

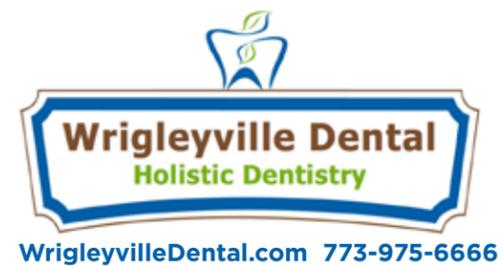


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December 2019

I'm Still Learning

THE ART OF PICKLING FOODS AND FINDING BALANCE

As it gets closer to the end of the year, I've been thinking about two of the intentions I set going into 2019. The first was creating more balance in my life, and the second was learning how to pickle food. While I haven't come close to perfecting either one, I'm pretty satisfied with how the journey has gone so far.

In learning to pickle foods, I'd say I've just dipped a toe in. When Maya was born, my mother-in-law came into town from Israel, and one of the things she shared with me was how to make sauerkraut. My first attempt didn't turn out great, and I'd like to have one more go at it before the end of the year. I also have some jarred tomatoes that need a few more weeks before they're ready. Sonya had a nanny from Moldova who pickled vegetables, which was one of the things that inspired me to learn how to do it. Pickled foods are so great for us, and I'd love to have more of them at home. For now, as I keep perfecting it, the organic sauerkraut at Costco is a great option.

As far as finding balance in my life, it's still a challenge. As you can probably relate to, there's a lot I'm passionate about, and sometimes that makes it difficult to be satisfied in all departments.

One thing I made strides toward this year was realizing the need for rhythm and routine in my schedule. Since I've owned the office, I've been on one schedule for Mondays and Tuesdays, a different one for Wednesday and Thursdays, and a different one on the weekends. When I was living on my own, that wasn't a big deal. With a family and two daughters, though, it's been tough to have so much inconsistency. On the nights I work until 8 p.m., I can't put the kids to bed, and I miss family dinners and many important moments in between.

So starting in December, I'm shifting my schedule for better balance with my family life. I'm still available Monday and Tuesday mornings, but I'll also be working Wednesday mornings rather than evenings. It will be more consistent for me and my family and will create a better balance for all of us.



My first attempt at pickling green tomatoes



My Balance

As we settle into winter, it's been getting dark earlier, even more so since daylight savings has ended. It's actually my favorite time of the year because with that shift, I feel like I have a superpower. It trickles over into the next few days, and I feel like I have more time in the morning.

For Sonya, though, the time change is a little confusing. When it's dark out, in Sonya's world, that means it's time to go to bed. When she sees light and hears the birds chirping, she says, "Mom, it's time to get up! Time to get up." She's very keyed into nature's cues.

For the last month since the time change, we've picked her up from day care at 5:30, and it's already dark out. She looks at the night sky and says, "Oh, it's time for bed." It's a bit confusing for her, but as parents, we can use it to our advantage to get the kids to bed earlier.

CONTINUED ON PAGE 2 ...

THE POWER OF FERMENTED FOODS AND HOW TO MAKE YOUR OWN!

Across cultures and centuries, people have been making and consuming fermented foods. In fermentation, microorganisms convert carbs (like sugar or starch) into alcohol or acids. The process naturally preserves foods, so in an age without refrigeration, people found this to be a handy way to store food.



Today, we continue to enjoy many fermented foods both for their taste and their health benefits. So many things, like milk, tea, and even some types of salami, can be fermented. For folks who are lactose intolerant and avoid most dairy, this may make yogurt a viable option, as the fermentation process breaks down the lactose, or milk sugars. Fermented foods typically contain probiotics, which are healthy bacteria that aid in digestion and may promote overall health.

In traditional fermenting salt and water are usually the starting points.

MAKE YOUR OWN FERMENTED VEGGIES.

Start with a large Mason jar, one pound of pickling cucumbers (or another type of vegetable you'd like to ferment), one quart of chlorine-free water (chlorine can interfere with fermentation), two tablespoons of iodine-free salt, three bay leaves, and one tablespoon pickling spice.

