

News From The Office TM



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Sort and Simplify

According to a recent survey, many Americans feel that they could save 30 minutes to an hour each day if they were more organized. Over the course of a lifetime, that's potentially more than 2 years of time that could otherwise be spent doing the things you enjoy with people you care about.

If you want to get organized but don't know where to begin, consider this simple strategy: Commit to tackling one room at a time. Go through all of the items you own and categorize them into one of the following groups: keep, sell or donate.



TREAT SUMMER VACATION AILMENTS WITH NATURAL REMEDIES

While summer vacations symbolize fun and quality time together for families, they can frequently be strained with unplanned health problems.

As any parent knows, traveling with kids can be challenging enough without any extra surprises. So rather than chancing the set-backs of common accidents and ailments, be prepared for them so you can enjoy your time outdoors rather than nursing a child back to health in your hotel room.

By packing a few of these lifesavers in your bag, you'll be able to breathe easily should any problem arise.

-**Arnica** is a homeopathic remedy that's widely used in Europe. It's essential for any parent with an active child who's prone to falls or tumbles. This incredible homeopathic can stop bruises and bumps from forming, and can even reverse their evidence. In fact, it works to help reduce muscle pain and injury from any type of physical trauma.

Dispense a few pellets (small white balls) to a child every eight to 10 minutes. Avoid any food or drink other than water during this time. Arnica also comes in a cream form, which can be applied directly to sore body parts.

-The **aloe vera plant** has been used for centuries to treat skin ailments, including sunburns and scrapes. It has long been sold in gel form for convenience, but be sure to look for concentrated aloe vera gel, rather than a cream with aloe added. To apply, gently rub the gel into the injured skin and leave it to do its healing work. Keep in mind that if the wound is deep, medical attention is advised.

"By packing a few of these lifesavers in your bag, you'll be able to breathe easily should any problem arise."

-**Oil of oregano** is a great in-case-of-emergency remedy. Oftentimes, travel - especially air travel - can bring with it exposure to all sorts of bacteria and viruses that can lead to colds or even the flu, and oil of oregano offers a quick remedy. Kids will often feel better after a few hours, or at least by the next day.

In liquid form, the smell and taste of this tincture may be repulsive to kids, so try adding the drops to a quarter cup of juice, or as little beverage as possible. Alternatively, rub a few drops of the liquid on the soles of your kids' feet and cover immediately with socks. The socks will hold in the vapors and the oil will be absorbed through pores and help to speed up recovery.

-**Probiotics** are another essential addition, as they can really help kids' bodies recover from the annoying problem of diarrhea. Diarrhea frequently plagues travelers - especially those traveling to areas where water may be contaminated with bacteria. Probiotics are helpful because they help to repopulate the beneficial bacteria in our intestinal tract. When this "good" bacteria is plentiful, the body can fight off harmful bacteria that are causing the problem. Just make sure you take probiotics that can withstand the heat from travel, as they can be fragile.

-**Magnesium** is another great and safe mineral to pack in case you may need it. Magnesium is a wonderful remedy for both constipation (it has long been recognized as an aid to bowel irregularity) and sleep issues with children.

Purchase a capsule form - magnesium citrate is a good formula - and supply to your child as needed. If your child is too young or unable to swallow the capsule, open it up and empty the contents into a small amount of juice or milk. Magnesium is even safe to take on an empty stomach and can be taken right before bed.

With a little advance preparation, you can ease those worries that your trip will be spoiled by unexpected health problems.

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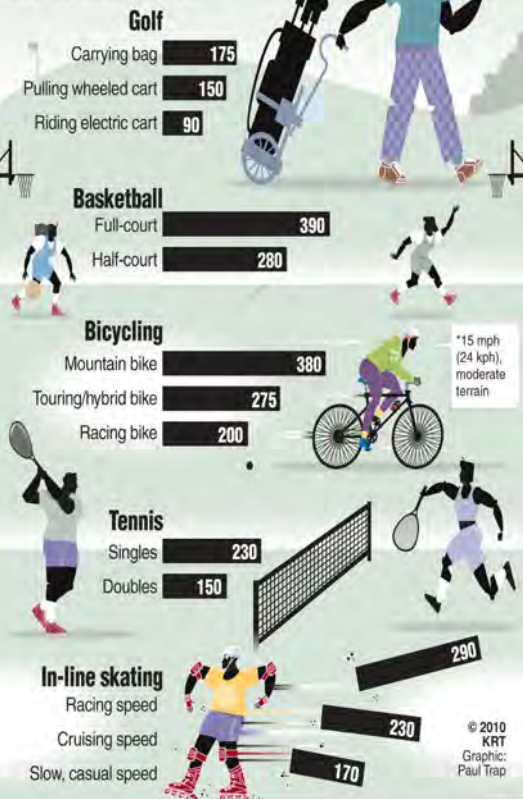
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Personal Trainer

More intensity, more calories used

Increasing the intensity of an exercise burns off calories faster, and sometimes the increase is large.

