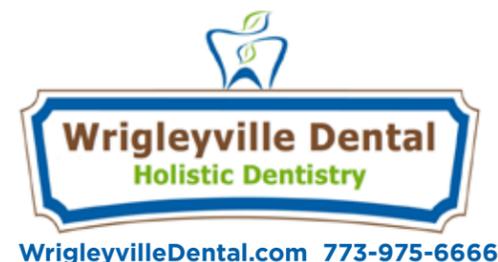




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September 2019

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CITRUS SEASON: STRAIGHT FROM THE ORANGE GROVE



For anyone looking to have a cleaner, healthier home, the first place to start is with your cleaning cabinet. There, you might find some culprits that are adding unwanted chemicals to your home. Many traditional household cleaners contain harsh ingredients that aren't great for you or your pets. Plus, those germ-killing sprays tend to wipe out good bacteria and leave behind the harmful kind. Even products claiming to be "all natural" often include harmful ingredients masquerading as safe.

A great solution to this problem is to make your own cleaner! With simple ingredients, you can create a better all-purpose cleaner for your home.

ALL-PURPOSE CITRUS SUPERPOWER CLEANER

Vinegar has long been used as a cleaning agent. It's effective, natural, and probably already in your cabinet. Combined with

orange rinds, the two ingredients create a mess-fighting, natural, incredibly refreshing cleaner. Thanks to the superpower ingredient D-limonene, citrus is an effective way to combat grease and clean surface areas.

As the weather starts to cool down in California, the late fall creates the perfect conditions for citrus season. When you're done eating the fruit, use the peels as the starting point

To make your cleaning solution, collect enough citrus peels (orange, grapefruit, or lemon) to fill a mason jar. Pour enough white vinegar into the jar to cover the peels and fill it up. Let the solution sit for two weeks, strain out the peels, and place the solution into a spray bottle.

That's it! You can use this cleaner just about everywhere but marble or granite surfaces, as the acid in the vinegar will cause those surfaces to break down.

Fall Bliss

MAKING TIME FOR FAMILY AND SETTING INTENTIONS

September marks the end of one season and the start of another. In Chicago, though, we usually get to enjoy a nice prolonged summer. It doesn't feel like true fall until late into October, so everyone is eager to spend those lingering warm evenings outdoors.

While it may not be chilly yet, we can take the change of seasons as a signal to move into a new time of intention and goal setting. Rather than having one big goal for the year starting in January, I find it easier and more realistic to set seasonal or quarterly goals. Now that we're moving into fall, I'm ready to reevaluate last season's goals and consider new ones.

This fall, my main goals are to bond with my family and make Sonya's transition into her role as big sister a great one. I'll be on maternity leave until late November, which is a change for me. With Sonya, I only took off seven or eight weeks. I've never had this much time off before, but it's an intentional choice, and I'm looking forward to my new role of being mama of two girls.

I'll be spending this season welcoming our newest family member into the world and reconnecting with my family as a whole. This will allow for an adjustment period for Sonya and for me to reconnect with family members who are coming to visit us during this special time. My mother-in-law is coming from Israel this month to stay with us for a few weeks, and, at the end of September, my sister is joining us, too. She is flying in from California and I'm looking forward to spending this time with them. I want to focus on family and being present. When your loved ones are spread out across the country, it makes it extra special to have some time designated to reconnecting.

In many cultures and in the agricultural realm, fall is the time for harvesting what you've planted and organizing what to store for winter. Fall can also be a great time to evaluate how you're doing on your health journey and implement any new changes you'd like to see, whether it's a change in your diet or a new exercise routine.

