

III Dr. C. Ross Crapo & Associates

- Tips, Tricks and Trends
- Fun and Inspiring Quotes
- Every Day Life Hacks - page 02
- 5 Dental Myths Debunked
- Ask the Dentist - page 03
- Yogurt & Cream Cheese Fruit Dip - page 03
- Get your Free Copies Now! - page 04

A Book Everyone Should Read

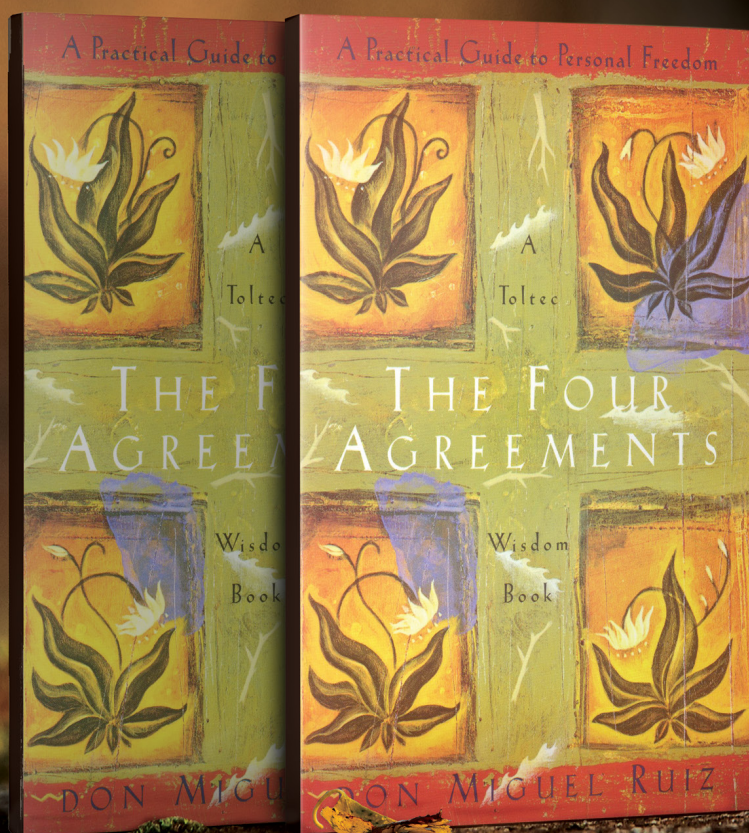
Here's a book I read every year that I think is well worth your time. It is essentially the foundation of an excellent way of being. The book is called **The Four Agreements**, by Miguel Ruiz. It's a fairly well-known book. There are so many takeaways from this book. The premise is that there are four main "agreements".

The first agreement

is "be impeccable with your word". Speak only with integrity, say only what you mean. Avoid using words to speak against yourself, or to gossip about others. Use the power of your word in the direction of truth, of what is good and what you want. Choose your words carefully in what you say to others, as well as what you say internally to yourself.

The second agreement

"don't take anything personally". Nothing others do is because of you. What others say or do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering and worrying. You can simply say, "Next."



The third agreement

"don't make assumptions". Find the courage to ask questions, and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. You have to learn to ask for what you want with conviction and confidence. Others cannot read your mind. With just this one agreement, you can completely transform your life.

The fourth agreement

is "always do your best". Your best is going to change from moment to moment. It will be different when you're healthy as opposed to sick. It will be different from day to day. Under any circumstances, simply do your best, and you will avoid self-judgment, self-abuse, and regret.



Dr. Ross Crapo

Tips, Tricks, and Trends

Children who are curious and love science excel in school and in life. You can help them like science with simple everyday events. Activities at home can go a long way towards keeping your child interested in science and learning about the world around him or her.

The National Science Foundation says that parents are their kid's first science teachers. They also point out that you don't need to be an expert in the subject because science for kids is everywhere, including inside your home and out in your backyard. You need only point out the wonders of everyday science to your kids to keep them interested.

Remember, science is all about observing, exploring, and testing, and even the youngest children can be involved in these three tasks. Here are a few examples of everyday science-related activities you can enjoy with your child.

🔍 Go for a walk and take along a magnifying glass. Stop to pick up some interesting natural objects along the way such as flowers, a few blades of grass, rocks or stones, and even insects. Look at them with the magnifying glass and allow your child to tell you what they see. This teaches them to be good observers. If you find an object or creature that really intrigues your child, look it up on the internet or in a book when you return home and gather more information. Or better yet, look at the object under a microscope.