Calories consumed in 30 minutes by a 150 lb. (68 kg) person:



Source: "Physiology of Exercise" by D.H. Lamb, "Exercise Physiology" by W. D. McArdle and others

I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

BOOKER T. WASHINGTON

Tips and Tricks

Don't Worry About Autumn - But Get Ready For It!
Do some work to make it easier later. Clean your house, workspace, buy and arrange everything necessary. When everything's set and you know you have done everything, it's time to forget your cares and let the summer take you.

Pets: Good for Your Heart and Mood
Being a pet owner can be so much fun! While carrying a load of responsibility, pet ownership is extremely rewarding. One of the greatest benefits of pet ownership is the proven fact that pets are good for your heart and your mood.

Advertising a Garage Sale
The key to a successful garage sale is advertising. You can have the greatest items at the best prices for sale, but if you don't let people know that you're having a sale, how will they know to buy from you? Advertising a garage sale is simple and, in most cases, free. Try using craigslist.org.

Grilled Tomato Melts

This simple side dish of tomato slices, cheese, sweet pepper, and almonds can be made hours ahead and served fresh from the oven or grill.

3 large tomatoes (about 8 oz. each) or a variety of smaller tomatoes (about 1-1/2 lb. total)

4 ounces Monterey Jack cheese with jalapeno peppers or Monterey Jack cheese, shredded (1-1/2 cups)

1 small green, yellow, purple, or red sweet pepper, finely chopped (about 1/2 cup)

1/4 cup toasted sliced almonds



Directions

Preheat oven to 350 degree F. Cut each tomato into 4 slices, about 1/2-inch thick. If using smaller tomatoes, halve each one. For each of 4 servings, arrange 3 tomato slices, overlapping slightly, in a foil-lined, 15x10x1-inch baking pan. (Or, if using smaller tomatoes, arrange in a single layer in a foil-lined, 15x10x1-inch baking pan.) Sprinkle with shredded cheese, finely chopped pepper, and toasted almonds. Bake about 15 minutes or until cheese is bubbly. Carefully lift with large metal spatula to individual plates, allowing excess juices to drain off.

To prepare on a grill, arrange ingredients as above in a shallow disposable foil pan. In a grill with a cover, arrange medium-hot coals around the edge of the grill; test for medium heat above the center of the grill. Place the pan with the tomatoes in the center of the grill rack. Grill, covered, for 12 to 15 minutes or until cheese is bubbly. Makes 4 appetizer servings.

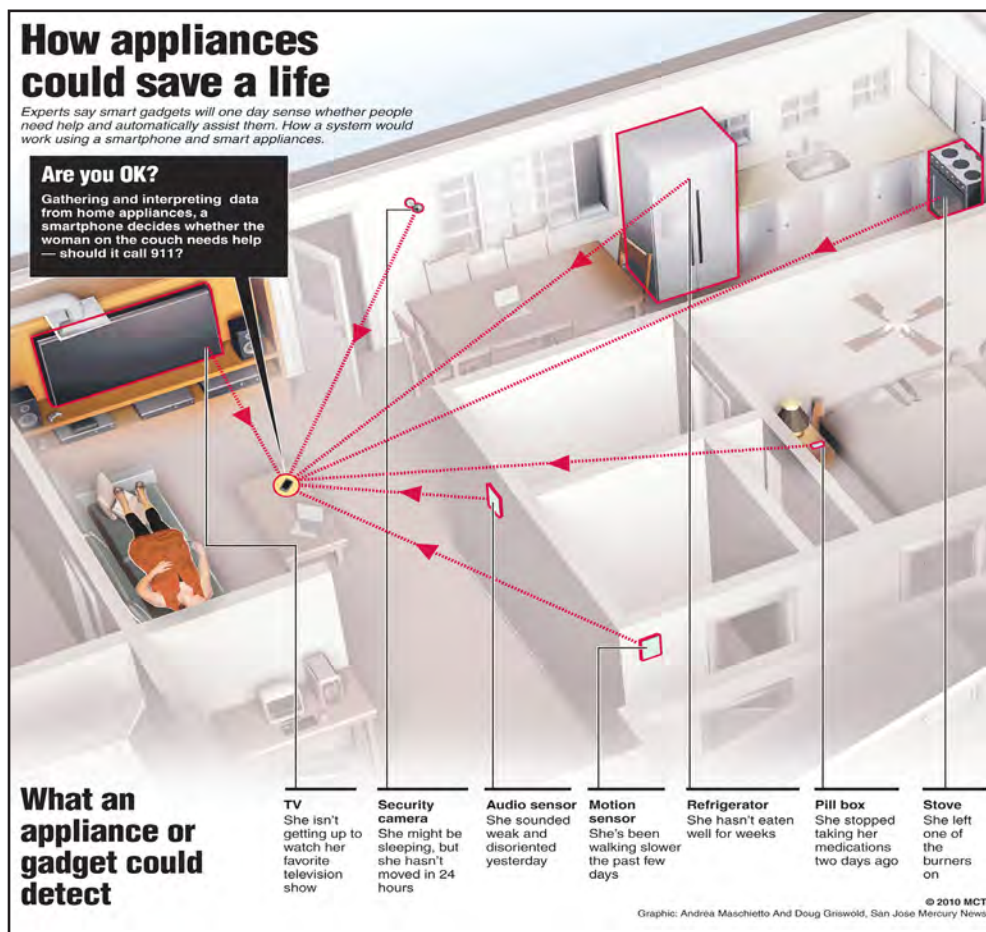
Make-Ahead Tip: Arrange tomatoe slices in baking pan and sprinkle with cheese, pepper, and nuts. Cover and chill up to 4 hours. Bake or grill as above.

