

Dental Focus

Holistic Dentistry for Total Health



Take time every day to take care of your mouth which is a window to the health of your body.

Many of us go about our daily lives working, running around, spending time with others, perhaps taking care of others, and neglect to take some time to ourselves. Maybe we squeeze in a workout once in a while or find a moment to sit in peace and quiet, but these times may be too few and far in between. How often have you found yourself thinking, "I need more time for myself" or "there is just not enough time in a day". We all know that in order to be happier and healthier we need to carve out time for self-care each day. Taking the time to be healthy every day includes activities such as exercising, meditating, and eating right. An activity that is often overlooked, yet essential for achieving optimal health is taking good care of your teeth and gums. While many people go through the motion of quickly brushing their teeth in the morning so that they can begin their day and again quickly brushing their teeth at night so that they can get to bed, our oral hygiene deserves much more attention. The health of our mouth can affect our whole body and should be a priority.

Good oral hygiene practices include brushing your teeth twice a day and flossing at least once a day. Dr. Garcia recommends an additional step which includes taking a piece of gauze and wiping down each tooth surface. Furthermore, adding oil pulling to your morning routine will not only help your teeth and gums, but will also have



FROM OUR KITCHEN TO YOURS

We recently shared this wonderful recipe and thought we should share it again to emphasize how you can include healthy fats into your diet in a delicious way!



a powerful detoxifying effect on your whole body. Oil pulling is a technique that involves swishing oil in the mouth for a short time. While taking care of your teeth at home can help you maintain your dental health, it is equally important to keep up with regular dental visits.

Along with good oral hygiene practices, it is extremely important to practice good nutrition. This includes eating real whole foods, avoiding sugar and making sure to add plenty of healthy fats to your diet. Make healthy food choices that you can incorporate into your daily life. There is not one right way for everyone to eat so be mindful of what nutrition plan makes you feel your best.

Taking time for your health every day does not mean you need to find several hours to go to the gym or meditate. We always have time for brushing our teeth and eating right which plays an important role in our overall health. It is often the simplest of activities can have a profound effect on our health and wellbeing.



Overcome Obstacles to Positive Life Changes

So you may have set some goals for the new year regarding health and wellness and are finding that you have not made much progress. Maybe you planned on losing weight, starting a meditation practice, improving your eating habits, or getting more sleep. Why haven't you moved forward? What is holding you back? Is it time pressures or fear of change or both?

A good place to start is to figure out exactly what you want. Take some time to visualize what it is you really want and what that looks like for you. Try to engage all your senses. Have some fun with this!

Once you have gained clarity about your goals, a good first step towards achieving them is to identify your barriers to personal change. Begin by writing down the obstacles that are getting in your way. Make a list of all the challenges and place your toughest challenge at the top.

Writing down your obstacles will give you a clear picture of what is holding you back and allow you to think of ways to move past them.

The next step is to plan how you are going to overcome these obstacles. Make a list of all of the possible ways to overcome the obstacles you identified.

Now you can take action! Start putting a plan together and make sure to set a realistic time frame for you to achieve your goals. It is a good idea to monitor your progress and make it a point to celebrate every step of the way.

We all have the motivation to be healthy and to improve our quality of life. Take the time to find out why you may not be making the best choices for your health and well being and commit to making a change. Remember, where there is an obstacle, there is an opportunity for growth. Choose wisely.

Avocado Smoothie

1 avocado
1 banana
1 Tbsp raw cacao butter
1 Tbsp raw butter
1 tsp coconut oil
2 raw eggs
stevia to taste

Blend all ingredients together and top with fresh strawberries! Enjoy!

Avocado Fact: The avocado is a fruit that is very high in omega 3 fatty acids which have many health benefits including protection from heart disease.





Meditation for Weight Loss

While movement is necessary to achieve optimal health and maintain a healthy weight, it is also necessary to take some time to be still. Being calm and mindful can help with weight loss. Mindfulness makes you more aware of the effects of certain foods on your body and can help control overeating. Here's how to meditate to lose weight:

Find a comfortable, quiet place. Sit down with your legs crossed and your back upright.

Begin by nose breathing which helps calm the nervous system. Keep your mouth closed and focus on your breath. Breathe slowly.

Try meditating with an affirmation to keep you positive and focused on what you want. For example, repeat to yourself, "I always take care of my body" or "I am healthy and fit". Find an affirmation that works for you.

Add this practice to your daily routine and your body and mind will begin to transform.



It is time to acknowledge the connection between our teeth and our overall health! If you want to improve your health, Dr. Garcia provides you with valuable information based on her many years of experience.

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