

News From The Office TM



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WELCOME to our newsletter, *News From The Office!* We're excited to be able to bring you this top-notch publication each month as a 'thank-you' for being a loyal friend and patient.

Inside, you'll discover fun and informative articles on living healthier, wealthier and wiser lives, mental games/exercises, handy recipes and so much more! We'd enjoy your feedback so, please, at your next visit, let us know what you think. Meanwhile, enjoy our newsletter - and, feel free to pass it along to your friends, family members or co-workers, too!

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Internet Intrigue Favorite Fun Websites

Is that news information a RUMOR or FACT?
Find out at www.snopes.com.

Get your needles flying with FREE knitting patterns at www.knittingonthenet.com.

Kids - create your own comic adventure at www.funbrain.com.

How's Your Dental Health?

What condition is your mouth in? We hope it's 100 percent healthy! But if you're like most people, you'll probably suffer from at least one dental condition at some point in your life. Dental conditions cover a wide range of mouth problems, from cavities to gum disease to jaw abnormalities. Some dental conditions are preventable, some aren't. But the more you know about dental conditions, the better chances you have of preventing them -- or at the very least, correcting them early.

With so many types of dental conditions that can affect your life, it's natural that you'd want to know more. If you suffer from tooth decay, gingivitis or any other dental condition, we can help you understand your symptoms and explore your treatment options. No matter what type of dental condition you're curious about, we have the information you need to help you maintain a healthy smile.

Keep in mind that if you think you have a dental condition, it's important not to self-diagnose. Only a dentist can determine what type of dental condition you have -- and only a dentist can give you the right dental treatments! If you're prone to putting off treatment, remember: Without treatment, dental conditions can become a painful problem. Dental conditions happen to the best of us, so click on the appropriate link to learn more about what's plaguing your mouth. Staying informed can help put you on the right track to optimal dental health!

"American families have always shown remarkable resiliency, or flexible adjustment to natural, economic, and social challenges. Their strengths resemble the elasticity of a spider web, a gull's skillful flow with the wind, the regenerating power of perennial grasses, the cooperation of an ant colony, and the persistence of a stream carving canyon rocks. These are not the strengths of fixed monuments but living organisms. This resilience is not measured by wealth, muscle or efficiency but by creativity, unity, and hope. Cultivating these family strengths is critical to a thriving human community."



~Ben Silliman

From the Office!

October 1, 2010, CELINA, TX

Dr. Alan Brunelli unveiled Bobcat Dental's brand-new internet website, BobcatDental.com, today. The website showcases the services offered at Bobcat Dental, such as preventive, restorative and cosmetic dentistry, which Dr. Brunelli has come to be known for in his 20+ years as a dentist in North Texas.

Even more important, the website gives you an inside glimpse at the team working with Dr. Brunelli to really make this a hometown dental office. At Bobcat Dental, their goal is to make it a place where anyone and everyone can feel at home, feel comfortable and feel good about the quality and attention to detail they're sure to receive.

When checking out the new website, be sure to visit the "Oral Health" section where you can pick up the "Five Healthy Habits for Oral Care." It's sure to save you money and time down the road.

And, don't forget to sign up for Bobcat Dental's online newsletter - an online version of this one, at no cost. And, you can even send it along to your friends or family. It's completely free. The sign-up is located in the upper right hand corner of the site. Just click on "Newsletter," to learn more!

Dr. Brunelli is a HUGE advocate and supporter of the communities of Celina and the surrounding areas. He and his entire team are very excited to be part of it.

INSURANCE

USE IT BEFORE YOU LOSE IT!

The end of the year, as you know, is fast approaching. And, with the end of the year, comes the end of your yearly insurance benefits.

Each year, your insurance company allots you a certain dollar amount of coverage for dental procedures that we offer here in the practice... from routine exams to more complex, long-term procedures.

We want to make sure that you take full advantage of any remaining benefits. Many times, you may be able to save money by completing your treatment before year's end and avoid paying a new, likely higher deductible next year, depending of course on your insurance.

If you have questions about how much actual coverage remains on your insurance benefits, please call so that we can check for you. At this time, we can schedule you in at the earliest available appointment to ensure you take full advantage of all the insurance benefits you pay for!

Call today with questions or to schedule your appointment. Our team will be happy to help you. (972) 382-2900

AVOID SCARY TOOTH DECAY THIS HALLOWEEN!

Who doesn't love candy at Halloween? If your kids are like mine, they're going to come home from trick-or-treating with tons of candy. Sugary candy can lead to tooth decay, but following these simple steps can help you and your children have a fun Halloween without the nightmare of harming their teeth in the process.

Don't let your kids gorge on Halloween candy all night. Teaching your kids moderation on Halloween is important.

Monitor that your children are brushing their teeth two-to-three times-a-day. Make sure that your children use an age-appropriate fluoridated mouthwash every evening.

Have extra disposable dental flossers laying all over the house. You'd be amazed at what kids will do when their bored.