🔍 Let your child help you cook. All sorts of wonderful scientific processes happen at the stove! Talk about boiling water, melting butter, caramelization, or how mixtures change when they are baked.

These things may be commonplace to you, but to a child, they're fascinating!

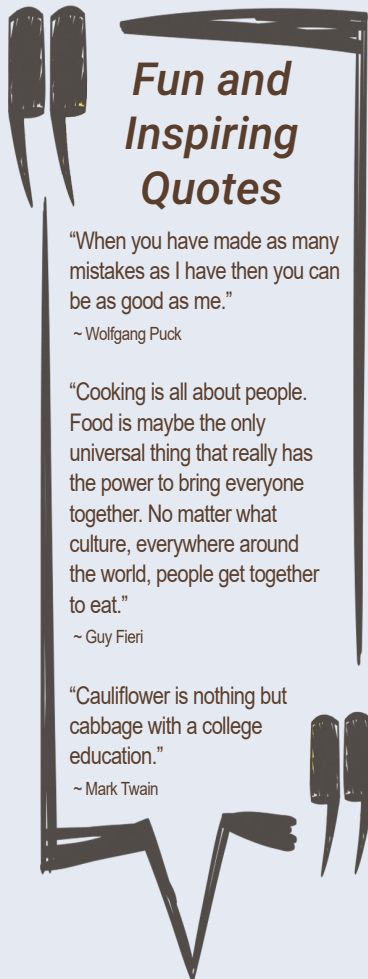
🔍 Does your child have a favorite sport or activity? If it's baseball, talk about pitching and speed. If it's cycling, skateboarding, or roller blading, explore how the wheels on their vehicle turn. If it's football, find out why the ball is shaped that way. How about dancing? Dancers can learn about why stretching is important before dancing and about keeping their body conditioned. The possibilities are endless! Build something! Science for kids should involve creativity. Consider making silly putty or play dough, build a periscope Article Search, construct a model of the solar system.

You don't need to wait until the annual school science fair to have fun with science. Just a few spare minutes can keep your child interested for a lifetime.

Fun Facts

That'll Astound Your Friends

- **The DNA in a person's body**, when uncoiled, can stretch from Pluto to the Sun and back.
- **99% of all the species** that ever existed on the planet are believed to have become extinct.
- **Here's a strange animal science fact** - lobsters pee from their faces and turtles can breathe through their butts!
- **When you crack a whip**, it makes a loud noise because the tip is actually moving faster than the speed of sound!
- **Flea's can jump 130 times higher than their own height**. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.



Fun and Inspiring Quotes

"When you have made as many mistakes as I have then you can be as good as me."

~ Wolfgang Puck

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people get together to eat."

~ Guy Fieri

"Cauliflower is nothing but cabbage with a college education."

~ Mark Twain

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

After a long day, the thought of putting in overtime in the kitchen can be quite unappealing.

"Ordering takeout can be a time-saver, but it's expensive and typically less healthy than home-made meals," explains Tori Wesszer, registered dietitian. "Prepping meals ahead of time means I can save dining out for indulging at restaurants I love, without the guilt."

Pre-cut your veggies.

Wash and dice veggies that you use often ahead of time and you'll have no excuse to skip your greens.

Batch Cook.

Make foods like grains in large amounts ahead of time so you can have lots on hand for later.

Make leftovers.

Cook some extra at dinner to pack for lunch the next day.

6 simple tips to help you avoid take-out temptation

Layer those salads.

Make salads a few days at a time in mason jars. Layer your ingredients with dressing on the bottom.

Freeze Orange Juice in ice cube trays.

Add cubes to a smoothie for added vitamin C and a natural sweetener with no added sugar.

Stock up on healthy kitchen staples.

Keep items like canned beans and frozen veggies to pull a meal together in a pinch.

When it comes to taking care of your smile, there are plenty of misconceptions out there. But while good oral health can be achieved in just minutes a day, the wrong practices can cause irreversible damage. Here's what you need to know.

Myth: The harder you brush, the cleaner you'll get your teeth.

The real deal: Brushing too hard or with too abrasive of a toothbrush (medium or firm) can actually harm your teeth by eroding some of the hard enamel that protects the inside of the tooth from cavities and decay. "I see it so much where people feel like they're getting them more clean, but actually it wears away enamel and even the gums," says Ana Paula Ferraz-Dougherty, DMD, a dentist in San Antonio, Texas, and a spokesperson for the American Dental Association. "I always recommend a soft-bristled brush."