Something I'm excited to share with you this season is our new partnership with Dentistry for Children and Families,



Family photo at my cousin's wedding with our amazing flower girl

a pediatric dental office whose collaboration will allow us to offer additional orthodontic services to our youngest patients. Their two dentists, Dr. Janet Pannaralla and Dr. Kevin Boyd, are fellow colleagues whose progressive area of specialization will help our patients with early intervention orthodontics. Through this partnership, our patients as young as 3 years old can access retainers, expanders, and braces, depending on individual needs and concerns. The primary focus is getting kids to breathe, sleep, learn, and grow better through dentistry. Our own team will help guide you and your family to make these connections as needed. Dr. Levy and Dr. Donkoh will be an instrumental part of this partnership, and I'm excited to watch it grow.

It sounds like this season will be full of wonderful things. I hope you have a beautiful fall and enjoy the fruits of your harvest.

-Dr. Teplitsky

CAN A VEGAN DIET PREVENT CANCER?

A Look at the Power of Plants

One of the pillars of holistic health is the idea that food is nature's medicine. But while no one is arguing the fact that fruits and vegetables are good for you, there is plenty of debate about just *how* good they are. Can the right diet cure a cold? Counteract the flu? Prevent cancer? Many vegans, vegetarians, and other plant-based eaters say yes.

The cancer question has been on the minds of an increasing number of researchers in the last 30 years. Because cancer afflicts roughly 38% of the U.S. population, it's an urgent problem and an ever-fluctuating area of study. However, in the last decade, scientists have reached a tentative consensus on the impact of diet on cancer prevention, and it's a feather in the cap of holistic health.

First, let's get this straight: Going vegan isn't a surefire way to prevent cancer, and it certainly can't cure it. But studies do show that sticking to a plant-based diet — and specifically cutting out meat — lowers your risk of cancer. According to Lindsey Wohlford, a dietitian with the MD Anderson Cancer Center, this is in part because plant-based foods contain phytochemicals, which boost the immune system. Plant-based foods are also a great source of fiber, which stabilizes blood sugar levels and helps regulate the bowels. As she put it, "Meat just doesn't

do that." Meat is also very acidic, which lowers the body's overall pH. A low bodily pH means there is more potential to get sick.

A comprehensive study published by the National Center for Biotechnology Information notes that dietary factors are estimated to be responsible for 35% of all cancer cases, and that most studies have found vegetarian diets are "modestly cancer protective," reducing risk by 10-12%. Studies also link red and processed meats to eight different cancer types and claim the risks that meat poses are amplified when it's fried, grilled, or barbecued. According to the studies, these processes form potentially carcinogenic compounds called heterocyclic amines.

The American Institute of Cancer Research recommends a plant-based diet for cancer prevention but doesn't ask Americans to ditch meat and dairy entirely. Instead, the website claims that as long as you stick to "moderate to small" amounts of animal-based foods, you can have your meat and decrease your cancer risk, too. Also, there are plenty of "junk food vegetarian" diets out there, too. So if you decide to try it out, stick with vegetables, legumes, and other products produced by Mother Nature, not by man, and you can see if a vegan diet is right for your body.

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3 TIPS FOR A HOLISTIC SEASONAL TRANSITION



RESTORING BALANCE WITH THE AYURVEDIC APPROACH

Originating in India thousands of years ago, ayurveda is one of the oldest approaches to holistic healing. There's a lot that can be learned from this way of balancing the body, mind, and spirit, especially during a seasonal transition. In ayurvedic medicine, opposites balance. So, as we move into the crisper fall mornings and less predictable weather patterns, balance the change with these grounding habits.

RESTORE BALANCE

Essential to the ayurvedic way of life is khichdi, a cleansing meal that aims to bring the body into balance. Khichdi, meaning "mixture," is one of the first solid foods babies are given in India because it's so easy on the digestive system. It's a dish of cooked lentils, spices, seeds, vegetables, and rice. By eating khichdi exclusively for several days, the cleanse can optimize the digestive system and return it to good health. Find recipes for khichdi in ayurvedic cookbooks and on holistic nutrition sites like My New Roots.