Avoid or limit candy such as caramels, candy corn, jelly beans, and taffy. These particular candies are extra sticky, making it hard for saliva to wash away the sugar. And they can damage sealants.

Give your kids sugar free gum to chew. Not only does sugar-free gum help prevent cavities, it also helps neutralize the effects of sugar from the candy. Therefore, it combats the bacteria in plaque that causes cavities.

Halloween is a fun holiday and you shouldn't have to worry about things like tooth decay. By practicing good oral hygiene and using moderation, your kids can have a fun and safe Halloween and still enjoy the candy!



Apple and Pear Soup

A delicious fruit and vegetable soup. Great for cold fall days!

Prep Time: 20 Min. • Cook Time: 35 Min. • Ready In: 1 Hour • Recipe Yield: 7 servings

Ingredients

- 1 tablespoon reduced-fat margarine
- 3 tart apples - peeled, cored, and chopped
- 3 pears - peeled, cored, and chopped
- 5 cups vegetable broth
- 1/2 teaspoon rubbed sage
- 1/4 teaspoon ground black pepper
- 1 bay leaf
- 1 1/2 teaspoons pureed fresh ginger
- 1 tablespoon chopped fresh parsley



Directions

1. Melt the margarine in a large saucepan over medium heat. Cook and stir the apples and pears in the melted margarine for about 5 minutes. Add the vegetable broth, sage, pepper, and bay leaf to the pan; bring to a boil. Reduce heat to low. Place a cover on the saucepan and allow the mixture to simmer until hot and the apples and pears are tender, about 20 minutes. Remove from heat and allow to cool for 5 minutes.
2. Pour about 1/3 of the soup into a blender, filling the pitcher no more than halfway full. Hold the lid of the blender in place with a towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the saucepan. Return the pureed soup to the saucepan and warm over medium heat until completely reheated. Garnish with parsley to serve.

Thank You

Our practice continues to grow everyday and we recognize that our best patients come from your referrals. To show our appreciation, you will receive a **\$25.00** gift card every time you refer a friend or family member to us! As always, thank you for your continued confidence and support!

Personal Trainer

Off to a running start

Running and jogging can be great exercise, but it's hard to stay motivated if you get off to a poor start. Some tips on starting a running program:

First things first

Check with your doctor to see whether running is right for you.

Simple equipment

Comfortable clothing and good quality running shoes that fit well are really all you need.

Orthopedic or heart problem? More than 20% overweight?

Walk regularly to see how you react before starting a running program.

Sensible running

- Warm up before a run, and cool down afterward
- Never increase distance more than 10% per week
- If anything hurts, take time off until it feels better
- Do some strength training every other day to help reduce arm-shoulder-back fatigue

Basics of good technique

- Keep your head level and in a straight line as you run
- Lean forward slightly from your ankles, not your waist
- Keep your shoulders down and relaxed
- Strike ground first with your heel, roll to the ball of your foot, then push off from your toes

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5 Ways to Boost Your Immune System

Despite all the wonderful things autumn has to offer, it's also time to start preparing for cold and flu season. For many, this brings with it a sense of anxiety and concern, especially given the media attention devoted to recent flu stains. Rest assured, there are several things you can do to build your immunity naturally and help you and your family make it through the flu season happy and healthy.

The key to staying healthy and avoiding nasty bugs is to strengthen your defenses, primarily your immune system, so your body can fight any virus as it enters the body. Here are some powerful ways to boost your immune system and prepare for the new flu season:

1. Add Some Sunshine

Researchers are quickly catching on that Vitamin D may be the secret to avoiding colds and flu. Vitamin D plays an important role in strengthening your defense system to better fight any invading viruses and bacteria. Unfortunately, it's also the #1 vitamin deficiency in Americans.

Compounding the problem is the fact that Vitamin D is produced when the body gets adequate levels of sunshine, so naturally, even less is produced in the winter months. It has recently been hypothesized that this could be one major reason for the increase in cold and flu cases during the winter. It's important that we have alternative ways of getting this powerful immune-boosting vitamin.

One great source is cod liver oil. In addition to the Vitamin D it offers, it's also a great source of Vitamin A, an immune system superstar, and Omega-3 fatty acids, which hold significant health benefits for the heart, brain, skin, and much more.

2. Fight Fire With Fire

Your immune system is your body's best defense for fighting off colds and flu. Further, it's estimated that 80 percent of your immune system resides in your digestive tract, so it's vital to keep your digestive system healthy.

Thankfully, our gut is filled with lots of "good" bacteria, or flora, that help fight all the "bad" bacteria and yeasts trying to find their way into our system. Because of diets high in refined sugars, frequent antibiotic use, and everyday stress, most people don't have a healthy balance of good-vs.-bad bacteria, leaving them more vulnerable.

