

Three Important Nutrition Facts You Need to Know

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Dental Focus

Holistic Dentistry for Total Health



If you listen to your body, you will find the right nutrition plan.

It's that time of year again where many of you are setting goals and hopefully planning ways to improve your health. Besides starting a new exercise regimen, it is always a good idea to review your eating habits and look for areas that need improvement. Below are some nutrition facts to keep in mind when setting your goals.

Fat Does Not Make You Fat - Many people are uncomfortable or even a little afraid to add fats to their diet since high fat diets have been blamed for obesity. The truth is that you need fat to lose weight, improve your mood and boost your immune system. If you want to enjoy these health benefits, start adding healthy fats to your diet such as coconut oil, raw butter, raw cream, and avocados. Yummy!

Feed Your Microbiome - We have trillions of microorganisms in our gut, mouth, skin and elsewhere in our bodies known as the human microbiome. The bacteria in your gut flora actually outnumber human cells. Your gut health plays a major role in your overall health. Some ways to keep your microbiome in balance are by avoiding processed foods, adding green juices to your diet, and taking a high quality probiotic.

Being Healthy Includes More than Just a Healthy Weight - Many people are extremely focused on weight gain/loss and may find themselves frequently on a scale. A scale does not tell you about your body composition so you can't tell what you are losing or gaining. You could be losing weight, but be losing muscle instead of body fat. It is best to avoid the scale and simply focus on eating healthy and living a healthy lifestyle.



FROM OUR KITCHEN TO YOURS



Raw Almond Butter Truffles

1 cup almond butter
1/2 cup coconut flour
1/2 cup almond flour
2 tsp melted coconut oil
2 tsp vanilla
stevia to taste

It is very important to be mindful of what you are putting into your body. Your body will clearly communicate with you which foods make it feel good, Keep in mind that your body is always guiding you to a state of health. It is up to you to listen to and trust your body!

Combine all ingredients in a bowl. Roll into bite sized balls and set on baking sheet. Place in the freezer for 15-20 minutes and enjoy!



How to De-stress from the Holidays

Almond Fact: Almonds are the most nutritionally dense nut (highest concentration of nutrients per calorie and ounce) .

Many of us have been running around for the holidays trying to prepare by shopping, cleaning and cooking. Right about now, we start to realize that we are feeling tired. Although it may be obvious that we need to slow down and relax, this is not something we are used to doing. We are part of a culture that is always on the go and we tend to forget about taking time for ourselves.

In order to be healthy, we must manage our time and make sure it includes time to unwind.

One of the best ways to de-stress is to get a good night's sleep. Sleep is very precious and must be a priority. While we are sleeping, our bodies are producing hormones, repairing cell damage, and healing. If we don't get enough sleep, then our bodies don't have time to complete this incredible job. You may find yourself getting sick more often when you are not getting adequate sleep.

There are probably times where you feel there is so much to get done and staying up is the only way to catch up on your big to do list. However, your body will respond to missing out on sleep by pumping out stress hormones which will leave you feeling tired, sick, and unproductive.

Another way to de-stress is to stay active. It is easy to get caught up in eating and sitting around during the holidays so it is more important than ever to keep moving! Even if you don't have time for structured exercise, get more active throughout the day.

Moving regularly throughout the day which includes frequently standing up, stretching, taking a walk, can be more effective than an intense workout. Exercise is one of the best remedies for anxiety and stress so remember to keep your body moving!

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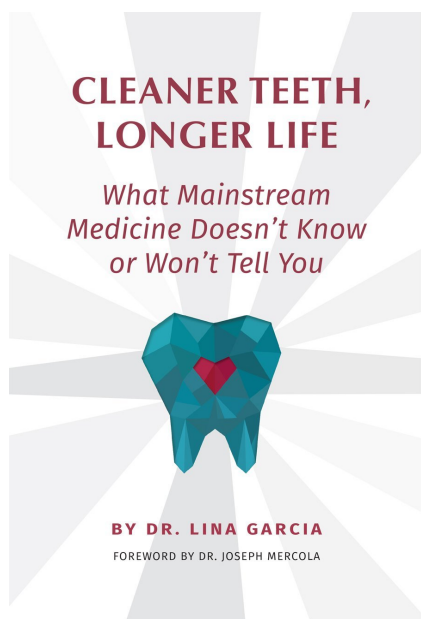


Three Gentle Cleansing Tips to Keep You Strong This Winter

Stay Hydrated - It is important to drink plenty of water every day to flush out toxins and keep the body's energy levels high. It is best to drink room temperature or warm water since this is easiest on the digestive system.

Take a Detox Bath - An Epsom Salt bath will encourage your body to flush out toxins. You can add baking soda for further cleansing and to relieve dry, itchy winter skin. To further detox, you can add fresh ginger tea which will increase your heat levels. Adding essential oils such as lavender or marjoram can make the experience very relaxing.

Sweat it out - Although you may feel like hibernating, this will not help your body cleanse. Consider taking a hot yoga class or zumba class to break a sweat every day.



It's New Year's Resolution time! Make a commitment to yourself to take control of your health and encourage family and friends to do the same. Dr. Garcia's book can help you get started.

Wishing You A Happy and Healthy 2015!

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