat oven to 350 F.
2. Heat ghee or oil in a large cast-iron or oven-proof skillet over medium heat. Add onion, celery, apple, mushrooms, cranberries or dates, parsley, poultry seasoning, salt, and pepper. Sauté until very soft, about 7 minutes.
3. Remove from heat. Keep in oven-proof skillet or transfer to a 9x9-inch baking dish. Stir in almond flour and mix well. Add whisked eggs and stir well. Bake for 45 minutes to 1 hour, or until browned on top.