How appliances could save a life

Experts say smart gadgets will one day sense whether people need help and automatically assist them. How a system would work using a smartphone and smart appliances.

Are you OK?

Gathering and interpreting data from home appliances, a smartphone decides whether the woman on the couch needs help — should it call 911?



Thank You

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The Risks of Oral Piercings

To teens and young adults an oral piercing looks like an expression of personal style, but to dentists, it looks like a potential health risk. All oral piercings, whether through the lip, tongue, or cheek, run some risk of harming an individual's oral and overall health. Some potential complications from oral piercings include: swelling of the tongue, damage to the sublingual salivary glands, chips, cracks or fractures to teeth and gums, nerve damage, and infection, and the barbell can come unscrewed and wind up in a lung. Individuals considering an oral piercing should be encouraged to discuss these potential complications with their dentist beforehand. Those who already have oral piercings should schedule routine dental exams to check for problems and should follow any in-home care instructions provided by their dentist and/or physician.

Fight Inflammation With the Right Diet

Arthritis, tendonitis, bursitis, periodontitis, prostatitis, allergies, inflammatory bowel disease--most of us are afflicted by inflammation at one time or another, some of us on a daily basis. We may feel that we're out of options when medications aren't the answer, but nothing could be further from the truth.

Julie Daniluk, a registered holistic nutritionist, author of "Meals That Heal Inflammation: A Practical Guide," and host of television's "The Healthy Gourmet," is convinced that diet can impact inflammation.

"Food becomes the building blocks of your body, so you can provide powerful healing or create inflammation depending on your choices," Daniluk explains.

Overlooked food sensitivities may worsen an inflammatory condition. The process of elimination can help identify problematic foods. Daniluk's program, outlined in her book, "takes people through a 10-week program to help them discover which foods may be causing pain and replaces them with healing, tasty meal options."

Which inflammatory conditions respond best to dietary changes?

"All inflammatory conditions will improve," Daniluk says, "but the most marked changes are with digestive disorders such as IBS (Irritable Bowel Syndrome), skin disorders such as eczema, and joint conditions such as gout and arthritis."

Daniluk says there are plenty of effective anti-inflammatory foods that can help most people manage their health naturally.

Cold-water fish like salmon, anchovies, mackerel and sardines are an excellent source of eicosapentaenoic acids (EPA) and docosahexaenoic acids (DHA), the two potent omega-3 fatty acids that can dramatically reduce inflammation.

The spice turmeric contains the powerful, non-toxic compound curcumin. Studies have found that turmeric's anti-inflammatory effects are as effective as potent drugs, such as hydrocortisone, but without any side effects. Ginger, a relative of turmeric, is also prized around the world for its anti-inflammatory benefits.

Papaya possesses powerful enzymes that reduce inflammation. Christopher Columbus' "fruit of the angels," contains papain, a protein-digesting enzyme. Together with other nutrients, which include vitamins C and E, papain helps to reduce inflammation while improving digestion. Worthy of mention, pineapple contains bromelain, an enzyme that reduces swelling and can be used to treat indigestion, sports injury, trauma, and arthritis.

Berries are antioxidant powerhouses that provide anti-inflammatory protection against many diseases such as cancer and dementia. Feast on organic blackberries, blueberries, cranberries, currants, raspberries, and mulberries. If you suffer from Inflammatory Bowel Disease, be sure to strain out the seeds to avoid discomfort.

Just as diet can help reduce inflammation, eating the wrong foods can worsen the pain and swelling of inflammation. Avoiding the following foods can help avoid unnecessary inflammation, Daniluk says.

Fatty meats and high fat cheeses, such as ribs, bacon, lamb, duck, goose, sausages, hamburger, hot dogs, cheddar, brie, and cream cheese contain saturated fats and are loaded with



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