

New Year's Resolution for A Healthy Mouth

January 2014 Volume 38

Dental Focus

Holistic Dentistry for Total Health



Why not start off the new year with healthy teeth and healthy gums? After all, a healthy mouth means a healthy body. Resolve to take care of your mouth this new year. Be mercury free and infection free to begin improving your health!

Five Lifestyle Changes for the New Year

It's a new year and a great time to set some goals and commit to making changes. Most of us have similar New Year's resolutions each year which include, getting healthier, losing weight and reducing stress. Don't forget to include a healthy mouth! Many of us start off the year with those goals on the top of our mind, however, with our busy lifestyles, often times those goals get pushed aside. So, what are some easy lifestyle changes that you can make in order to achieve these goals once and for all? Here are five suggestions:

Oil pulling with sesame seed oil - Oil pulling, which we have previously discussed, is an ancient remedy for oral health and detoxification. It is a simple, yet effective therapy that can be done every morning. Place one tablespoon of organic sesame oil in the mouth, swish the oil around for 10-15 minutes and spit it out. It is a great way to start your day!

Green juices - One of the keys to getting healthy is adding more vegetables to your diet which can be accomplished with vegetable juicing. Vegetables are important since they feed the good bacteria in your gut and help suppress the growth of bad bacteria. Juicing is one of the best ways to detoxify your system and achieve optimal health. Juicing can help digestion, give you more energy, and best of all is a great form of preventative medicine!



**FROM OUR
KITCHEN TO
YOURS**



Coconut Banana Smoothie

1 cup coconut water
1/2 cup fresh coconut meat
1 frozen banana
1/2 tsp vanilla
1/4 tsp cinnamon
Blend all the ingredients and enjoy!

Excellent diet full of fats (i.e, avocados, coconuts, olive oil, raw butter) - How can you add these healthy fats to your diet? Add olive oil to your salad dressing and an avocado to your salad. Add coconut oil to a delicious smoothie. Add raw butter to your vegetables.

Osteopathy - Osteopathic treatments are effective in balancing all the systems of the body and promoting overall **good health**.

Exercise - For some exercise means running 5 miles every morning while for others it means attending a yoga class 3 days a week and doing workout videos at home.

Be active! You need to find what exercise is best for you and find what fits your schedule. It is not necessary to add each of these changes today. Pick one that you think you can stick to and once you have successfully incorporated it into your routine, move on to the next one. We are all a work in progress!

We wish a you a very happy and healthy 2014!

Fun Banana Fact :

Bananas contain around 75% water.



Are Antibacterial Hand Soaps Helpful or Harmful?

Antibacterial soaps have become an important item in most households since they are known to kill bacteria and are thought to prevent colds and flu viruses. However, as we talked about in the last newsletter regarding the overuse of antibiotics, the use of antibacterial soaps could also lead to resistant bacteria and "superbugs".

Antibacterial ingredients are not only found in hand soaps, but also toothpaste, shampoos, body washes and other household products. The dangers of antibacterial ingredients have been a concern for several years. Now, the FDA is finally questioning the safety of antibacterial ingredients which have been said by public health experts to possibly cause hormonal disruptions and bacterial resistance. Manufacturers of antibacterial hand soap are being asked to not only prove the effectiveness of their products, but also to prove their products are safe for the long-term before being allowed on the market.

What does all this mean? Antibacterial soaps may carry unnecessary risks and washing your hands with plain soap and water is just as effective for preventing infections and staying healthy.



Five Important Vitamin D Facts

1. Vitamin D is produced by your skin which contains a substance that reacts with UV-B rays and then is converted by the body into Vitamin D.
2. The rays of sunlight that generate vitamin D in your skin cannot penetrate glass.
3. Sunscreen blocks your body's ability to generate Vitamin D.
4. It is nearly impossible to get the amount of Vitamin D your body needs from foods.
5. Vitamin D plays a role in regulation of the immune system.

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