

### *Dental Focus*

*Holistic Dentistry for Total Health*



#### ***Spring is a wonderful time to clean and detoxify your body and mind.***

Spring is here! It is time to open your windows, bring fresh air in, and make your home a clean and happy place. It is also a great time to gently clean your body and mind from the inside out using real, whole foods and by making simple lifestyle changes.

Keeping your body free of toxins and free radicals is essential to maintaining good health. A great way to help your body detoxify is by starting your morning with a glass of green juice. Often overlooked, drinking enough water every day is also necessary to help flush toxins out of your body. Other foods that can be added to your diet to help detoxify include dandelions, asparagus, ginger, garlic, and lemons. Try experimenting with different foods and have fun cleaning up you diet. Let's not forget to spring clean our teeth! It is easy to break good oral hygiene habits, so make sure to reestablish your oral hygiene routine. If you have really been neglecting your teeth or perhaps had too many sweets during the holidays, then you may want to consider adding a dental visit to your spring cleaning list!

Just as important as decluttering your home and detoxifying your body is cleaning out your mental and emotional space. After all, your mind is where it all starts. It's time to give yourself a fresh perspective. Pay attention to your thoughts and if they are not pleasant, change them! Make your mind a happy place by deciding what you want to think about.



**FROM OUR  
KITCHEN TO  
YOURS**



**Green Lemon  
Ginger Juice**

A great way to clear the clutter in your mind is by keeping a journal. You can keep a journal to express gratitude, write down your goals, or simply write down anything that is bothering you. It is not only important to clear your mind, but to fill it up with positive experiences. Surround yourself with uplifting people, grow a friendship, be out in nature, or start a new activity. Start letting go of whatever holds you back and focus on being your very best.

- 1 large cucumber
- 5 stalks celery
- 1 bunch kale
- 1/2 bunch cilantro
- 1 lemon
- 2 inches of fresh ginger root

Place all ingredients in a juicer and enjoy!



**Ginger Fact: Ginger has several healing effects including reducing nausea, pain, and inflammation.**

### ***Finding Your Calm for Optimal Health***

Some people are extremely diligent with their diet, yet continue to experience health challenges. An often overlooked obstacle to achieving optimal health is chronic stress. While stress is a necessary part of life, it can become overwhelming at times and throw your nervous system out of balance.

We often think that we are not stressed out, but our bodies are letting us know otherwise. Pay attention to what your body is telling you and practice techniques to find your calm.

One technique that we frequently mention is breath awareness. This is the simplest and most basic relaxation tool. Take time to focus on your breath and this will allow you to clear your mind of stressful thinking. Sit comfortably with your back straight, breathe in deeply through your nose, and exhale through your mouth. It may be helpful to place one hand on your abdomen so you can feel your belly rising and falling.

Another technique is progressive muscle relaxation which will allow you to see how it feels to be really physically relaxed. Our bodies are so tense most of the time that we forget what physical relaxation feels like. This technique involves tensing specific muscle groups and then relaxing them so you can become aware of the difference between tension and relaxation. You can begin this practice with your toes and work your way up to your head. When you tense each muscle group, hold for a count of 10. When you release, focus on the tension flowing away.

This technique has been helpful for people struggling with insomnia or hypertension. Take the time to practice this technique as it can help you achieve a deep state of relaxation.

Another powerful technique is visualization or guided imagery. This technique can be a lot of fun and can help relieve anxiety. Visualization involves using all your senses and imagining a scene in which you feel relaxed and at peace. You can choose your favorite place and allow yourself to enjoy the moment. This practice can be done on your own or with an audio or person guiding you through the imagery.

There are many different ways to reduce stress so find the relaxation technique that works best for you. Set aside 10 or 20 minutes a day for your relaxation practice. You may find it easier to stick to a practice if you schedule a set time every day. If you miss a couple of days, don't give up, just start again the next day. It is important to find calm every day to improve your energy, your mood, and optimize your health.



### **3 Ways to Reduce Allergy Symptoms this Season**

While spring brings warmer weather, chirping birds, and beautiful flowers, for some, it also brings allergies. Fortunately, there are a few ways to reduce or eliminate the symptoms of allergies including sneezing, wheezing, and watery eyes. Here are 3 simple strategies:

**Improve your gut health** - It is extremely important to maintain an anti-inflammatory diet and stay away from foods that are obvious allergens. Add probiotics and fermented foods to your diet to build a better microbiome. Too much bad bacteria in your gut results in inflammation.

**Reduce stress** - Although this is sometimes easier said than done, you can change how you choose to respond to challenging situations by being mindful. When your body is stressed out, it releases hormones and chemicals that can make an allergic reaction worse. Add a meditation practice to your daily routine or take a walk!

**Get more sleep** - Getting a good night's sleep boosts the immune system, gives your body time to heal, and helps you stay healthy and strong. Try to keep a consistent sleep schedule.



***Dr. Garcia's book is based on her many years of experience as a biological dentist.***

***The information found in this book is invaluable and is an amazing guide to optimal health.***

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