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“

You can either have the pain of discipline or the pain of regret. Discipline weighs pounds, but regret weighs tons. Choose wisely.

Jim Rohn

“

You can get just as much done in a state of happiness or a state of angst. **Live in a state of happiness.**

Tony Robbins

My Favourite Quotes

With spring in full force, most people's moods are up organically, but for anyone who is still struggling after a long winter, here are my top 5:

“

Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values.

Your values become your destiny.

Mahatma Gandhi

“

Do what you do so well that people feel compelled to tell others about it.

Walt Disney

“

10 minutes of clarity and inspiration in the first hour of your day can set the trajectory for the rest of your day. **Do that enough days and you have effectively lifted the trajectory of your entire life.**

Carlo Biasucci



Dr. C. Ross Crapo

Tips, Tricks, and Trends

Keep your skin radiant in the summer

Warm temperatures, dry air and harsh sunlight can cause severe skin damage. Along with burning your skin, summer weather can also cause excessive sweating, resulting in clogged pores and leaving skin dull and rough.

A healthy diet and a good regimen can take you far when it comes to keeping your skin radiant, but we could all use a little help. Supplements are an easy way to support good habits, and knowing which ones to take can make a big difference. Here are three must-haves.

Collagen. This is the most common protein in the human body, and provides the body's structure and form. It also helps skin maintain its elasticity, youthfulness, plumpness and strength. But our body's collagen production naturally depletes as we age. Taking a supplement can help reduce fine lines and wrinkles, with the added bonus of improving joint health.

Vitamin C. This vitamin maintains the strength of your immune system and has antioxidant properties that benefit the skin, too. It offers protection from free radicals; boosts collagen production; supports cell strength; and combats wrinkles, spots and dullness. Try getting your dose of vitamin C in the form of a serum to keep your skin glowing.

Natural sunscreen. Wearing sunscreen is the easiest way to prolong healthy, glowing skin. Choose a natural option the next time you're in need of some UV protection. Natural sunscreens are not absorbed into the skin and sit on top like a protective layer, shielding you and preserving the skin's youthful appearance.

When purchasing natural health products, always look for the eight-digit Natural Product Number (NPN). This certifies that Health Canada has reviewed and approved the product for safety, efficacy and quality.

Head to your local health food store to stock up on these skin saviours.

Fun Facts

That'll Astound Your Friends

- **Skin is the largest organ in the body.** Skin occupies approximately 1.73 square meters (or more than 18.5 square feet) to cover our flesh and bones.
- **Your skin regenerates itself.** Your skin sheds its dead skin cells on a daily basis, creating a new layer of skin every 28 days.
- **Millions of bacteria live on the skin.** The skin's surface is home to surprisingly diverse communities of bacteria, collectively known as the skin microbiota.
- **The skin of an average adult** weighs 8-10 pounds and averages an area of about 22 square feet

Fun, & Inspiring Quotes

"I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by the little scraps of wisdom."
- Umberto Eco

"Life was a lot simpler when what we honored was father and mother rather than all major credit cards."
- Robert Orben

"Fathers Day...when you get that lethal combination of alcohol and new power tools."
- David Letterman

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

What healthy fats are and how to get them

Fats are essential for good health and an important part of any diet. Studies show that the right kinds can help maximize your metabolism, protect against heart disease, speed nutrients through your body and even improve vitamin intake. **But not all fats are the same, so it's important to choose the right type.**

In popular terminology, the mono-unsaturated and polyunsaturated fats are what most people refer to as healthy fats. However, a better definition of healthy fats is relatively unprocessed fats from whole foods. On the other hand, unhealthy fats are typically those that are industrially produced and nonperishable.

Mono-unsaturated fats are considered beneficial as they help to reduce your risk of heart disease and stroke while also helping to manage weight. Healthy fats can be found in foods like olive oil, avocados and nuts like almonds, pistachios, cashews, pecans and hazelnuts.

