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## Choose Your Own Adventure

### WHAT MAKES SEDONA A GREAT WINTER GETAWAY

From relaxing to thrill-seeking, you can choose your own adventure in Sedona. The combination of natural wonders, fun activities, and warmer seasonal temperatures than we have in northern California this time of year make Sedona a great winter-getaway destination.

For starters, views of the epic red rocks that surround the city are worth the trip alone. Native Americans considered this a sacred place, and many people experience a certain serenity in the natural environment. From Bell Rock to Camelhead Rock to Snoopy, each formation is unique and uniquely named. Sedona sometimes gets a light dusting of snow this time of year, which melts quickly but gives the red rocks a beautiful seasonal glow.

The south rim of the Grand Canyon is about an hour and a half away, and the crowds tend to thin out this time of year. Phoenix and Scottsdale are also close by, and with temperatures that are usually 15 degrees warmer than Sedona, these cities make for a fun day trip.

For adventure-seekers, there are a variety of ways to enjoy the outdoors, including horseback riding, hot air balloon rides, and Jeep tours. Kayaking on the river is available all year round, and hiking and mountain biking are also great ways to enjoy Sedona this time of year.

From Dec. 13-16, the Sedona Northern Lights, a 3D-projected light show, illuminates Camelhead Rock. It is viewable from multiple locations around town as well as designated viewing areas. For a food-centered experience, the Sedona Vegfest is happening on Jan. 19 and 20. There are also wineries, museums, and spas to visit for a relaxing experience.

When you're packing for your trip, layers are best this time of year, as it can be chilly. But you'll quickly warm up if you're hiking or walking around. A waterproof jacket and athletic shoes will also keep you comfortable and dry.

# SIERRA CREST DENTAL NEWSLETTER

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SierraCrestDental.com

NOVEMBER/DECEMBER 2018

## Reflections on 2018

### AND A BIG THANK-YOU TO ALL OUR REFERRING PATIENTS

It's hard to believe that the holidays are upon us already. It is a time to reflect on what a great team we have and what wonderful patients we have the opportunity to serve. I am truly grateful. As a team, we continue to grow and hope you have enjoyed entering in some of our fun contests. The spa day was a hit, and we all were able to enjoy our summer-fun package. (Yes, we played cornhole in the office.) In December, the Giving Tree will once again be adorned by an ornament of your choice to take and share.

This year's Dentistry From The Heart event broke our record for number of services provided, with 99 cleanings, fillings, and extractions. It was a long day for all the volunteers and patients, but the entire team feels it's the best day of the year. Giving to others does make one feel good, and I hope we all can find more ways to share our gifts.

I also want to thank all of our patients who send their friends and family our way. We enjoy extending our dental family through your referrals. And yes, we are accepting new patients. Our hygiene team has been working extra days to make sure everyone gets the care they need. They have suggested that the best way to stay on your recommended cleaning schedule is to schedule your next appointment when you are in the office.

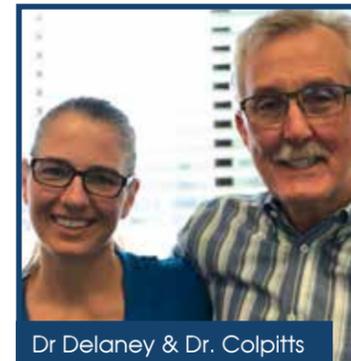
This year, we have had some additions to the team. Be sure to meet Russ up front, whom you'll find great to work with, and Ale and Diana, who are assisting in the operations.

Happy Holidays,

*-Dr. Bob*



Team fun!



Dr Delaney & Dr. Colpitts



DFTH: Bonnie & Tammy



DFTH: Haley and Sue

# Surviving the Season of Sweets



Cookies, cakes, and pies, oh my! The holiday season is brimming with sweet treats of all kinds. Sometimes it can feel like candy and sugary desserts are around every corner, and yet you still want to indulge. However, when

you consider that over 50 percent of Americans are insulin-resistant, prediabetic, or diabetic, that piece of pumpkin pie with whipped cream starts to look more dangerous than appetizing. During the holidays, how can you satisfy your sweet tooth without worrying about consuming excessive sugar and calories?

Skip the candy and go for the fruits and nuts. Keeping a bowl of fruit and nuts nearby can help keep sugar cravings at bay. Dried fruits, such as cranberries, pineapple, or apricots, are both sweet and nutritious. Just be sure to check the packaging for added sugars. You can even make your own dried fruit with a food dehydrator. This way, you are completely in control of the ingredients. No matter what you do, just be mindful not to overindulge. Dried fruit is high in sugar and calories, but the fiber and vitamins make fruit much healthier than just about any other sugary treat. A reminder from the Team at Sierra Crest Dental, there is still natural sugar in these treats, brush after eating those dried fruits.

Another way to cut down on your sugar intake is to use dark chocolate in all your chocolate-based treats. Dark chocolate

has about half as much sugar as milk chocolate, twice as much healthy fat, less cholesterol, 4–5 times more iron, twice as much potassium, fewer carbs, and more flavonoids and theobromine. The antioxidant properties of the theobromine and flavonoids make dark chocolate as good for your heart as it is for your soul. If you have a recipe that calls for chocolate, reach for the dark stuff, whether it's dark chocolate chips, cocoa powder, or baking chocolate.

While it may seem as though everyone and their grandma is overindulging in sugar this season, know that you have the choice to opt for healthier sweets. And come New Year's, you won't have to spend the first few months of 2019 working off that extra cookie weight or finding decay at your next dental exam!



