

Use Your Mind to Improve Your Health

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Dental Focus

Holistic Dentistry for Total Health



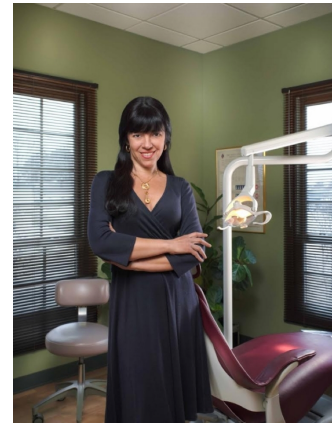
The mind-body connection is a valuable tool that can empower you to take an active role in your health and wellbeing.

You have probably come across the term mindfulness quite a few times especially if you are interested in health and wellness. It seems to be the answer to many questions. How can I reduce stress? How can I sleep better? How can I improve my mood? How can I have better relationships? While there is not always a quick and easy solution to these questions, there is a powerful tool that can help, mindfulness. Mindfulness is a technique that has been used for thousands of years. Studies have shown that it has a positive impact on physical and mental health.

So what exactly does this mean? Being mindful means purposely focusing your attention on the present moment and accepting it without judgment. This means that whatever is going on for you is not "bad" or "good", it just is. This ancient practice is an amazing tool that can be learned in moments and should be practiced daily to reap all of its benefits.

Sounds easy, right? While the technique seems simple, it takes practice and repetition in order to be mastered.

What makes this technique challenging? Our constant mind chatter. Our avoidance of difficult situations and emotions. Mindfulness is about facing emotions and not giving them power. It is about self-compassion. It is having appreciation for every moment in life. When you become mindful you recognize that thoughts are simply thoughts and that they are temporary.



FROM OUR KITCHEN TO YOURS



Carrot Ginger Soup

5 large carrots
1 tsp fresh ginger, minced
2 cups vegetable broth
1 1/2 cups coconut milk
sea salt to taste

Simmer carrots, ginger, and vegetable broth for 20-25 minutes. Puree in blender and stir in coconut milk.

You do not have to attach yourself to them or react to them. This will lead to a more stable mind which will allow you to cope better with life's challenges.

Practicing mindfulness has several benefits including lowering stress, fighting depression, improving sleep, increasing self-awareness, and extending life. It will restore your inner peace and help you stay grounded.

There are many ways during your day that you can practice mindfulness including when you are eating, walking, and even just breathing. Begin with 10 minutes a day and slowly increase the time as you feel comfortable. If you are ready to live your life to the fullest, begin practicing mindfulness. There's no time like the present.

Mindful Teeth Brushing: Mindfully floss and brush your teeth and wipe down each tooth surface with gauze to maintain healthy teeth and gums. Pay attention to the color and smell of your toothpaste, the feel and sound of the bristles against your teeth, and the temperature of the water as you rinse. Look into the mirror and enjoy the feeling of your fresh mouth, shiny teeth, and beautiful smile. This practice can prevent cavities and improve your health.

Three Foods to Improve Your Mood

Feeling down this season? Add some happiness to your diet and watch your mood and overall health improve!

Wild Salmon - Eating oily, fatty fish will give you Omega-3s which promote a positive mood. In addition it provides you with a good amount of selenium. Those with low selenium levels tend to be anxious and irritable.

Egg Yolks - Contain Omega 3 and 6 fats, selenium, vitamin D, and are rich in protein.

Coconut Oil - Is a healthy fat that fuels your brain's production of serotonin, a chemical that helps you maintain feeling happy.

Carrot Fact:

Antioxidants in carrots, including beta-carotene, may play a role in cancer prevention.



Journal Writing to Transform Your Health

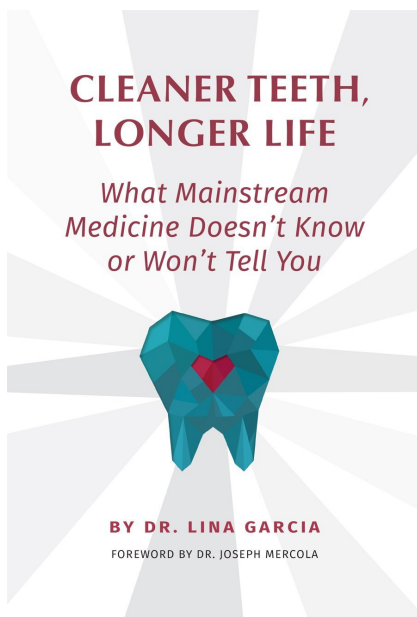
Did you ever keep a journal when you were a teenager or even younger? It may have been a safe place where you could talk about your struggles and fears without judgment. Maybe you wrote in it every night or only when you felt you needed to get your thoughts and emotions out of your head and onto paper. At the time it probably felt good and helped you see more clearly. Many people keep a

journal in their early years, but slowly lose this practice as they approach adulthood. Maybe it's time to get back into this daily practice. Studies have shown that expressive writing has been linked to lower blood pressure, improved mood and decreased stress levels. Keeping a journal is a wonderful tool for healing the mind, body, and spirit.

What is the purpose of keeping a journal? A journal is a place where you can express your innermost thoughts and feelings. It will increase your awareness of how you see and think about your world. It will help you to identify patterns and identify areas that are opportunities. Some reasons to keep a journal include to discover the writer within you, to keep a record of how the future unfolds, and to explore creativity.

What should you record in your journal? It could be a gratitude journal where you write down every night what you felt grateful for during that day. You could keep a journal of memories that you would like to eventually share with your family. You could simply use your journal to clear your mind. There are many ways to keep a journal and the best way is to write down whatever you feel you need to express.

You can get started keeping a journal by finding time to write and trying to stick to the same time each day. Set aside a specific amount of time and just let your thoughts flow onto the paper. Write quickly, write naturally, and most importantly be honest with yourself.



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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