

III Dr. C. Ross Crapo & Associates

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Take a Step Back

The line at the grocery store...the child making too much noise...the fact that your internet speed is not always 100% perfect...None of these are catastrophes, I'm sure you'll agree. Yet you know how you can get progressively more agitated as the day goes by and these little things pile up.



Have you noticed that we are generally just a little less patient these days?

No question, we have a culture of "everything now". Along with this comes an intolerance for many things...the time it takes to develop skill, and the time it takes to earn a desired wage or status, and even the time it takes to gain legitimate respect from your peers. Instead of "putting in the time", many just demand it now.

I find this most annoying because it is impatience with things that WE are actually responsible for. Instead of doing something to change our circumstance, we instead resort to generally poor behaviour – the kind of behaviour that you would comment on if it were a child. It is an attitude of entitlement. That's perhaps the most annoying thing because it is difficult to rise up and change our circumstances when we are blaming someone else.

I see many people, and that includes myself (a work in progress), wound up tight and running a mile a second, in a frenzy to meet some end goal, but in the process, we don't enjoy any of it. Instead we put off happiness for "someday".

Take a step back and realize how silly that is.

How many people do you know who never got to enjoy their some-day

the way they planned?

The next time you catch yourself getting wound up and becoming impatient, intolerant, or entitled...take a step back and breathe.

Practice gratitude. Enjoy the journey.

Dr. Crapo



Tips, Tricks, and Trends

Best Alexa Skills

The Amazon Echo needs no introduction, that gateway to a world of connected fun. The Amazon Echo can make to-do lists, set alarms, stream podcasts, play audiobooks, read PDFs, provide weather forecasts, warn you of traffic, answer trivia, control your smart home and serve up other information in real-time.

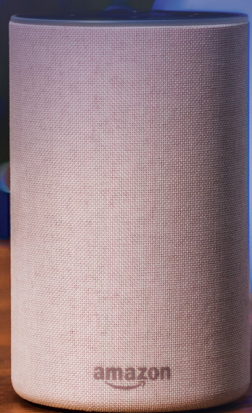
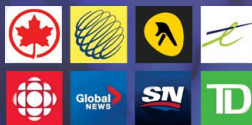
Here's 5 of some of the best Alexa skills

Flash Briefing

When you say "Alexa, what's new?" or "Alexa, flash briefing", you'll be given a catch-up of information based on news and weather. You can completely customize your content based on location, in the Alexa app.

Streaming Music

You can stream music using Alexa from a variety of services (Spotify, Amazon Prime Music, iHeartRadio, TuneIn, Pandora, and SiriusXM), and within each, up- or down-vote songs and play selected playlists. You can also launch customized playlists based on specific activities, eras, artists, even your mood.



Tell a bedtime story

Tired after reading "Goodnight Moon" for the umpteenth time? Let Alexa give you a break with a bedtime story that's personalized to the child listening. Just say, "Alexa, tell a bedtime story to [your child's name here]."

Smart Lights

You don't need to rewire your home to control your lights by voice with Alexa. You simply need to buy smart LED bulbs that can connect to WiFi or a smart hub that's compatible with Amazon's Echo.

With Alexa and your voice, you can turn the bulbs on or off. If your smart bulbs are dimmable, you can also use your voice to set their brightness, and even change their color if the bulbs you bought supports colors!

Get First Aid

The Mayo Clinic released an Alexa skill that provides basic first aid answers, for everything from minor scratches to CPR instructions. However, this skill is intended for instructional purposes only; if you're in a life-threatening or emergency situation, call for help.

Fun Facts

That'll Astound Your Friends

- On Black Friday in 2017, three of the top five selling products were **smart home gadgets**.

- It's not just for the luxury market. North Americans with an annual household income between \$50,000 and \$100,000 are adopting **smart home technology** at nearly the same pace as more affluent home owners, according to Coldwell Banker's recent survey. Also it's not just millennials who are interested. Older generations are adopting some smart home technology faster than younger age groups.

- 33% of real estate agents say that **smart homes are selling faster** compared to conventional houses

Fun and Inspiring Quotes

"Reality is the leading cause of stress among those in touch with it."
~ Lily Tomlin

"The most remarkable thing about my mother is that for 30 years she served the family nothing but leftovers. The original meal has never been found."
~ Calvin Trillin

"Your body hears everything your mind says."
~ Naomi Judd

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

TOP 5 Free Health Apps

Want to lose weight, get in shape and keep track of your diet? There's an app for that! Here are the top 5 free health apps that can help you achieve a healthy lifestyle

1. Jillian Michaels Fitness Motivation:

Jillian Michaels, the popular trainer on NBC's The Biggest Loser has a knack for choosing exercises that reap results. Her new app gets top marks for featuring easy-to-follow videos all starring Michaels herself. Choose from fourteen different exercise categories that are jam-packed with stretches, calisthenics and free weight movements.

