



3256 N. Ashland Ave., Chicago, IL 60657

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## BE ALL YOU CAN BEE AND GIVE HONEY A SECOND THOUGHT



The health benefits of raw organic honey, which include soothing sore throats, lowering cholesterol, and treating skin wounds, have been embraced by many members of the holistic health community for decades. But with the rapid decline of the bee population in recent years, humans' use of honey has become more controversial.

According to the New York Bee Sanctuary, bees (not just honey-makers) are disappearing for several reasons, but one of the most unfortunate contributors is the honey industry. In order to mass-produce commercial honey products, many factories have resorted to industrialized beekeeping practices, which have been deemed unethical by animal activist groups because they strip hives of their honey storage, starving the bees through the winter months. This practice, along with the use of smart devises like smart meters, and also soil contamination and a viral infection spread by mites, led to the devastating loss of 40% of all bee colonies last year.

Because most bees are pollinators, they play a crucial role in helping plants reproduce. Without the bees playing their part in this natural process, approximately 30% of the world's crops

won't flourish. Fortunately, you can help strengthen the bee population in a few ways from your own home.

First, try to avoid purchasing any commercialized honey products of questionable quality and provenance. Real honey shouldn't have any other ingredients listed except for honey. Also, look for raw local honey at a farmer's market. That way, you can meet the beekeeper to determine if their honey-rendering practices are sustainable. Then, by purchasing their product, you are helping fund their hive and enrich the local bee population.

You can also plant a garden full of bee-friendly plants, like honeysuckle, strawberries, sunflowers, and cosmos, to give the bees in your community more pollen sources. Additionally, if you notice dandelions growing in your garden, leave them. They are a great food source for bees, especially in early spring before other plants have started blooming.

While honey has many excellent health properties, bees are far more vital to the world's sustainability. Do your part to help their population by researching, spreading awareness, and thinking before you shop for honey.



It is a bittersweet time of year: the transition from summer to autumn. I find myself missing the summer heat and the long daylight hours, but I also find serenity in brisk mornings and dim, cozy evening dinners. Autumn can also be very grounding: It's more routine than summer, and the increased intake of warm fall spices and root vegetables and cooler temperatures usually mean spending more time in the home. Personally, I am looking forward to a relaxing fall as the business of summer dies down.

This past summer has been a busy one for me professionally. I spent many weekends away from home participating in continuing education programs. The focus of my study has been primarily related to growth, development, and function of the human cranio-facial-respiratory system and the influence of dental and orthodontic treatments on these systems. One course focused on the expansion of the upper jaw bone in nongrowing patients (adults) for purposes of bettering teeth alignment, improving bite function, providing more space in the oral cavity for the tongue, increasing nasal airway volume, and improving facial aesthetics. These changes can help people sleep, breathe, eat, and function better. Another course focused on using

brackets and wires (braces) to align and straighten teeth without removing permanent teeth and without pulling teeth backwards (retraction), which can reduce space for the tongue in the mouth and increase the possibility of the tongue taking up space in the throat, resulting in snoring and airway obstruction during sleep. Here at Wrigleyville Dental, I offer treatment for children that helps guide growth in a way that results in improved jaw width, larger tongue space, and better breathing and sleeping patterns. This treatment can help children sleep better, eat better, and has been shown to help them focus better in school, resulting in increased cognition.

I have plans to continue furthering my education in this fascinating area. But, during this autumn season, I will slow down on my travels for a bit and spend more time rooted at home with my family, enjoying butternut squash, hearty stews, cool strolls by Lake Michigan, comfy sweaters, football on TV, and all things deliciously fall.

-Dr. Courtney Donkoh

# DIA DE LOS MUERTOS

## *A Celebration of Life*

Despite the common misconception, Dia de los Muertos is not an offshoot of Halloween. While the two holidays often happen simultaneously, Dia de los Muertos (Day of the Dead) is a Mexican holiday that originated with the indigenous people of Central America, including the Aztec and Mayan civilizations. Each year, they gathered and gave offerings to their dead. When the Spaniards came to Mexico, they fused the indigenous celebrations with their traditions of All Saints' Day (Nov. 1) and All Souls' Day (Nov. 2).

### ANCIENT BEGINNINGS

Ancient Mesoamerican civilizations viewed death as a beginning rather than an end. This was likely tied to agricultural practices and the seasons, with crops dying in the winter and being reborn in the spring. Dia de los Muertos evolved from those roots and is now observed throughout Mexico and the United States. It's a time of remembering your loved ones by celebrating their lives.

### FULL OF LIFE

Though the name might lead you to believe differently, Dia de los Muertos is a joyous time. If you visit Mexico during the holiday, the



air is filled with music, and the streets are full of dancing and color. Instead of a sorrowful mourning of the dead, it is a vibrant, joyous celebration of life.

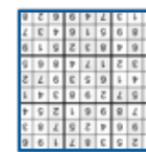
Intricate altar displays, called ofrendas, honor the spirits of relatives who've passed. Families fill them with photographs and the relatives' favorite food and drinks. It's believed that during Dia de los Muertos, the boundary between the living and the dead is lifted, and for one night only, spirits come back to visit and enjoy what their families have set out for them.