ADD WARMTH

As the weather begins to cool and the air becomes drier, create balance by bringing warmth and moisture into your life. Do this through warm, nourishing meals like soups and stews, add warming spices to your dishes, and utilize healthy fats like ghee. Add warm colors to your wardrobe and home this month — think burgundy, persimmon, and mustard — and seek out what nourishes you through nature walks and hikes to enjoy the fall colors.

FIND YOUR FLOW

Because seasonal transitions can leave you feeling less grounded, turn to slower, gentler routines like yoga. Establishing daily meditation can be helpful, as well. Get a massage to stimulate your lymphatic system and encourage cleansing and detoxification.

Above all, go easy on yourself during a transition. Get plenty of rest, physical activity, and a balanced diet to optimize your entry into fall.

CHRONIC ANGER, YOUR HEART, AND YOUR HEALTH

How This Emotion Is Doing You Harm

Anger is a common emotion. It's natural and a part of how you respond to certain circumstances in your environment. It's how you express extreme displeasure. However, new research suggests chronic anger can be detrimental to your health. Essentially, it comes down to this: If you are stressed, tense, easily irritable, angry, and "snippy" all the time, you may be doing serious harm to your well-being.

Studies have already shown a link between anger and the heart. People who showed signs of feeling anger on a regular basis experienced higher rates of heart disease. The first studies on the impact of anger came out in the 1950s and have since been confirmed: Chronic anger physically harms the heart.

Why? When you get angry or upset, your brain triggers the release of specific hormones, including cortisol and norepinephrine. These hormones are responsible for triggering the "fight or flight" response. When these hormones enter the bloodstream, your heart rate increases and arteries constrict. This helps to more effectively pump blood to the arms and legs for a fight or a flight. Cortisol can remain in your bloodstream for up to eight hours! So if you get angry multiple times throughout the day, imagine how much cortisol is pumping through your body.

The problem is that when a person is constantly angry or upset, these hormones course through the body more frequently, stressing the arteries and

internal organs. As a person ages, this stress can become more damaging.

One study that appeared in the Psychology and Aging Journal looked into this phenomenon. Researchers found that there is a link between frequently experiencing anger and increased inflammation and chronic illness for people ages 80 and older. This equated to more instances of heart disease and dementia.

The study also looked at other emotions, including sadness, which has also been linked to heart disease and other inflammatory diseases. Through a number of tests involving 200 participants ages 59-93, the researchers concluded anger was far more detrimental to a person's health than sadness.

Ultimately, if you regularly experience rage and frustration, properly dealing with your anger is one of the best things you can do for your health. Every person's situation is different, and it comes down to getting to the bottom of what makes you angry so you can work through it, whether you work through it alone or with a mental health professional. A few simple things to do when you feel like you're getting angry are taking three deep breaths, walking for 5-10 minutes before reacting, and meditating to release some of the stress and think through the situation. Take the steps to prioritize your mental and physical health, and your efforts will pay off tenfold in the long run.

Spiced Pumpkin Seed Crunch

This recipe combines pumpkin seeds, a seasonal favorite, with cashews, sunflower seeds, and spices. It's a perfect homemade snack for the fall.

INGREDIENTS

- Nonstick vegetable oil spray
- 1 large egg white
- 1 tsp light agave sugar (or any other sweetener you like)
- 1/2 tsp garam masala or curry powder
- 1/8 tsp ground cayenne pepper
- 1/2 tsp kosher salt
- 1/4 cup shelled pumpkin seeds
- 1/4 cup shelled sunflower seeds
- 1/4 cup raw cashews, coarsely chopped

DIRECTIONS

1. Heat oven to 300 F and coat baking sheet with cooking spray.
2. In a mixing bowl, whisk together egg white, agave, spices, and salt. Add seeds and cashews and toss until coated.
3. Using a slotted spoon, strain mixture over bowl to remove excess egg white and then transfer to baking sheet.
4. Bake 20-25 minutes, tossing once.
5. Let cool and serve.

Inspired by Bon Appétit