2. Sleepbot:

Diagnose your sleep deficit and wake up refreshed with this app. A motion tracker and sound recorder work with your phone to monitor how long you take to fall asleep, how many hours you're getting, how restless you are, and what's interrupting your z's. The smart alarm rings when you're in a light-sleep-stage cycle, a healthy time to get up.

3. Medscape:

Got a cough that won't go away? A child stricken with an overnight fever? Calm your fears with WebMD's Medscape app. With access to over 3,500 illnesses and conditions, you'll be privy to a wealth of information at your fingertips.

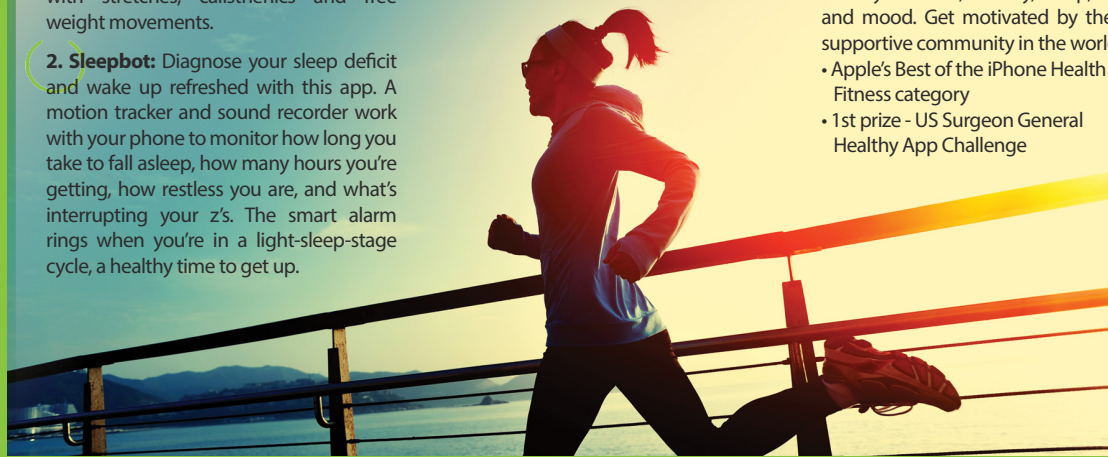
4. Happify:

How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional wellbeing. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness and cognitive behavioral therapy for decades.

5. Fooducate:

Fooducate is a diet coach for people who want lose weight and keep it off by eating healthy, real food. Track your food, activity, sleep, hunger, and mood. Get motivated by the most supportive community in the world.

- Apple's Best of the iPhone Health & Fitness category
- 1st prize - US Surgeon General Healthy App Challenge



Icky Mouth Mysteries Solved

Do you suffer with red gums, or is the roof of your mouth swollen? Without fail, you follow your dentist's orders to keep your teeth and gums healthy — but did you know that the condition of your mouth can also shine light on other health problems? Some dental conditions, such as bad breath, pale gums and red gums, can be signs of gum disease. But other oral symptoms may point to seemingly unrelated health problems. (Hint: Eroded teeth could be a sign of an eating disorder or chronic heartburn.)

If you have gum disease, you're not alone. More than 1 out of 2, or 64.7 million Americans, have mild, moderate, or severe gum disease, according to data from the Centers for Disease Control and Prevention (CDC). Gum disease ranges from unhealthy gum swelling, called gingivitis, to serious tissue and bone destruction. In the worst cases of gum disease, you will lose teeth.

Healthy mouths are full of bacteria, mucus, and other food particles that form a sticky, colorless "plaque" on the teeth. Normally, you get rid of plaque by brushing and flossing regularly. But when plaque builds up because of poor oral hygiene, it causes inflamed, bleeding gums or gingivitis.

Gingivitis is the mild form of gum disease. Good oral health habits — brushing at least twice a day, flossing daily, getting regular dental checkups, and not smoking — can help prevent and reverse gingivitis. Plaque that is not removed hardens into tartar. This will lead to increased bleeding and a more

serious form of gum disease, called periodontitis. With this advanced gum disease, the unhealthy gums pull away from the teeth and form small pockets that can become infected. If periodontal disease goes untreated, the bones, gums and connective tissue that support the teeth are destroyed. According to the National Institute of Dental and Craniofacial Research, certain people have a higher risk of gum disease than others.

