

The not-quite-quarterly

Smile Times

of Tracyton Dental Center
from your friends
Dr. Bruce Robinson
and Team



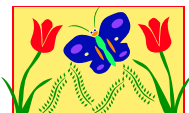
Spring 2008

Hello everyone—

We hope you are enjoying the hints of spring like we are. What a cold, wet, snowier-than-usual, windy winter! More hours of light and the sight of green buds and colorful leaves will be so very refreshing.

A note: Way back at Thanksgiving time our computer crashed, causing us to lose about 3 hours of data. Some of this is lost forever, so if you think you might have scheduled anything during that period, (and remember: we do schedule a large number of appointments 3-6 months ahead), please call to double check that your appointment survived. And let us apologize in advance for any lost appointments that we discover the hard way.

Happy Spring!!



Live in each season as it passes; breathe the air,
drink the drink, taste the fruit, and resign
yourself to the influences of each.

~ Henry David Thoreau



10 TIPS FOR BETTER SLEEP

Making the world a better place through rest...

Feeling crabby lately? It could be you aren't getting enough sleep. Work, household responsibilities and childcare can make sleep difficult to come by. Factor in other unexpected challenges such as financial worries, layoffs, relationship issues or an illness, and quality sleep may be even more elusive.

You may not be able to control or eliminate all of the factors that interfere with your sleep, but you can create an environment and adopt habits that encourage a more restful night. Try these suggestions if you have trouble falling asleep or staying asleep:

- ❖ Go to bed and get up at about the same time every day, even on the weekends.
- ❖ Don't eat or drink large amounts before bedtime.
- ❖ Avoid nicotine, caffeine and alcohol in the evening.
- ❖ Exercise regularly.
- ❖ Make your bedroom cool, dark, quiet and comfortable.
- ❖ Sleep primarily at night.
- ❖ Choose a comfortable mattress and pillow.
- ❖ Start a relaxing bedtime routine.
- ❖ Go to bed when you're tired and turn out the lights.
- ❖ Use sleeping pills only as a last resort.

~ From the Mayo Clinic e-newsletter



*Nobody has things just as he would like them.
The thing to do is to make a success
with what materials I have.*

*It is a sheer waste of time and soulpower
to imagine what I would do
if things were different.*

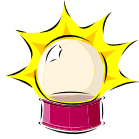
They are not different.



Dr. Frank Crane



REACHING US:
Call us at 360-479-4152



The future is much like the present--
only longer.

~~Dan Quisenberry



GO NUTS

Be smart like the squirrels...

Nuts add flavor and crunch to any meal and they're chock-full of vitamins, minerals and healthy unsaturated fats. Need more reasons to love nuts? Read on, then break out that nutcracker and get crackin'.

Nuts make a healthy snack. Almonds, pecans, walnuts and pistachios are quite portable, rather tasty, and full of good things for you. A handful of each of these on a rotating basis, or mixed together, will provide a spectrum of vitamins, minerals, fiber and various helpful components for fighting free radicals, reducing inflammation, reducing risk of heart disease, improving glucose control, making bones stronger, and helping control cholesterol.

Nuts keep well in the frig. Buy a sack of each and keep some at work, in the car, in your gym bag for a quick and healthy treat, or add them creatively to your morning mush or cookie recipes.




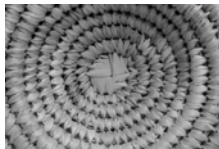
DO YOU KNOW YOUR "STUFF"?

Play this little matching game and see ...

- | | |
|--|---|
| 1. Car | A. It can take 700 gallons of water to make |
| 2. Bicycle | B. World's 2 nd largest legal export (after oil) |
| 3. Cheeseburger | C. Leading killer of Americans age 2-24 |
| 4. Newsprint | D. 120 pounds of resources |
| 5. Book | E. Most efficient transport vehicle ever |
| 6. Coffee | F. So energy intensive it's called "congealed electricity" |
| 7. Aluminum | G. Making it generates 4,500 times its weight in waste |
| 8. Computer chip | H. 93 % post-consumer waste |
| 9. Cotton | I. 10% of world pesticide used on it |
| 10. What the average American consumes daily | J. U.S. consumes 40% of the world's supply |

From STUFF by J. Ryan and A. Durning

 (Look for the answers on another page...)



What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.

~~Pericles



"Lower Jaw Hang"

Relax--
and let your lower jaw
hang loose.

Use small, subtle, continuous movements to release tension in your neck, shoulders, and upper back, and lighten the weight of your head to eliminate stress along your entire spinal column.



I love deadlines. Especially the whooshing sound they make as they pass by.

~ ~Douglas Adams



FIBER

Did your mother call it "roughage" too?

Mom said fruits and vegetables were good for us. We ate what she fed us and we grew up big and strong, didn't we! Mom is always right—well, usually....

