



3256 N. Ashland Ave., Chicago, IL 60657

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411



WrigleyvilleDental.com | 773-975-6666



Apr/May 2023

Inside

- Holistic Dental Association Opens Eyes *pg. 1*
- Tricks to Make Your Workday More Productive *pg. 2*
- Save Energy, Your Clothes, and the Planet *pg. 2*
- Benefits of Exosome Therapy Revealed *pg. 3*
- Roasted Sweet Potato Arugula Salad *pg. 3*
- Check Out These Local Happenings *pg. 4*

Annual Meeting Raises Awareness Lessons Learned About Toxins in Crops

In March, I went to the Holistic Dental Association's 46th Annual Meeting. As Chairman of the Board, I opened the meeting introducing a lineup of world-class speakers in the fields of dentistry, medicine, food, and other sciences. During the conference, I also contributed to my profession by teaching a daylong Holistic Dentistry 101 workshop to new colleagues. This year's class made me realize how needed Holistic Dentistry is in the world. It has become more apparent that this form of dentistry should be today's mainstream, modern form of general dentistry.

possibly affect digestive systems. GMOs are plants, animals, or microbes whose DNA has been altered using genetic engineering techniques. Roundup Ready crops are genetically modified to be resistant to the herbicide Roundup so that as the farmer sprays Roundup on his crops, the insects perish while his crops live on.

One of our only non-doctor speakers was Jeffrey Smith, the author of several books who was featured in movies about genetically modified foods. He cited many current scientific studies naming different toxins in our food and linking them to health issues across our population and around the globe.

What about the consumer? While some pesticides may be washed off food after bringing it home from the store, the products that have been grown from the Roundup Ready seed has glyphosate inside. It's embedded in every part of the fruit or vegetable. Research is starting to show the possible consequences of humans eating these foods. The crops most affected are corn, soybeans, potatoes, and cotton.

We learned about the main culprits: Roundup, Bt toxins, and genetically modified organisms (GMOs). Roundup contains glyphosate and is a weed control product and herbicide whose widespread use started in the 1990s. It is sprayed on fields and on top of crops to protect them from being eaten by insects. Some research has linked glyphosate with mineral depletion and various chronic systemic issues.

As the number of allergies, chronic illness, cancer, and other health issues have been on a sharp incline since the 1990s, so too has the use of Roundup, Bt toxins, and GMOs. There have been many reports of substantial improvement in digestion and overall health when humans and animals switch to a diet of non-genetically modified foods.

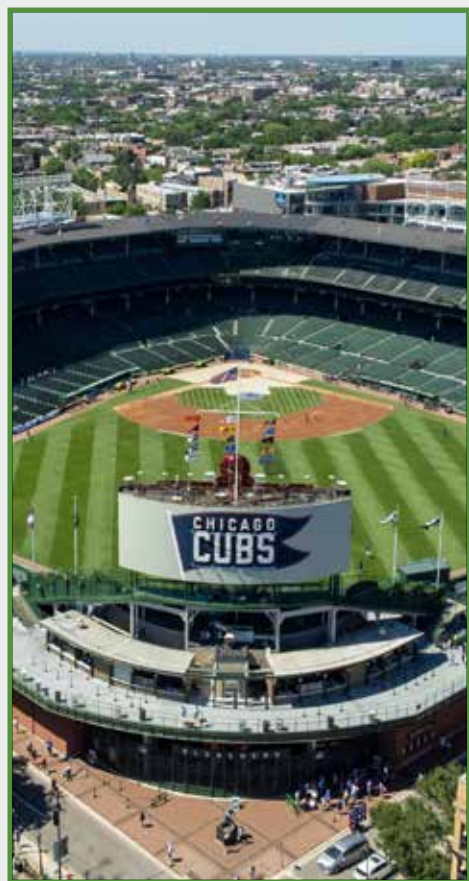
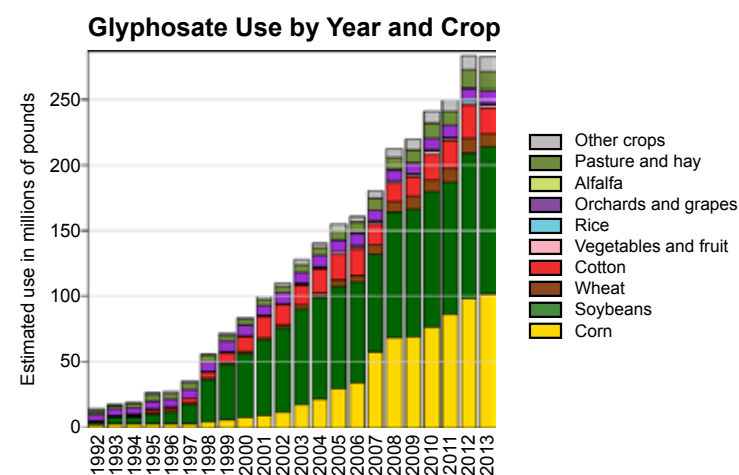
We learned that some types of Bt toxin pesticides can be an allergen. Bt toxins may have been shown to harm human cells and

We were also taught that an Organic Certification on a package means that it shouldn't have been produced with Roundup or GMOs. But a food with just a "Non-GMO project verified" certificate may still have Roundup (unless they have a "Glyphosate-free" Certification) because it is not certified organic.