Trim the blossom end of your cucumbers (about 1/8 of an inch). Place two bay leaves and the spices in the bottom of the mason jar, then pack your cucumbers into the jar as tightly as you can. Dissolve the salt in the water, then pour it over the cucumbers, covering them entirely. Finally, place one bay leaf on top of the cucumbers and loosely screw on the lid of the jar. In about 3-6 days, your pickled veggies will be ready! (This recipe is inspired by Holly of MakeSauerkraut.com)

If your first batch doesn't turn out quite right, don't get yourself in a pickle. You might try adjusting the salt-to-water ratio or starting with a different veggie. It might take time to get it just right, but once you do, the tangy, tasty outcome will be worth it!

UPDATED OFFICE HOURS

**While our hours are the same, some of the doctor's schedules have shifted. If you would like to schedule your appointment with a specific doctor, please note their schedule may have changed.*

OFFICE HOURS:

- Mon: 7 a.m. -7 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-8 p.m.
- Thu: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)
- Sat: 8 a.m.-2 p.m. (every other)

DR. TEPLITSKY:

- Mon: 7 a.m.-1 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-2 p.m. (every other)

DR. JULIA:

- Mon: 2-7 p.m.
- Wed: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)

DR. DONKOH:

- Wed: 3-8 p.m. (every other)
- Thu: 8 a.m.-2 p.m.
- Sat: 8 a.m.-2 p.m. (every other)

DR. LEVY:

- Mon: 7 a.m.-1 p.m.
- Wed: 3 p.m.-8 p.m.

It's pretty fun these days to see the world through my kids' eyes. They have no concept of time, so a lot of our expressions don't mean anything to them. One morning a few weeks ago, it was almost time to leave the house and get our day started. "Sonya, get dressed. Let's go!" I urged her. She was playing, and despite my urging, she continued with what she was doing. "Sonya, you're wasting time," I told her.

She was incredulous. "Wait, what am I wasting?" she asked. "How do I waste time? What do you mean?" The idea had no grounding in her world. The expression was meaningless. When I stopped to think about it myself, she had a point. She wasn't wasting time at all — she was sorting through all her books, which to her, was very important at that moment.

Learning to see the world her way is eye-opening. Almost everything is a new experience — seasons, celebrations, the holidays. On Fridays, we celebrate Shabbat and light the candles. One recent Friday, Sonya was on my lap as I was lighting a candle. My husband and I were engaged in conversation, and all of a sudden, Sonya started crying, pointing to her finger. The wax had been dripping, and she'd wanted to touch it, but it had burned her.

The experience led us into a conversation about fire, and how it's hot, and how that makes the wax hot. That also led to a lesson about how aloe vera can ease the pain from a burn. We have a couple aloe vera plants at home, so we took a piece of the plant and squeezed the gel on her burn. Now she loves doing it herself. She mimes touching a hot piece of food, then she turns to the aloe vera plant to remedy the "burn." Our aloe vera plants are beginning to look a bit sad from her discovery.

Traveling isn't quite as easy with two little ones, so while we may not be together with all of our family members for Hanukkah, we will definitely stay in touch. When my mother-in-law and sister-in-law came to visit us in October, despite Sonya not having seen them for a year, she knew exactly who they were because of our video chats. It's amazing that we have this ability to keep up with our family across the globe.

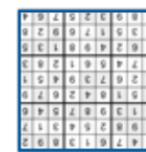
Happy Hanukkah, Merry Christmas, and have a wonderful season with your loved ones.

-Dr. Teplitsky

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FEELING SAD?



WAYS TO FIGHT SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder (SAD) is a form of depression that people experience every fall and winter. If you find yourself feeling blue as the days become shorter and darker, know there are things you can do to boost your mood until spring returns.

INCREASE YOUR ACTIVITY

Keeping your body active can increase your energy levels, help you sleep, reduce anxiety, and boost your self-esteem. Summit Medical Group states that a person who exercises for 30-60 minutes a day can manage or avoid SAD easier than a person who does not exercise regularly. When you participate in physical activity, your body releases feel-good chemicals called endorphins, which have a morphine-like effect on your brain. If exercising outdoors is not ideal, consider swimming, dancing or register for a group fitness class instead.