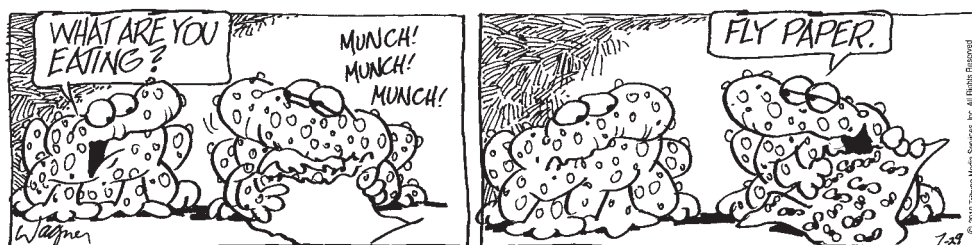
As we head into cold and flu season, now is a good time to restore the proper balance in your gut by taking a **probiotic** before each meal (continue this through the winter months). Probiotics can be found in any health food store in the refrigerated supplement area. An excellent whole food source of probiotics is kefir. Kefir has significantly more "good" bacteria than yogurt and is much easier for your body to digest.

3. Get Moving

Most of us are aware of all the amazing benefits exercise has for our overall health and well-being. Few of us, however, know that exercise is one of the most powerful ways to boost the immune system. Not only does exercise improve the circulation of white blood cells throughout the body, but it's also been shown to increase the production of natural killer-T cells, essential for maintaining an optimum immune response.

The amount of exercise required to obtain an immune boost is relatively low. Twenty minutes of brisk walking 4-5 times per week has been shown to significantly improve the body's immune response. This is also a good opportunity to get a little bit of sunshine to stimulate Vitamin D production.

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4. 'An Apple a Day...'

When it comes to fighting colds and flu, it's essential to decrease your sugar intake. Sugar has devastating effects on the immune system, and the fact that Americans consume an average of 2-3 pounds of sugar per person annually spells bad news this time of year. Not only does sugar increase the production of hormones that suppress the immune system, but refined sugar also needs micronutrients to be metabolized. This requires your body to use stored vitamins and minerals, further harming your defenses.

On the other hand, eating a wide variety of fruits and vegetables will make sure that your body is getting all the vitamins and minerals essential to fighting off colds and flu. Fruits and vegetables are packed with thousands of phytochemicals.

No supplement could ever match the power of eating a whole food. Regardless of what vitamin and mineral you take, it should always be as a supplement to a diet high in fruits and vegetables.

5. Keeping Balanced

By now, we all know stress is bad for us. However, relatively few of us are aware of how stress actually impacts the health of the body. When we experience stress, the natural balance of the body is affected in ways we could never imagine. In fact, stress takes an enormous toll on the immune system. For this reason, it's important to find ways to bring the body back into balance.

Meditation, prayer, exercise, and yoga are all great ways of taking care of yourself and keeping stress levels low. Chiropractic adjustments also have a significant effect on the nervous system, creating balance and helping restore the body's natural healing potential.

As fall and winter approach, get proactive. By implementing these five simple techniques, you can dramatically increase your ability to make it through the season without ever having to miss a day from work or school. Instead of making a trip to the doctor's office this year, stop at a local health food store and see how good you can feel even during the winter.



By Dr. Jonah Yakel © 2010 Naturally Savvy Distributed By Tribune Media Services, Inc.



**This Sports Season
PROTECT YOUR
MOUTH**

50% OFF
A Custom Designed
Athletic Mouthguard

Each year athletic mouthguards protect against serious injuries. If you participate in sports, you should talk to your dentist about having a custom mouthguard made specifically for you. This will fit comfortably and offer the best protection for your smile.

Call Today!
(972) 382-2900

Sudoku is the popular number placement game. It's fun and simple to play, with the aim of the game being to fill in the entire Sudoku grid so that each row column and 3x3 grid contains the numbers 1 to 9 in them once and once only.

SODUKU

5	2	7	1	6	9	4	3	8
8	4	1	7	2	3	9	5	6
3	9	6	8	4	5	1	7	2
2	1	4	5	8	7	3	6	9
9	8	3	2	1	4	7	8	5
7	8	5	3	9	6	2	1	4
6	7	2	4	3	8	5	9	1
1	3	9	6	5	2	8	4	7
4	5	8	9	7	1	6	2	3

4	5		9			6		
		9						
				3				1
					6			
	6	3				7	8	
			5					
3				4	5			2
		1	7			9		
		7					3	8



Healthy Living

A weighty matter

A recent study suggests that diets heavy in meat may lead to weight gain.

Packing on the pounds

- A study of about 400,000 European adults found that those who ate more meat gained more weight over a five-year period than those who ate less meat, even if they ate the same amount of calories
- Processed meats, such as sausages and ham, contributed to the highest weight gain
- Nutritionists suggest eating more lentils, beans, whole grains, fruit, vegetables and oily fish
- Keep meat portions to the size of a deck of cards

Source: American Journal of Clinical Nutrition, BBC, MCT Photo Service
Graphic: Pat Carr