Some of you may already know all of this. For others it may be completely new. Some may wish that they never read/heard of this. Ignorance is bliss. Now we may feel drawn to drive ourselves and our family crazy and check certification labels to understand the foods we're eating.

After 20 hours of lectures over the weekend, there was a lot of new and eye-opening revelations within dentistry and general body wellness. I am so thankful to be given the opportunity to learn and grow personally and professionally. After learning information, I feel like it is my duty to apply what feels right and improve the lives of those around me. I hope something here intrigued you and you can use Google to find more information to become an informed consumer.

-Dr. Bernice Teplitzky



SUMMER IS NEAR Local Events You Won't Want to Miss!

Summer in Chicago is just around the corner! That means it's time for festivals, Mother's Day, Memorial Day, and fun in the sun! No matter your favorite pastime — art, orchestra, sports, or outdoor adventures — there's something for everyone this time of year. Let's take a look at some of the upcoming events.

AN EVENING AT THE BALLPARK

Whether you cheer for the White Sox or Cubs, there are plenty of opportunities to catch a home game at Guaranteed Rate Field or Wrigley Field. Throughout May, the White Sox will be taking on the Twins, Astros, Guardians, Royals, and Angels at home, and the Cubs will be playing the Marlins, Cardinals, Mets, Reds, and Rays. Be sure to bring a glove because you may catch a fly ball!

ART SHOW EXTRAVEGANZA

Chicago's 26th Annual Art in Wilder Park, set for May 6 and 7, will showcase over 100

artists from the Midwest. If you love seeing arts and crafts and admiring the creativity of others, this one's for you! The event will also feature live music and entertainment.

SYMPHONY AFTERNOON AND NIGHTS

The Chicago Symphony Orchestra, led by Riccardo Muti, will be at the Symphony Center May 11-16. For a relaxing and enchanting experience, this is one you won't want to miss!

FESTIVAL FUN

Reggie's Rock Club will host MoonRunner's Music Festival on May 7 and 8, featuring punk, country, and roots performances. May 12-14 at Lincoln Park will be the setting for some great food, music, and drinks, during Chicago's annual Mayfest. The Sueños Music Festival will occur at Grant Park on May 27 and 28. On that same weekend, the Belmont-Sheffield Music Festival will be in town. Here, you'll hear everything from rock and hip-hop to blues and jazz.

LEAVE WORK WHERE IT BELONGS!

3 PRODUCTIVITY TRICKS YOU CAN BRING TO WORK



Sometimes the clock at work seems to move faster than the one at home, and your work tasks can't help but bleed into your personal life. And while we all need to start early or work late a few days a year, making this a habit is a great way to burn yourself out.

What causes so many people to bring their jobs home with them? According to surveys conducted by America Online and Survey.com, the answer is productivity. These surveys showed that Americans waste about 2.9 hours every eight-hour workday — a third of their time! Even more shocking is that 89% of workers admit to doing it.

Many people don't realize they've wasted so much time until the end of the day arrives, and their tasks are unfinished. So, if you need to catch up at work, here are three tips to increase productivity.

MAKE A 1-3-5 TO-DO LIST.

An easy way to get ahead of your day is to make a list, but for some people, any old list won't do the trick. That's why we recommend making a 1-3-5 list, which takes the difficulty of each task into account when making it. It works by choosing one large or difficult task, three medium-sized tasks, and five small tasks to complete in your workday.

TIME-BOX YOUR TASKS.

Once your list is made, the next step is to give yourself a time limit for each task. This is called time-boxing, and when you give yourself deadlines, ensure they're attainable. Don't say you'll complete an entire project in just an hour, but be reasonable so that you can reward yourself when you complete it within your time frame!

TAKE BREAKS!

Scrambling from one task to the next with no time to regroup is a surefire way to decrease your productivity and the quality of your work. Take regular breaks throughout your workday where you have time for yourself, not your job. Try working in 90-minute cycles followed by 15-minute breaks. Take a walk around the parking lot, grab a drink, or turn on a quick meditation!

Whether you try just one or all three of these hacks, what's important is that you try. You may not find success the first day, but if you reassess and continue to work toward your productivity goals, you can keep work where it belongs.