GET SOME SUN

Exposure to sunlight is also significantly beneficial for people suffering from SAD. Sunlight helps your body produce adequate amounts of serotonin, a neurotransmitter that contributes to feelings of well-being and happiness. Getting just a few minutes of sunlight a day through a walk or short jog can make all the difference. Living in Chicago where the winters are bleak, cloudy, and dark, sunlight can be harder to come by. But technology has you covered: You can purchase "sun lamps," which simulate sunlight without the damaging UV rays. Just set up a sun lamp in your workspace or living area and feel your mood lift.

MAINTAIN YOUR ROUTINE

Often, it can be difficult to stick with your daily routine during the cooler months. It may be harder to wake up on time in the morning to work out, or it may be too cold outside to go on your daily run. Luckily, you can find small ways to mitigate this. For example, invest in a sunrise alarm clock, which gently wakes you up with a simulated sunrise, or shop for high-quality thermal workout gear.

If you continue to suffer from SAD and feel there's no end in sight, it's important to seek help from professionals. They can determine the best treatment options available for you. But remember, spring and summer ALWAYS follow winter. In Chicago, it can get delayed for a few weeks or months, but winter will eventually end.

I'M DREAMING OF A GREEN CHRISTMAS

4 Eco-Friendly Ways to Decorate for the Holidays



Considering all the wrapping paper, decorations, and cards that fill our homes during the holiday season, it's no surprise that the period between Thanksgiving and New Year's is not only the most cheerful but also the most wasteful time of year. According to Stanford University, Americans generate 25% more trash during the holidays than any other period — that's the equivalent of one million extra tons per week, which is enough to convince anyone worried about the health of the planet to cut back on the tinsel and fake snow.

Luckily for the eco-conscious, celebrating the season without adding too much to the landfill is totally possible. To start your own green Christmas traditions, try these tricks.

OPT FOR EDIBLE

Remember the cranberry and popcorn garlands of Christmases past? It's time to bring them back! Pair handmade garlands with iced salt dough

and gingerbread ornaments for a fully edible, compostable tree decorating scheme. A bowl of patterned pomanders (oranges studded with cloves) and pinecones makes for a beautiful centerpiece that smells festive, too.

GO WILD WITH PLANTS

If you like to decorate your stair rail or mantelpiece, try replacing the shiny plastic and fake-foliage garlands with real holly and pine boughs or bringing festive potted plants indoors. Small evergreen trees, holly bushes, and poinsettias are all attractive choices that can, with proper care, last the whole year.

DARE TO DIY

Instead of using wrapping paper, be creative. Use the inside of a brown paper bag, use your favorite newspaper or magazine pages, or even have your kids (or you!) draw some pictures and use these pages as wrapping paper.

THRIFT SHOP TILL YOU DROP

If you have your heart set on glitzy glass ornaments or an elaborate candle centerpiece, check nearby thrift stores before you head to your favorite big box store. They're often stocked to the brim with Christmas decor during the holidays, and you can probably get something you'll love for pennies on the dollar! Plus, by recycling these previously used decorations, you'll be keeping them out of the landfill.

Roasted Cauliflower 'Steaks'

During the holidays, it's hard to find side dishes you can eat without guilt.

This year, don't let your vegan loved ones or those on a "diet" go hungry. Roast these cauliflower "steaks," delicious enough for even the most ardent carnivore.

INGREDIENTS

- 1 large head cauliflower
- 2 cups Roma tomatoes
- 1 red onion, quartered
- 1/2 lb green beans, ends trimmed
- Kosher salt
- 3 tbsp extra-virgin olive oil
- 1 cup balsamic vinegar
- 1/4 cup brown sugar
- Parsley leaves, for garnish

Inspired by Delish



DIRECTIONS

1. Heat oven to 400 F.
2. Trim the leaves and stem from cauliflower, but do not break down further. (It should sit like a dome.) In the center of a large baking dish, place the cauliflower and surround it with tomatoes, onion, and green beans, and season with salt and olive oil.
3. Meanwhile, heat a small saucepan to medium-high, and whisk together vinegar and brown sugar. Bring to a boil, then turn down to low simmer, letting sauce reduce for 15 minutes.
4. Coat cauliflower in glaze and reserve extra for basting.
5. Roast for 1 hour, basting every 15 minutes.
6. Quarter cauliflower and serve with veggies.