Myth: Flossing isn't really necessary anymore.

The real deal: The recommendation to floss regularly was recently removed from the government's Dietary Guidelines for Americans based on a lack of strong evidence for the practice. However, a lack of strong evidence doesn't necessarily mean that flossing is not effective. In fact, many dentists — including Dr. Ferraz-Dougherty — haven't changed their ways or their recommendations. "I totally believe in flossing," she says. "Intuitively, it makes sense that there is buildup you can only remove by flossing, and I see the difference every day." It's important to still follow your dentist's recommendation on brushing and flossing.

Myth: Chewing sugar-free gum is just as good as brushing.

The real deal: If only this were true, kids everywhere would jump for joy. Chewing sugar-free gum, especially gum with xylitol, can have a protective effect on the teeth. Gum encourages saliva production, which helps to wash away enamel-eroding acids from foods, drinks, and even stomach acid in the case of issues like acid reflux. And xylitol helps to redouble the effects of saliva.

But chewing gum still doesn't replace brushing and flossing when it comes to removing plaque from all the surfaces of your teeth. You should brush at least twice a day for about two minutes, says Ferraz-Dougherty.

Myth: When it comes to cavities, sugar is the main culprit.

The real deal: When you think of cavities, you might think of lollipops and other sweet and sticky treats. But crackers and chips might be even worse for your teeth, says Ferraz-Dougherty. "It has to do with the starchiness," she explains. "It's carbohydrates in general — they have the sugars that break down the teeth, but they also really stick to your teeth."

Myth: The whiter your teeth are, the healthier they are.

The real deal: This can be true but not always. "Our teeth are naturally white," says Ferraz-Dougherty. And many of the things that cause our teeth to get darker or become yellow are unhealthy, like smoking.



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 the 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>

Yogurt & Cream Cheese Fruit Dip

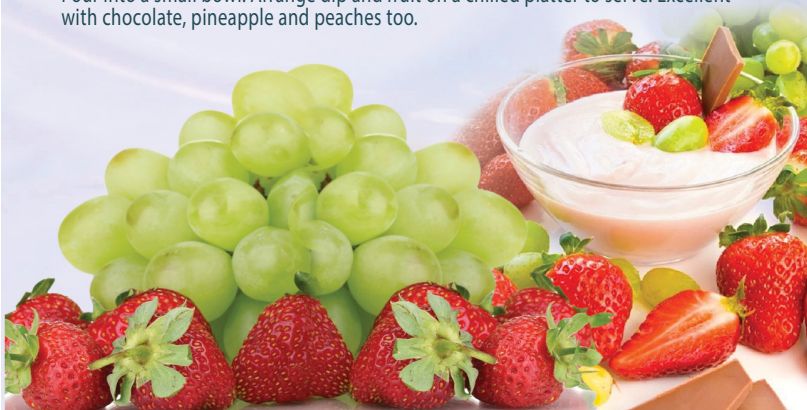
Fruit is a sweet treat, and especially exotic fruits! Cut up a few of your fave fruits and arrange them in a pretty pattern on a plate. You can make an awesome fruit dip to go with it very easily. Put it in a small bowl and place it in the center of the fruit and voila! You've got a tasty, healthy treat.

Ingredients:

- 1 8 oz pkg cream cheese, softened
- 1 c plain yogurt
- 2 Tbsp honey
- 1/4 tsp almond extract
- 4-6 c. bite-size fruit; melon chunks, berries, grapes, kiwi slice, etc.

Directions:

Mix cream cheese, yogurt, honey and almond extract at low speed until smooth. Pour into a small bowl. Arrange dip and fruit on a chilled platter to serve. Excellent with chocolate, pineapple and peaches too.





INSIDE THIS ISSUE

- Tips, Tricks and Trends
- Fun and Inspiring Quotes
- Every Day Life Hacks

- page 02

- 5 Dental Myths, Debunked
- Ask the Dentist
- Yogurt & Cream Cheese Fruit Dip

- page 03

- Get your Free Copies Now!

- page 04

Can You Handle the Truth???

It was the board game Time Magazine called "the biggest phenomenon in game history." Trivial Pursuit was first conceived of on December 15, 1979 by Chris Haney and Scott Abbott. At the time, Haney worked as a photo editor at the Montreal Gazette and Abbott was a sports journalist for The Canadian Press.

JOKE

of the Month

Schrödinger: How's my cat, Doc?
Vet: I have good news and bad news...

Complimentary Guide

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

"Getting Started With Your Child's Oral Health".



**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.

