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SIERRA CREST DENTAL NEWSLETTER

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Inside This Issue

- p. 1 Voted Best Dental Office!
- p. 2 The Best and Worst Foods for Inflammation
KT's Summer
- p. 3 Spiced Pumpkin Seed Crunch
Start Using Ghee in Your Cooking
- p. 4 Winter Wonderland

Wintertime in a Mountain Playground

A ROAD TRIP ALONG POWDER HIGHWAY



As summer winds down, it's time to think about your winter vacation plans. I know sometimes it's hard to leave our awesome backyard, but the experience of travel is important. A road trip along Canada's Powder Highway might be just the ticket to have you eagerly anticipating the coming season.

Winding through the Kootenay Rockies in British Columbia is the Powder Highway, connecting many ski,

snowboard and snowmobile adventures. The 800 miles of highway are a gateway to wintertime in the outdoors, with incredible stops along the way.

Along the Powder Highway you can spend a night in a cabin near Emerald Lake, and can set out on a snowshoe hike the next day. If hitting the slopes is your passion, check out the resorts, some even attached to your local ski pass. If you are an EPIC Pass Holder, you have multiple stops along the way. Fernie, Kimberly, Kicking Horse or Nakiska are all ski resorts on the Powder Highway. If your pass is IKON checkout Revelstoke, it's vertical is awesome.

To restore those sore muscles and warm up (skiing in Canada is colder than our Sierra's) try the many hot springs in the area, like Radium Springs.

Happy Adventuring!

Voted Best Dental Office!

FOR THE 6TH YEAR IN A ROW

Wow, where did summer go? Every year, I wonder how it goes by so fast. It has been a busy summer here at Sierra Crest Dental. We had fun with our Endless Summer Giveaway. Thanks for all of your referrals and thanks to participants who entered. Congratulations to Heather, our winner. Did you know that the team held cornhole competitions at the end of the workday? Yes, we do enjoy fun!

We also want to thank everyone who voted for us in the Best of North Lake Tahoe and Truckee Contest. The entire team appreciates your votes and celebrated our sixth consecutive year of being voted Best Dental Office!

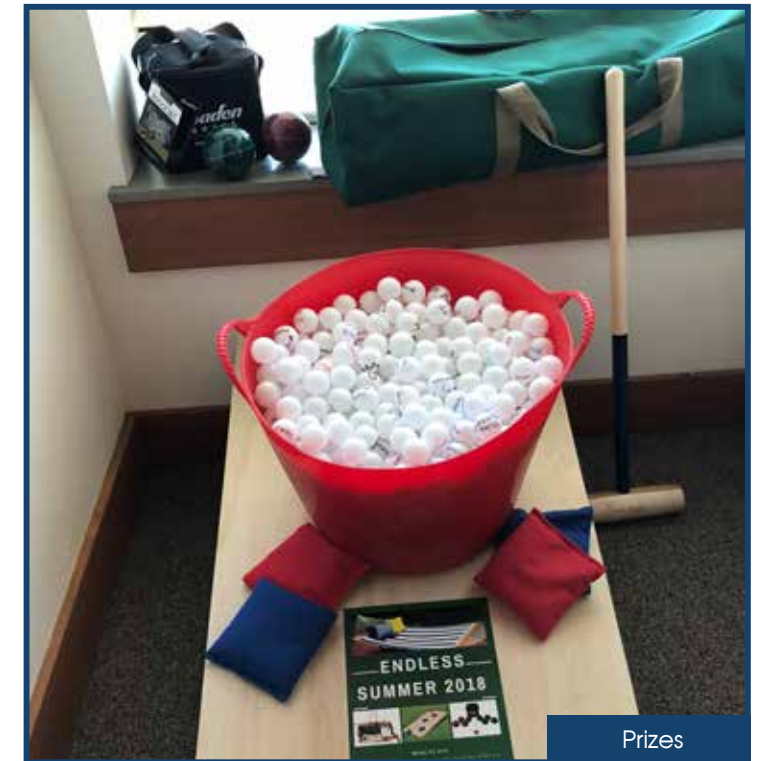
We are hosting our eighth annual Dentistry From The Heart event on Friday, Sept. 28. As many of you know, I believe in supporting our community. This event is our way of helping anyone for whom the lack of funds has prevented them from taking care of a dental need. This day is a favorite of our team, who all volunteer to give to those in need.