Polyunsaturated fats, which are found in foods like walnuts, flax seeds and fish, are the other good fats to consider adding to your diet. Like mono-unsaturated fats, these also help with weight management by controlling blood sugar and help to reduce bad cholesterol levels. Polyunsaturated fats

include omega-3 and omega-6 fats, essential fatty acids required for proper brain function and cell growth.

Our bodies can't produce these healthy fats, so we need to make sure we're getting enough from the foods we eat. To incorporate more into your diet, try adding a handful of nuts to a salad lunch or part of an avocado to your morning shake.

If you're not getting enough essential fatty acids in your diet, consider an omega supplement. You can find supplements and snacks rich in healthy fats at your local health food store.



Eat Your Way to Whiter Teeth With These 3 Foods

If you would like whiter teeth, the good news is that plenty of foods have the opposite effect and can help you maintain a beautiful smile. By regularly choosing healthy foods known to aid in tooth whitening, you'll smile brighter — and likely see a few pounds drop off the scale, as well.

Broccoli

Already touted as a “miracle food” for its high vitamin, fiber and calcium content, broccoli may just be a super food for oral health, as well. An October 2010 study published in the European Journal of Dentistry by Brazilian researchers found that broccoli might be a top tooth protector thanks to the veggie's high amount of iron. The study looked at enamel erosion, which not only causes teeth to look dull and dingy but also increases the risk of cavities and decay. When teeth were exposed to broccoli extract before soda, there was less erosion of enamel. The researchers theorize that iron forms a thin coating that may protect teeth from enamel-eroding acids. If you don't enjoy broccoli, eating other iron-rich foods like spinach or liver before an acidic drink or meal may have a similar effect.

Pineapple

While the pineapple may be a prickly fruit on the outside, getting to the sweet and juicy inside is worth the effort. Pineapples are a whitening-friendly option because they contain the enzyme bromelain. While bromelain's main function is to aid in the digestion of proteins and has also shown to be effective in reducing inflammation, the compound may also be a helpful tool in removing stains from teeth

Shiitake Mushrooms

Dentists recommend shiitake mushrooms as a tooth-whitening-boosting measure because they contain a component called lentinan that prevents bacteria from multiplying and growing in your mouth.



Meet Dr. Sulz



“Dr. Sulz offers dental services for your entire family! His calm and caring manner make it easy to care and support your families dental health. Call today to schedule an appointment”.

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Healthy Breakfast or Snack Avocado Toast

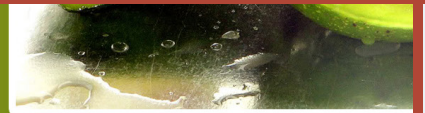
Toasted artisan whole grain bread, creamy avocado, sweet heirloom tomatoes, lemon infused olive oil drizzle, sprinkles of sriracha salt, crushed hemp heart seeds, and microgreens. Yum, Yum, and Yum!

Ingredients:

- 1 ripe avocado
- 2 slices artisan whole grain bread
- mini heirloom tomatoes - red & yellow sliced in half
- lemon infused extra virgin olive oil
- sriracha salt or pink himalayan salt
- crushed hemp or chia seeds
- micro greens

Directions:

1. Toast 2 pieces of artisan bread
2. Cut avocado in half, remove pit, and scoop out avocado on a plate. Use a fork, press avocado till smooth, and spread avocado on toast.
3. Slice heirloom tomatoes in half, place on top of avocado.
4. Drizzle lemon infused evoo over top.
5. Sprinkle with sriracha salt (or pink himalayan salt) and crushed hemp seeds.
6. Place some micro greens on top.
7. Enjoy!



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Can You Handle the Truth???

You may wonder why, if the solstice is the longest day of the year - and thus gets the most sunlight—the temperature usually doesn't reach its annual peak until a month or two later. It's because water, which makes up most of the Earth's surface, has a high specific heat, meaning it takes a while to both heat up and cool down. Because of this, the Earth's temperature takes about six weeks to catch up to the sun

JOKE of the Month

Did you hear about the Buddhist who refused Novocaine during a root canal?

His goal: transcend dental medication

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