

Dental Focus

Holistic Dentistry for Total Health



The World Health Organization recently proposed new guidelines for sugar consumption which are significantly below what the average American consumes. The over-consumption of sugar that occurs in the American diet has been linked to serious health issues including heart disease and cancer.

We briefly mentioned in the last newsletter the importance of minimizing your sugar intake, not only to prevent tooth decay and periodontal disease, but to improve your overall health. Let's take a closer look at why this is so important. Sugar, in all of its forms including honey and maple syrup, has a profound effect on our health. We are frequently surrounded by sweet treats whether it is someone's birthday, a holiday, or any special occasion. Most people are excited to take a big bite of their sugary treat and enjoy the moment and are not thinking about how eating these sweets may impact their bodies and their lives.

Yes, eating sugar can negatively affect your life! What we eat goes into our stomach and as it gets digested, it passes from our intestines into our blood. Our blood is what creates our cells, our tissues our organs and even our thoughts. We feel and think differently when we eat sugar. Therefore, we make different choices when we are "under the influence" which ultimately affect our life.

In addition, sugar feeds the "bad" bacteria in our gut and creates imbalance. The balance of bacteria in our gut impacts gene expression, immune function, our risk of developing chronic disease, and much more. In order to achieve good health, you must optimize your gut flora which can be done by limiting your sugar intake.



FROM OUR KITCHEN TO YOURS

Dr. Garcia shares her amazing chocolate sauce used for dipping strawberries, pineapples, apples or any fruit!



Chocolate Sauce

Many people are consuming sugar on a regular basis and often times are not even aware of it. A large amount of sugar is added to processed foods some of which you would not expect to have sugar. This is why it is best to avoid processed foods and to focus on a diet consisting of whole, real foods. The next time you decide to reach for a packaged food, try reading the nutritional label to see how much sugar is in it and you may be surprised. Even seemingly healthy foods may have a ton of sugar. Try keeping a food journal to be aware of how much sugar you are actually consuming.

Once you are aware, you can change your diet and change your life.

Dr. Garcia has always advised her patients to avoid sugars and even to limit their consumption of natural sugars. Set the intention today to permanently change your relationship with sugar. Your life depends on it!

For more information regarding the World Health Organization's proposed guidelines for sugar consumption visit [BBC News -Health](#).



Sleep Can Save Your Brain

Sleep is essential for good health and often times the power of sleep is underestimated. Sleep is equally as important as nutrition and exercise. Lack of sleep or poor quality sleep can be getting in the way of you achieving optimal health. Sleep deprivation can negatively affect your mental function, heart function, immune function and mood.

Sleep is also important for your dental health. If you are tired, you are more likely to grind or clench your teeth and to develop poor oral hygiene habits. BBC News recently reported the results of a study published in the Journal of Neuroscience which found that loss of sleep can result in a permanent loss of brain cells. This study provides further evidence that we must make sleep a priority.

Sleep is necessary in order to have good mental, emotional and physical health. Start getting better sleep tonight! Your body and brain will thank you for it!

Three Tips for Good Sleep:

1. Stick to a schedule -Try to go to bed at the same time every night. Make it a rule to turn off all technology by a certain time.
2. Create a bedtime ritual - Make it something you will look forward to like meditation or deep breathing exercises. Whatever works to reduce your stress levels.
3. Set the mood - Dim the lights and make sure you have a comfortable pillow! Also, make sure to keep your room cool since your body needs to cool down in order to fall asleep.

Sweet Dreams!

For more information visit [BBC News - Health](#)

1 unsweetened organic baking bar
1 tbls of organic raw almond butter
1 1/2 tsp of coconut butter
stevia to taste - *Kal* brand is a good tasting stevia

Place the chocolate in a glass jar in warm water until it melts. After the chocolate melts, add almond butter, coconut butter and a bit of stevia.

Almond Butter:

Almond butter is good for the heart and is known to lower blood pressure, control blood sugar, and even help with weight control.

Check out Dr. Garcia's recently published article about unnecessary root canals on [Dr. Mercola's website](#)



The Power of Your Thoughts

All of us have an endless stream of thoughts running through our heads. These thoughts may be positive or negative and can tremendously impact our overall health. There are several health benefits to positive thinking including improved mood and better physical well-being. Pay close attention to your thoughts to determine if your glass is half empty or half full. Change your negative thoughts and think positively to start generating positive feelings and attracting positive life experiences.

Three ways to promote positive thoughts:

1. Surround yourself with positive people.
2. Practice positive self-talk.
3. Love yourself! - Follow a healthy lifestyle.

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*33 West Higgins Road
South Barrington, IL 60010*

*Phone: 847-426-9000
Fax: 847-426-9050*