

## *Dental Focus*

*Holistic Dentistry for Total Health*



### ***Eating less by restricting calories and eating more nutrient-dense foods can extend longevity.***

There are several lifestyle changes that we can make to live longer which get a lot of attention including getting regular exercise and eating healthy. One lifestyle change that is less talked about is eating less or restricting calories. Studies have shown that restricting calories may help people live longer. Sometimes your body needs a break and by eating less you give your body time to repair. It has been proven that people who restrict calories and make other healthy lifestyle choices have improved their blood pressure, body fat, heart rate and more. Therefore, they significantly reduce their risk for chronic diseases.

So how does this really work? There is a chemical process that takes place in our bodies every day called oxidation. Oxidation is what happens when the molecules in your body come in contact with oxygen. Oxidation reactions can produce destructive chemicals called freed radicals that can cause damage to cells in the body. A good example of oxidation is the browning of an apple that has been cut open and exposed to oxygen. What causes oxidation reactions? Dietary factors are one of the primary factors of oxidative stress in the body. Other sources of oxidative stress include smoking, drinking alcohol, ingesting pesticides from produce, and exposure to pollution and toxins in water and air. So how does this relate to eating less and living longer? A healthy individual who restricts calories will have less oxidative damage in muscle cells, and therefore will extend their life span. Of course, when restricting calories it is important to choose nutrient-dense foods to ensure your body is getting what it needs.



### **FROM OUR KITCHEN TO YOURS**



### **Raw Avocado Cream Zucchini Pasta**

**Quick, easy and yummy!**

#### **Zucchini Fact:**

**Nutrients and vitamins found in zucchini can help prevent cancer and heart disease.**

A healthy diet is about eating smart. Eating smart means eating the right foods which requires preparation and planning. Take some time to think about what foods give you energy and make you feel satisfied. The right foods can improve your overall health and vitality and protect you against disease and illness. Make it a point today to give your body time to rest and repair by not only eating less, but by eating more of the right foods.



### ***Walking: More Than Just Exercise***

The month of May is National Walking Month in UK which is a time to promote walking. Walking is a great exercise, not only because it is easy on the body, but you can do it almost anywhere at anytime. Research has shown that walking on a regular basis can positively impact mental and physical health.

As for mental health, walking can boost your mood, improve your attention and concentration and even help your self-esteem. The physical benefits of walking include weight loss, improved metabolism, and improved cardiovascular function. As Hippocrates said, "Walking is man's best medicine."

Most people seem to walk for the cardio benefits, but they may be getting much more. Historically, walking was not only done for exercise, but simply to walk around, think, problem solve, and breathe in fresh air. In addition to the benefits of walking for exercise, studies have found that walking boosts creative thinking.

Walking removes you from the many sources of distractions that we have today including computers, ipads, cell phones and televisions. It gives you a quiet place to think. Given our busy lifestyles, many people feel that taking a walk without a purpose or a destination is a waste of time. However, we are doing much harm to ourselves, both physically and mentally, by sitting all day. It's time to get up and get those creative juices flowing!

Many creative minds took walks including the musicians Tchaikovsky and Beethoven and the novelist Charles Dickens. These walks probably inspired much of the amazing work that we enjoy today. Try taking a long walk without a set destination and stop trying to get something specific out of your walk. Slow down and enjoy the experience and you may just find your creative self...imagine the possibilities!

2 large zucchini  
1 avocado  
½ a cucumber chopped juice  
of ½ a lemon  
1 clove garlic  
2 tablespoons unsweetened  
coconut milk  
salt and pepper

Place zucchini spirals in a large bowl.

In a food processor, combine the remaining ingredients and process until smooth.

Toss the zucchini with the avocado sauce until fully coated.



## ***Foods for Anti-Aging***

What you eat has a great impact on how you look and feel. Eating the right foods will not only help your body stay strong and healthy, but it can help your skin stay younger. Start eating these foods today and start looking and feeling healthier and more youthful.

### ***Three Foods for Anti-Aging***

1. ***Vegetables*** - Green leafy veggies such as spinach and kale are a fantastic source of vitamins and minerals. The best way to get in your greens everyday is to juice!
2. ***Berries*** - All types of berries are super high in antioxidants with the darker berries, blackberries and blueberries, having the highest concentration. Berries actually help the body manufacture collagen keeping your skin firm and smooth!
3. ***Avocados*** - An excellent source of Vitamin E and potassium as well as monounsaturated fats and antioxidants. Avocados offer amazing skin benefits whether eaten or used topically.

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