The rules of nutrition change through the years, but nowadays, the National Academy of Sciences' Institute of Medicine backs Mom up with science that says women need 21-30 grams of fiber daily and men need 30-38 grams. The NASIM urges us, like Mom, to emphasize fruits, vegetables, and whole grains in our diet

Most Americans eat plenty of grain products, but not enough WHOLE grains (the ones you can actually see and that go "crunch". After years of pale, refined flour products, the focus is changing to the more nutritious and healthful whole grain products. Whole grains net you both soluble and insoluble fiber that benefits your digestion, and cholesterol and glucose levels.

One way to increase your whole grain intake is to seek processed foods that list "whole grain" among the first ingredients listed on the label. Another is to fill your diet with rice, whole grain bread and pasta, cereals, beans and peas. Dark, leafy green vegetables like broccoli and cabbage or orange vegetables like carrots, sweet potatoes, pumpkin and squash are also great. Apples, bananas, oranges and fresh fruits in season—fresh or in desserts--can round out your fiber quota—and keep Mom happy.



Always...

Thanks for your referrals of friends and family.

We are pleased by the compliment!

~ ~Bruce, Corri, Jennifer, Kristie, Patti, Sandi, Shirley, Stacy, Stephanie, Teri and Yvonne



SODA POP

Soda, soda everywhere, and not a drop worth drinking...

Next time you're at the store check out the pop aisle. That is a LOT of soda, isn't it! The trouble is that soda isn't good for you--in more ways than one. Most pop has about 10 teaspoons of sugar per can. Sugar, with no nutrients of its own, requires many nutrients to be metabolized. This forces our metabolic processes to steal nutrients from our organs and tissues.

Also, any caffeine in the pop accelerates our heart rate and stimulates the adrenal glands to produce energy, which uses even more nutrients from our organs and tissues.

Worst of all are the various acids that give soda its fizz. Various brands of pop contain carbonic, phosphoric, malic, citric or tartaric acids, all having an extremely acid pH that de-mineralizes our teeth and steals calcium from our bones.

Our blood needs a very specific ratio of calcium to phosphorus. If our blood phosphorus rises, due to even a single can of soda, our bodies must quickly liberate calcium from our bones to make up the balance.

Diet sodas have their problems too. They contain phosphorus and artificial sweeteners that have been shown to create sweet cravings that contribute to obesity rates in our country.

Even health food store sodas, without the harmful chemicals and low quality sweeteners, should not be consumed on a daily basis.

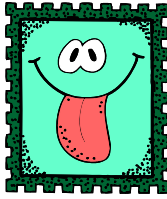
Try thinking of soda as a "party food," which is only used for special occasions. It should NEVER become part of our daily diet. Parents who stay away from serving soda with meals, or out for fast food night, to their children will be doing them a favor. (It's been shown that teenage girls who drink carbonated beverages experience three times more bone fractures than those who do not drink soda. This research was done by Harvard Medical School and reported in the Archives of Pediatric and Adolescent Medicine in June 2000.)

The marketing of pop has been very successful in our culture, and has spread all around the globe, but it really causes lots of problems and doesn't do you a single good thing for your health.



Answers to "stuff" quiz:

1-C, 2-E, 3-A, 4-J, 5-H, 6-B, 7-F, 8-G, 9-I, 10-D.



“BRUSH, FLOSS AND CLEAN YOUR TONGUE”

Not exactly what you're used to hearing...

Your hygienist will look at your tongue at checkup time. She'll check its color, coating, texture, and any bumps or sores. She'll send you home with floss and a toothbrush, but how many of you have received a tongue cleaner in your goody bag?

If you asked about mouthwash or had questions about your breath, she may have told you about bacteria and cleaning your tongue. Tongue cleaners are something like a spoon that cleans the back edge of your tongue. This one action will eliminate some of the bacteria that breed in your mouth. Cleaning your tongue makes your mouth feel fresher too.

Ask us about tongue cleaners or check your drugstore where a tongue cleaner will cost about \$4.00. If you use it in the morning your mouth will feel cleaner all day.



FRUIT MEDLEY

Fresh & juicy, healthy & delicious...

- 1 can (20 ounces) pineapple chunks, undrained
- 1 can (11 ounces) mandarin oranges, drained or 2 medium navel oranges, peeled and chopped
- 1 large red apple, cubed
- 1 cup sliced fresh strawberries
- 1 cup halved seedless red grapes
- 3 kiwifruit, peeled and sliced
- 1 cup fresh or frozen blueberries
- 1 cup fresh or canned pitted dark sweet cherries
- 2 medium firm bananas, sliced

In a large bowl, combine the first six ingredients; cover and refrigerate overnight. Just before serving, fold in the blueberries, cherries and bananas; gently toss.

Makes 10 servings.