SUDOKU

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

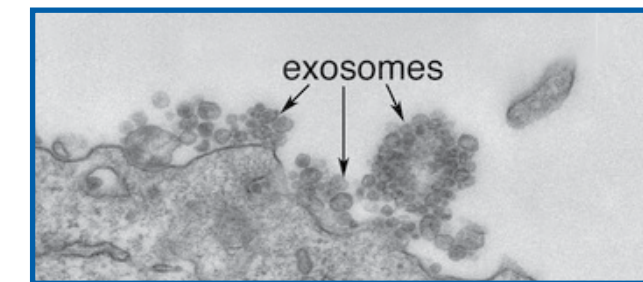
Place a number in every cell in the grid, using the numbers 1-9. You can only use each number once in each row, each column, and each of the 3x3 boxes.

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

LET'S REPAIR FROM THE INSIDE

Introducing the Power of Exosome Therapy!

For years, exosomes and exosome therapy have been used to promote healing and protect oral health. Recently, exosome therapy has become increasingly popular in dentistry as a regenerative form of medicine that helps create new cells for repair and healing. But what are exosomes, and how do they work?



Exosomes are tiny membrane-bound particles produced by cells in our bodies that contain DNA, RNA, and protein. They can be found in our saliva, urine, blood, and cerebrospinal fluid and are responsible for communication among cells. In our bodies, exosomes can assist in managing degenerative conditions and can aid in tissue repair. They can also help slow down aging effects, reduce inflammation, and promote quicker healing in our bodies and mouths. Let's take a deeper look at some of the key benefits of exosomes.

REDUCING INFLAMMATION

Inflammation is one way our bodies fight off infections or harmful exterior factors, but chronic inflammation can also be detrimental to our tissue and DNA and can even lead to internal scarring. Exosomes can reduce dangerous inflammation by sending a message to repair and reset inflamed cells while reducing chronic pain.

IMPROVING METABOLIC FUNCTION

When our metabolic functions slow, weight gain, poor muscle tone, and lethargy can take over. Exosomes help invigorate your cells to help your body to metabolize nutrients from the food you eat and to produce more energy.

BOOSTING TISSUE REGENERATION

The body loses bone mass, muscle mass, and tissue elasticity as we age. To give it a boost and help combat aging, exosomes can step in to reverse the process. They can send messages to the tissue cells to reverse regeneration and promote new tissue growth.

Here at Wrigleyville Dental, we use an oral spray to assist in reversing the effects of periodontal disease and tissue damage within your mouth to reveal systemic results. For more information, give our office a call today! It's time to repair from the inside.

Keep It Cool! Wash Clothes on Cold to Save the Planet



Every home has a few appliances that are habitual climate-crisis offenders, and washing machines are usually at the top of the list. However, we understand that washing machines aren't going anywhere anytime soon — they're too convenient. Luckily, one thing anyone can do to benefit the environment while using their washing machine is to use cold water!

If you didn't know, about 90% of a washing machine's energy goes toward heating the water, resulting in a more expensive energy bill and increased carbon emissions. Carbon emissions are "the main driver of climate change and associated extreme weather, which will affect climate for thousands of years through polar ice loss, ocean warming, and sea level rise," according to the World Meteorological Organization.

So, if helping the environment is on your laundry list, an easy way to start is by switching your washer settings to cold water. The best part is that you can still run warm wash cycles occasionally if you need the sanitation benefits. According to the American Cleaning

Institute, washing 4 out of 5 loads on cold-water settings can reduce carbon emissions by 864 pounds a year. To put those numbers into perspective, that's the equivalent of planting 0.37 acres of forest!

Aside from the carbon emissions, washing your clothes in cold water has also been proven to reduce the number of microfibers released into the water system. Microfibers are tiny fibers that fall off every time we wash our clothes. These little threads are dangerous to small aquatic organisms that may eat them, and they also release toxic chemicals into our oceans over time.

For those who need a more practical push toward sustainability, cold water washes are often better for your clothes, too. Washing your clothes in cold water can help them last longer and avoid shrinkage or colors from fading.

So, the next time you toss your dirty clothes into the washing machine, set the dial to cold. The environment, your energy bill, and your clothing will thank you!

Roasted Sweet Potato Arugula Salad

Inspired by Nutriciously.com

INGREDIENTS

- 3 medium sweet potatoes, cubed
- 1 tsp smoked paprika
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- Salt and pepper, to taste
- 1 red onion, thinly sliced
- 1 bell pepper, thinly sliced
- 3 small radishes, thinly sliced
- 2 cups arugula, thinly sliced
- 1 1/2 cups cooked lima beans, drained and rinsed
- Balsamic salad dressing of choice

DIRECTIONS

1. Preheat oven to 350 F. Line baking sheet with parchment paper.
2. In a bowl, toss sweet potato cubes with smoked paprika, turmeric, cumin, cinnamon, salt, and pepper. Transfer to prepared baking sheet and arrange in a single layer.
3. Roast for 25-30 minutes until sweet potatoes are nicely browned and fork-tender.
4. In a large salad bowl, combine onion, bell pepper, radishes, arugula, and lima beans.
5. Toss the salad with dressing, then top with roasted sweet potatoes.