

# Can you Actually Argue to Death ?

July 2014 Volume 44

*Dental Focus*

*Holistic Dentistry for Total Health*



## ***A new study suggests that frequent arguing may dramatically increase the risk of middle-aged death.***

Many people have the attitude that being in a good relationship should not require work and they expect it to be easy. However, all relationships require work and in healthy relationships there will be some arguing. It could be good to argue every now and then in order to express anger, a normal emotion, and to resolve minor issues before they turn major. But, keep in mind, too much of anything can be bad for you. Although we know that arguing can be stressful, most of us do not think about how it impacts our health. Research has shown that frequent arguing can increase the risk of death in middle age. Stressful situations are associated with a two to three times increased risk of dying. Arguing increases the risk of high blood pressure, stroke and heart disease and men are thought to be at a higher risk than women.

Clearly, the stress of arguing can result in several life threatening illnesses. A lot of how we handle stress has to do with our personalities. We all react to stress, but how we handle stress determines how it will affect us and if we are at risk for premature death. Begin to use your awareness during stressful situations. Take a deep breath and just watch your reaction reduce its intensity. When a stressful, emotional situation arises, you have a choice to react emotionally or respond rationally.

Responding calmly and rationally will result in making better decisions and greater peace of mind. Practice responding rather than reacting to situations and be mindful of your thoughts, words, and actions because your health and happiness depend on it.



**FROM OUR  
KITCHEN TO  
YOURS**



**Chocolate & Nut Butter  
Fudge**

Responding calmly and rationally will result in making better decisions and greater peace of mind. Practice responding rather than reacting to situations and be mindful of your thoughts, words, and actions because your health and happiness depend on it.

A big part of being healthy is having good relationships. It is important to build successful relationships which consist of trust, love, and support. Make sure to surround yourself with positive people who add value to your life. While there will be times where you will argue with friends, family, your spouse, and others, try to keep the peace and avoid petty arguments so you can enjoy this beautiful life a lot longer!

*For more information visit [BBC News](#)*



## ***Spirituality and Healing***

You are body, mind, and spirit. Many people hear the word spirituality and think that it refers to one's religion. However, spirituality and religion are not the same. The major difference is that spirituality refers to being while religion refers to believing. Spirituality has to do with the nonphysical aspects of your being and is something that is found deep within oneself. It is how you connect with others and awareness of the world that surrounds you. Spirituality encourages living in the present moment and gives you inner peace. Spirituality means something different to everyone and plays a very important role in one's healing process. Body, mind, and spirit must be connected to achieve optimal health. Here are five ways to enhance your spiritual health:

1. Meditation - There are several ways to meditate. A simple meditation would be to bring attention to the breath which helps us to focus inside. Practicing meditation on a daily basis can dramatically improve your physical, mental, and emotional health.
2. Breathwork - An amazing mind-body therapy that can decrease stress, increase energy, and give you a greater sense of interconnectedness.
3. Music Therapy - Sounds have the power to heal and can transform your mind, body, and spirit. Sit back, relax and let the music soothe your soul.
4. Laughter - Do you remember what it was like to laugh as a child? Laughter comes naturally to children and they enjoy laughing for no apparent reason. Laughter can make all our thoughts go away and bring us to the present moment. Find your inner child and take a few minutes to laugh every day.
5. Just Be - Do nothing. Just sit quietly for 15 minutes. Be still and allow yourself to just be.

1/4 cup raw organic almond butter

1/4 cup raw organic coconut butter

1/4 cup raw organic cacao butter

1 medium banana (very ripe for sweetness)

1/2 tsp sea salt

Optional: add chopped pecans or walnuts

Combine all ingredients in a food processor or blender. Scoop into a container and place it in the freezer.

### **Coconut Butter Fact:**

**Contains lauric acid which boosts immunity and destroys harmful bacteria, viruses, and fungi.**



## ***Need More Energy?***

Have you ever woken up after what you thought was a good night's sleep and still felt tired? Here are 6 ways to wake up with more energy:

### ***BEFORE BED***

1. Keep Sleep Consistent - Try to go to bed and wake up at the same time everyday. We don't all need the same amount of sleep, but consistency is key.
2. Meditate - You will not be able to sleep well if your head is full of thoughts. Find a way to clear your head.
3. Avoid Light for at Least One Hour Before Bed -Light makes your brain think it's still day time.

### ***IN THE MORNING***

1. Be Grateful - You have another day to do something meaningful and great!
2. Breathe deeply - Before your feet hit the floor in the morning, take some deep breaths and fill your body
3. Exercise - Exercise in the morning will give you a boost! If you are not a morning person, try to take 5 minutes to be active!

***Important tip:*** Make sure you set aside time in your day to do something that brings you joy and energizes you .

*Copyright © 2014  
Dr. Lina Garcia D.M.D., D.D.S., Inc. All rights reserved*

*33 West Higgins Road  
South Barrington, IL 60010*

*Phone: 847-426-9000  
Fax: 847-426-9050*