

SMILEHAVEN DENTAL AND WELLNESS SPA

Company Newsletter



Happy January

Welcome to a new decade! Did you accomplish everything you wanted to in the last ten years? Most of us create a New Year's Resolution list, however by the end of January the majority of us have abandoned our list completely. We can help! Maybe you want to get on track with your health, maybe you want to be cavity free in your mouth, or maybe you want to lose weight. We have the resources and support to guide you in the right direction to keep you on track.



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MEET THE NEW ADDITIONS TO OUR TEAM.

Why it's hard to change unhealthy behavior - and why you should keep trying

When it comes to health recommendations, we mostly know the drill: exercise most days of the week; eat varied and nutritious food; maintain a healthy weight; get enough sleep; keep up with medical screenings; reduce stress; improve relationships; develop new interests or hobbies. One problem may be that we're motivated too often by sense of guilt, fear or regret. Long lasting change is most likely when it's self-motivated and rooted in positive thinking.

Change is a process, not an event. There are five stages of change:

Pre-contemplation: At this stage, you have no conscious intention of making a change. You tend to avoid reading, talking or thinking about unhealthy behavior.

Contemplation: In this stage, you are aware that the behavior is a problem and are considering doing something about it, but you still aren't committed to taking action.

Preparation: In this stage, you know you must change, believe you can, and are making plans to change soon -- say next month.

Action: At this stage, you've changed -- whether it be quit smoking, started exercising, eating healthier, etc. -- and you've begun to experience the challenges of life without the old behavior.

Maintenance: Once you've practiced the new behavior change for at least six months, you're in the maintenance stage. Now you're working to prevent relapse and integrate the change completely into your life.

Most people relapse at some point and recycle through certain stages, experts urge people not to be derailed by it, but to think of it as an integral part of the change process. You learn something about yourself every time you relapse, then the next time, you can use what you learned to continue on the pathway of a healthy lifestyle change. To learn more on this topic, visit the link below.

https://www.health.harvard.edu/newsletter_article/why-its-hard-to-change-unhealthy-behavior-and-why-you-should-keep-trying

One of the best ways to maintain good health is to know the value of health examinations. It is important to undergo regular check-ups. Dental and medical health screenings are usually fast and simple; taking only a few minutes to complete. Screenings can lead to early detection of problems, enabling early, less expensive, non invasive treatments. Prevention is key, keeping up on routine check ups, eating healthy, exercising regularly, getting adequate sleep and living a healthy lifestyle are all important key parts in becoming healthy. Stress is part of life and it is unavoidable. As people grow older, they tend to experience new types of stress as they have more responsibility such as their job or they have family members to look after. When people do not deal with their stress properly, it can lead to serious physical and mental health problems ie: heart disease, cancer, digestive problems, and memory loss. We can show you healthy effective ways of managing stress.

In conclusion, we are dedicated to helping you succeed in achieving your goals.

We have the support you need to be successful

- Health coaching: with mastered Trained RN and certified Health Coaching
- Nutritional consulting
- Chronic illness, nutrition management.
- Antioxidant scanning
- Supplement counseling
- Circulation therapy with BEMER
- Infrared sauna sessions
- Ozone therapies
- CBD and Medicinal mushroom education and coaching.
- Detox counseling and treatments

Benefits of Healthy Eating



Health Awareness

ARE YOU IN CONTROL OF YOUR HEALTH?

An ANTIOXIDANT SCORE lets you know if you're eating enough fruits and veggies and if your supplements are working. In a matter of minutes, you will have your scan results which you can use to set goals and monitor your progress over time.

Stop assuming that you know your score.

**Knowledge is power
Take control!**

Call our office today to schedule an appointment for your scan.
(619) 464-2801

1. **Weight loss:** If a person is overweight or obese, they have a higher risk of developing chronic health conditions. Losing weight can help to reduce those risks.
2. **Reduced cancer risk:** an unhealthy diet can increase a person's risk of developing cancer. Diets rich in fruits and vegetables can help to protect against cancer. Many phytochemicals found in fruits, vegetables, and nuts act as antioxidants, which protect from damage that can cause cancer. Some of these antioxidants include beta-carotene, lycopene, and vitamins A, C, and E. Our office has a way to test your antioxidant levels to see if you're eating enough fruits and vegetables.
3. **Diabetes management:** eating a healthful diet can help a person with diabetes to lose weight, manage blood glucose levels, keep blood pressure and cholesterol within target ranges, prevent or delay complications of diabetes.
4. **Heart health and stroke prevention:** according to figures published in 2017, as many as 92.1 million people in the U.S. have at least one type of cardiovascular disease. According to the Heart and Stroke Foundation of Canada, up to 80 percent of cases of heart disease and stroke can be prevented by making lifestyle changes, ie increasing physical activity and eating plant rich diet.
5. **Children learn most health-related behaviors from adults around them. Set a good example.**
6. **Strong bones and teeth:** Adequate calcium, magnesium and vitamin K2 are necessary for strong bones and teeth and vital in preventing osteoporosis and osteoarthritis. Foods such as broccoli, cauliflower, cabbage, canned fish with bones, tofu, legumes are good sources.
7. **Better mood:** Evidence suggests a close relationship between diet and mood. Research has found that a diet high in sugars will increase symptoms of depression and fatigue.
8. **Improved memory:** a healthy diet can help prevent dementia and cognitive decline. Studies have found vitamin D, C and E, Omega-3 fatty acids, flavonoids, polyphenols and fish to be beneficial in preventing cognitive decline.
9. **Improved gut health:** The digestive system is full of naturally occurring bacteria, and plays an important role in metabolism and digestion. A diet low in fiber and high in sugar and animal fat alters the gut microbiome, increasing inflammation in the gut and body. A diet rich in vegetables, fruits and legumes provides a combination of prebiotics and probiotics that help good bacteria to thrive, which helps you to thrive as well.
10. **Getting a good nights sleep:** sleep apnea occurs when the airways are repeatedly blocked during sleep caused by obesity, drinking alcohol, and eating an unhealthy diet.

To learn more about this topic, visit the link below.

<https://www.medicalnewstoday.com/articles/322268.php>

New Additions to our Team

Meet Dr. Alma Sanchez! She is our registered dental hygienist and is the newest addition to our team. Dr. Sanchez completed her periodontal degree in Mexico at Autonomous University of Baja California in 2012. When she came to the United States in 2015, she worked for 2 years as a dental assistant. More recently, Alma completed a registered dental hygiene program at a California Certified University. We are very excited to welcome Dr. Sanchez on as a valued team member.



Meet Dr. Gereb and Colleen! Dr. Gereb is an orthodontist in La Mesa providing comprehensive dentistry services for patients in the surrounding areas. He works hard to stay abreast of the latest advances in dental care and participates in regular continuing education seminars and advanced training courses. Dr. Gereb is a proud member of several professional organizations that promote education and advancements in dental and oral health care. It is because of Dr. Gereb's dedication to improvement and growth in a variety of dental technologies, treatments, and procedures that our La Mesa area dental patients receive the most advanced orthodontic care. Colleen is Dr. Gereb's right hand. She is an amazing asset and works hard to ensure everything runs smoothly and efficiently. We are very happy to have Dr. Gereb and Colleen join our practice and become a part of our team!