Today, the multiday celebration takes place throughout Central and North America. As tiny Batmans and Skywalkers add the final adjustments to their costumes, other families clean their homes and prepare to honor the spirits of their loved ones. And in today's beautiful blend of cultures, many families celebrate both holidays.

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Place a number in every cell in the grid, using the numbers 1-9. You can only use each number once in each row, each column, and each of the 3x3 boxes.



# WORLD VEGETARIAN DAY

## 3 BOLD WAYS TO PUT MORE VEGGIES ON YOUR PLATE

Oct. 1 is World Vegetarian Day, dedicated to creating awareness about the benefits of not eating meat. Recent research has shown the potential health benefits of those who adhere to a veggie-centered diet. Vegetables are rich in vitamins and minerals, often contain no unhealthy fats, and can contribute to a healthier overall way of living. Although meat has many nutritional benefits, taking a little hiatus from meat may be beneficial for some people.

Whether you're vegetarian, vegan, or are just trying to eat more veggies, here are a few fun ways to incorporate tasty vegetables into your family's diet.

### PARTICIPATE IN MEATLESS MONDAY

Getting in on a national movement can make a dietary change feel less lonely. Meatless Mondays is actually a nonprofit organization that encourages people to go meatless one day a week for our health and the health of the planet. Their website has recipes, articles, and forums.

### ADD ZEST TO VEGGIE-BASED MEALS

There's a common misconception that vegetarian meals aren't as flavorful or satisfying as those made with meat. You vegetarians out there know how wrong this belief is! Just like meat, vegetables make the perfect platform for a variety of flavors, seasonings, and cooking methods. Here are some recipe ideas to add that zest.

- Grilled cabbage wedges with spicy lime dressing
- Zucchini "pasta" with pesto sauce
- Roasted balsamic-glazed carrots
- Baked Parmesan zucchini "fries"

### MAKE VEGGIES FUN

Kids can get squeamish at the thought of limp broccoli and plain cucumbers. Change their minds about what veggies are with creative presentations that tap into their imagination. Try a few of these combinations to get their attention, or use these neat ideas for hors d'oeuvres next time you host a party.

- Carrot and pepper shark boats: Cut miniature peppers in half, fill them with hummus or another dip, and cut carrots into triangles to put in the middle of the pepper for the fin.
- Veggie bugs: Baby tomatoes and raisins become little ladybugs; celery, hummus, and cucumber slices become snails; and peas and peppers become dragonflies.

These are just a few ways to get more fun out of eating your veggies. Truly, the options are limitless!

# DIY AROMATHERAPY

## *Seasonal Simmer*



well-being; clove and cinnamon can help with feeling fatigued, and lemon is said to serve alertness and boost memory.

Autumn, with its crisp mornings and cozy Saturday afternoons at home, brings to mind the wonderful smells that fill the kitchen — cinnamon, clove, orange, anise — and it's surprisingly easy to harness some of these seasonal scents and diffuse them throughout your space. You don't even need essential oils or a diffuser to do it!

Incorporate some of these warming flavors into your home with a seasonal stovetop simmer. As the holiday season approaches, this is a great simmer to start before guests arrive to give a lovely, welcoming feel to your home.

### SEASONAL STOVETOP SIMMER

Create a simple home aromatherapy diffuser with ingredients you have on hand. Bring a large pot of water to a simmer. Add orange peels, apple slices, cloves, cinnamon sticks, ginger, and star anise (and any other fruits or spices that say fall to you) to the pot. Let this combination simmer for a couple hours, refilling the water as it begins to boil off and keeping an eye that it doesn't dry out.

Enjoy the warming and satisfying scent that fills your home.

Aromatherapy has long been used by civilizations all over the world. Ancient Egyptians may have been one of the first civilizations to develop a method of distilling oils from plants. Chinese civilizations seem to be the first to use aromatherapy for its mood boosting effects. During World War II, a French surgeon turned to essential oils to help heal soldiers' wounds.

Today, we continue to access the healing benefits of aromatherapy to ease feelings of anxiety and stress and to boost our mood. The scents of lavender and orange are said to bring about feelings of calm and

## *Vegan Creamy Ginger, Carrot, and Sweet Potato Soup*

### INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion, diced
- 5 cups carrots, chopped
- 1 medium sweet potato, peeled and diced
- 4 garlic cloves, minced
- 1 1/2-inch piece of ginger, peeled
- 1 1/2 tsp fresh thyme
- 1 qt vegetable broth
- 2 cups water, or unsweetened coconut milk for richer taste
- Sea salt and pepper, to taste
- Optional: Drizzle of cashew cream or maple syrup

Recipe from [StaceyHomemaker.com/carrot-sweet-potato-soup](http://StaceyHomemaker.com/carrot-sweet-potato-soup)

### DIRECTIONS

1. Heat oil in pan over medium heat. Sauté onions for 5-8 minutes and season with a pinch of salt.
2. Add carrots, sweet potato, garlic, ginger, thyme, and vegetable broth. Cover, bring to a low simmer, and cook for 30 minutes or until vegetables are soft.
3. Blend with an immersion blender or in a high-powered blender until smooth.
4. Stir in water or unsweetened coconut milk.
5. Serve with an optional drizzle of cashew cream or maple syrup! Enjoy!