

Dental Focus

Holistic Dentistry for Total Health



Some changes in life we can choose, others we cannot, but what we can choose is how we handle these changes.

We are very fortunate that we've had some beautiful weather during this time of year, but we must say goodbye to summer and welcome to autumn. Just as the season's change, many of us experience change in our lives. Many people are experiencing their children going off to school and for some this may mean becoming empty nesters while for others it may mean separating from your child for the first time. Whatever the change may be, change is inevitable and a beautiful part of life.

Many of us have experienced dropping off our kids at school for the first time and watched as some kids were kicking and screaming while other kids were happy to be in a new place. Sometimes adults feel just like kids going to school for the first time because for everyone change can be both scary and exciting. We choose how we handle change. Wouldn't it be best to be the happy kid that is open to new experiences? How wonderful would life be if we welcomed all change whether expected or unexpected? What may we be missing out on if we are kicking and screaming our way through change?

All of us experience major life changes and we can either embrace them and see them as an opportunity for growth or we can resist them and create stress and imbalance in our lives.



**FROM OUR
KITCHEN TO
YOURS**



Pumpkin Pie Juice

We must do our best to flow with the changes of life so we do not create chronic stress which will result in poor health. Although at times it may seem impossible to handle certain changes we must remember that regardless of what is going on in our lives, we have everything we need to handle any situation. If you look back at where you have been and where you are now, there are likely many times you can recall where you thought you could not handle a situation and not only made it through, but it turned out better than expected.

If you tend to handle change by kicking and screaming, you may want to look at what you are resisting in life.

Many of us try to resist or manipulate change because of fear of the unknown. Wouldn't it be better to embrace change and be open to all possibilities? Remember that change is a part of life and it is neither good or bad. If you trust and surrender to the flow of life, you will be amazed at how your life can change and come to find that it is always for the best.



Are You Eating Too Fast?

Many of us are very focused on what we eat and how our food affects our overall health, but it is just as important to focus on how we eat. It may be hard to believe, but digestion actually begins before you put food in your mouth.

It begins with the smell of food. Have you ever noticed that when you smell or see something appetizing your stomach begins to growl and you begin to salivate? This is your digestive system working and preparing for that first bite.

Many of us rush through our eating experience and don't truly enjoy what we are putting in our mouths. It is easy to get distracted if we are eating while talking, working or reading and we end up swallowing our food with very little chewing. It's time to slow down and chew your food!

Chewing your food properly is extremely important and has several health benefits.

Since chewing breaks your food down from larger particles to smaller particles it reduces after meal distress and allows your body to absorb maximum nutrition from each bite of food. In addition, chewing your food fully is very helpful for weight loss since it gives your body time to realize when it is actually full and prevents overeating.

Another major benefit from chewing is that it is a workout for the bones holding your teeth and keeps them strong! Taking the time to properly chew your food will allow you to enjoy the whole experience of eating. So, at your next meal, give it a try! Enjoy the smell, taste, texture of every bite and enjoy improved health and perhaps a smaller waistline!

Juice of one small pumpkin

3 carrots

1 apple

1/2" ginger

Place the ingredients in a juicer and enjoy!

Pumpkin Fact:
Pumpkins are high in zeaxanthin, a powerful antioxidant that protects the eyes.

USE IT OR LOSE IT!

Make sure to review your remaining dental insurance benefits before they are forfeited at the end of the year. Don't delay your dental treatment and call us now to schedule an appointment.



4 Ways to Create a Peaceful Home

It is not pleasant to walk into a chaotic home after a long day of work. Your home should be the place where you can relax. So, how can you make your house a little calmer?

Here are 4 simple steps to create a peaceful home:

1. Remove anything that causes you stress. So simple, but effective.
2. Keep items that put a smile on your face. Display photos of friends, family, and pets.
3. Bring nature indoors and place plants or freshly cut flowers around the house. Plants bring oxygen to a space and flowers bring beauty.
4. Clean out clutter and get organized. Less clutter at home means less clutter on your mind.

Now you can relax and enjoy!

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