Risk factors for gum disease include:

- Aging
- Diabetes
- Genetic predisposition
- Hormonal changes in girls and women
- Medication
- Other illnesses, such as AIDS and cancer treatments
- Smoking

Taking care of unhealthy gums or gum disease can save your teeth. Here are some lifestyle and home remedies to consider:

- Brush your teeth at least twice a day
- Use a soft toothbrush
- Replace your toothbrush every three months
- Floss daily
- Use an over-the-counter mouth rinse after brushing to reduce plaque
- See your dentist regularly for professional dental cleanings and mouth checks
- Don't smoke

Take a look at these oral symptoms to find out what they could be telling you about your health.

Ask The Dentist



Free dental advice doesn't come along every day, but Dr. Crapo has been providing just that for many years in his column for Sunday Edition of the Times Colonist, a Victoria newspaper.

Many patients have expressed gratitude for his insightful writing. Now, thanks to the web, his "Ask the Dentist" column is available to a wider audience. You can visit here:

<https://www.drcripo.com/blog/ask-the-dentist>

Tuna & Avocado Sweet Potato Toast

This healthy sweet potato toast recipe has a bit of Asian inspiration with pickled ginger, nori and sesame seeds. Enjoy with a cup of matcha green tea.

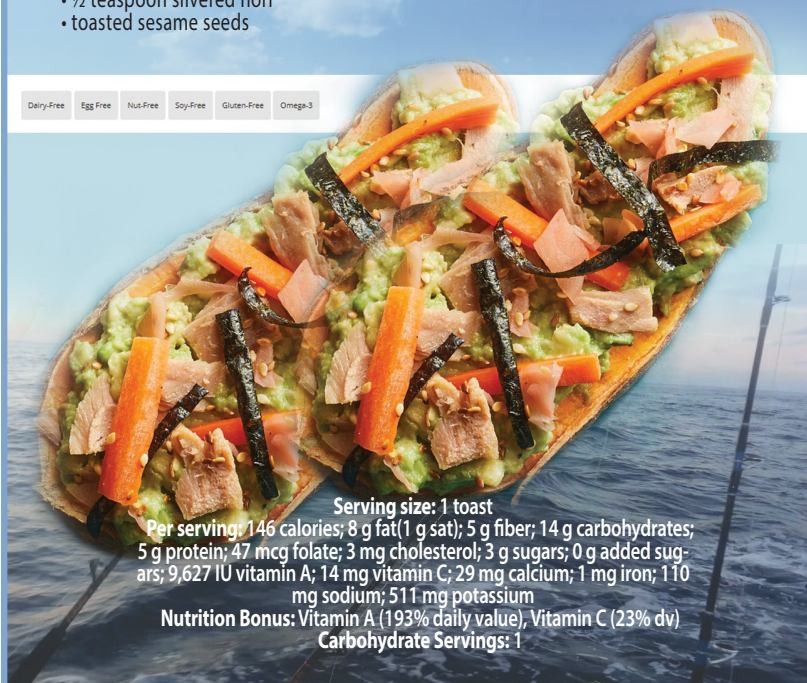
Ingredients:

- 1 large slice sweet potato (¼ inch thick)
- ¼ ripe avocado, mashed
- 1 tablespoon julienned carrot
- 1 teaspoon chopped pickled ginger
- 1 tablespoon flaked oil-packed tuna
- ½ teaspoon slivered nori
- toasted sesame seeds

Directions:

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with avocado, carrot, ginger, tuna, nori and sesame seeds.

Dairy-Free Egg Free Nut-Free Soy-Free Gluten-Free Omega-3



Serving size: 1 toast

Per serving: 146 calories; 8 g fat (1 g sat); 5 g fiber; 14 g carbohydrates; 5 g protein; 47 mcg folate; 3 mg cholesterol; 3 g sugars; 0 g added sugars; 9,627 IU vitamin A; 14 mg vitamin C; 29 mg calcium; 1 mg iron; 110 mg sodium; 511 mg potassium

Nutrition Bonus: Vitamin A (193% daily value), Vitamin C (23% dv)
Carbohydrate Servings: 1



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Can You Handle the Truth???

“Put your paws behind your back.”

Canada has a polar bear jail in Churchill, Manitoba. The polar bear jail is a holding facility where bears who get a little too close are kept until they can be released back into the wild.

JOKE

of the Month

A man walks into a zoo. The only animal in the entire zoo is a dog.

It's a shitzu.

Complimentary Guide

Stop in at our office and pick up a complimentary copy of our Guide:

“What You Need To Know About Dental Implants”.



Free Report Available:

Parent's Guide to Getting Started With Your Child's Oral Health

Getting started with your child's oral health comes well before their first dental visit. This guide walks you through the Do's and Don'ts of caring for your child's oral health.

Call our office at (250) 383-3368 to request your copy.