## BALANCE IN THE BELLY

### WHY GOOD GUT BACTERIA DIE AND WHAT YOU CAN DO ABOUT IT

Probiotics play a critical role in your digestive system. These good gut bacteria help your body digest food more efficiently and protect your overall health. However, these microorganisms are susceptible to many negative influences that can cause them to die.

More often than not, probiotics die off due to a disruption in the balance of your digestive tract. One of the harmful things to your gut bacteria is antibiotics, which is self-explanatory when you think about it. Antibiotics attack all forms of bacteria in your body, good or bad. In some cases, people who take too many antibiotics or take them for longer than prescribed experience significant damage to their intestinal flora, leading to digestive issues.

Another big threat to probiotics is medication in general. When you start or stop a medication, probiotics in your system can be adversely affected. Taking new supplements or changing your dosage can have the same effect.

A major change to your diet can also harm your gut flora. If you introduce new foods or alter your diet significantly, it can shock your system with the sudden change, resulting in a die-off. In this case, even an insignificant die-off can cause you to feel under the weather.

For most people, simple and small changes to medications or diets will not have much effect on existing gut flora. After all, the average person has roughly 3 pounds of gut bacteria in their system at any given time — that's about 100 trillion microorganisms working for your body!

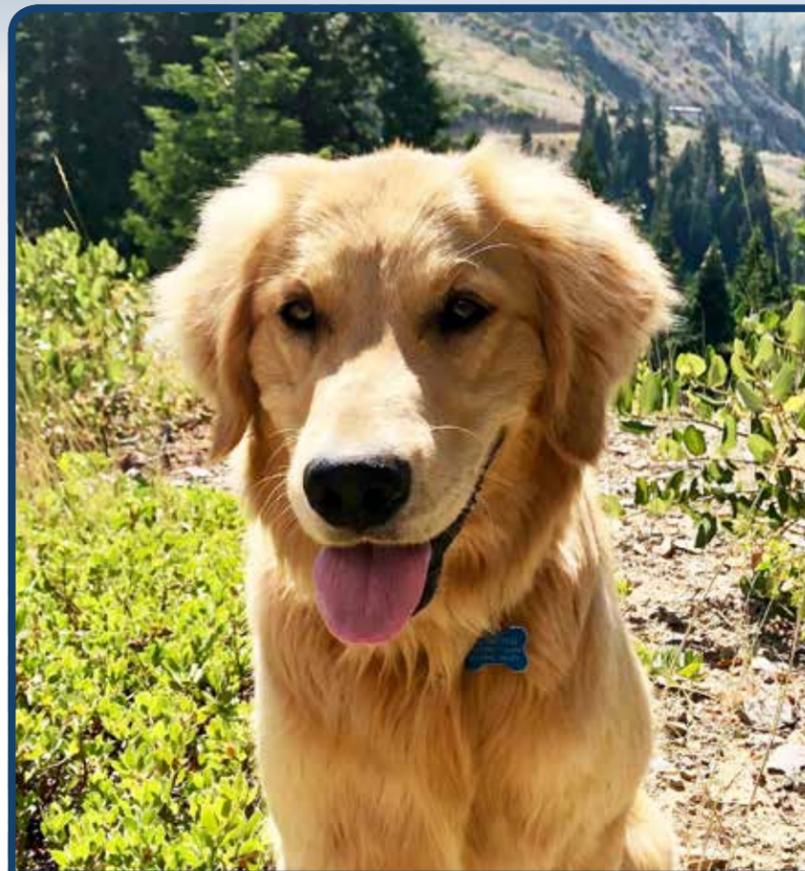
But when they do die off, all they need is time to repopulate and restore balance to your digestive system. You can help speed up this process by consuming probiotics like yogurt, kimchi, sauerkraut, kefir, and kombucha.

## KT's World

I have really been enjoying our fall. The weather may not be what the skiers in my family wanted, but it has been great for my adventures. I don't get to join in on the fun when Cathy, Mike, and Dr. Bob go mountain biking, but Debbie finds something more fitting for me. Yeah, once again, Bob is mountain biking. He found a way to keep up with Mike and Cathy: an e-mountain bike (with pedal assist)! When he gets home, he is always smiling and still willing to go on a walk with me.

It seems I played a little too hard with friends and came up a little lame again, but I am one the mend. It's really hard to control myself because I love to run, jump, and play with whoever comes my way. The meadow in Squaw has been my favorite walk lately. It's wide open and gives me the opportunity to run at full speed to chase the geese.

I guess it's time for fall to transform into winter. I have noticed that the small ponds I run through are now developing ice. I enjoy playing with the ice pieces and eating them. So, let's join together and sing "Let It Snow" since I enjoy running through the snow fields and catching snowballs.



### ROASTED DELICATA SQUASH WITH ALMONDS



#### INGREDIENTS

- 3 delicata squash (about 1 pound each), halved and seeded
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon Aleppo pepper or smoked paprika
- Salt and freshly ground pepper, to taste
- 1/4 cup roasted almonds, preferably Marcona, coarsely chopped
- 1 teaspoon agave nectar
- Chopped fresh chives, to garnish

#### DIRECTIONS

1. Heat an oven to 350 F.
2. On a workspace, brush cut sides of squash with olive oil and season cavity with salt, pepper, and Aleppo or paprika.
3. Place squash cut-side down on a baking sheet and roast for 45 minutes.
4. Remove squash from oven, let cool for 5 minutes, and top with crushed almonds, chives, and a drizzle of oil and agave nectar.
5. Serve immediately.