As always, we are here for your dental needs.

-Dr. Bob



Heather, winner of Endless Summer



Prizes

Find the Right Food Balance

The food you eat plays a major role in how your body functions on the cellular level. Some foods can wreak havoc on your body, while others can make you feel great. This is especially true when it comes to that all-too-common ailment, inflammation.

Here are a few examples of foods that lead to inflammation:

Sugar: One of the biggest culprits behind inflammation, sugar is far worse than eating fatty foods. It's best to skip foods that have *added* sugar (and this includes sugar of any kind, including corn syrup, fructose, and sucrose). Many manufacturers now label food with more specific kinds of sugar to hide the fact that they added sugar to their product. Be sure to read labels carefully!

Refined carbs: Basically anything made from white flour falls into this category, including bread, pasta, baked goods, and cereals. Research suggests that refined carbs may be a bigger contributing factor than fat in obesity, diabetes, and heart disease.

Alcohol: Too much alcohol puts a burden on your liver, an organ that helps flush toxins out of the body. You know all of those detox diets? They don't work. In fact, the only way to detox is to let your liver do its job. When you consume alcohol, it's harder for the liver to pump out the toxins in your body. When it can't do its job properly, the result is inflammation.

Now, for the good stuff. Eat these foods to reduce inflammation:

Blueberries: Many studies call blueberries one of the best fruits you can eat to ease symptoms of inflammation. These blue orbs of goodness are packed with antioxidants, vitamin C, polyphenols, and so much more. Eat a handful every day!

Salmon: As a source of healthy fats and omega-3 fatty acids, salmon is one of the best protein choices for people with inflammatory conditions, or for those who want to keep inflammation at bay.

Broccoli: One of the most nutritious and easily accessible vegetables around, the little green buds that cover the tops of broccoli are loaded with anti-inflammatory compounds.



WHY YOU NEED TO INCORPORATE GHEE INTO YOUR COOKING

Butter makes it better, but ghee makes it grand.

For hundreds of years, cooks throughout the Middle East and India have known about the magic of ghee. They cook with it, spread it over bread, and use it as a sauce.

Ghee is a type of clarified butter. The butter is simmered for a longer period of time than standard clarified butter in order to render out as much water as possible. Then the remaining milk solids are strained away.

The resulting ghee has a rich, nutty flavor. Even better, ghee is shelf-stable, doesn't need refrigeration, and can last a long time — though once you start using it, it's unlikely to sit around for very long.

While ghee hasn't quite entered the mainstream yet, it's on the verge of becoming a kitchen staple in the U.S. The reasons why are simple: It's delicious and better for you than regular butter.

In fact, for a food that's almost entirely fat — ghee is 99.5 percent fat, and 60 percent of that is saturated fat — it boasts quite a few health benefits. Ghee is packed with healthy fat to help your body utilize fat-soluble vitamins and minerals more effectively. It's also a great source of vitamins A, E, and K2. And ghee is a source of HDL cholesterol, often called the "good" cholesterol.

In the kitchen, ghee is exceptionally versatile in all kinds of dishes. It has a high smoke point at 485 degrees (ordinary butter has a smoke point of 350 degrees), making it perfect for sautéing and frying. It makes an ideal replacement for vegetable and canola oil in recipes. You can even use it in place of coconut oil.

You can find ghee at most grocery stores, though it's most readily available at specialty grocers. You can also make it right at home. All you need is a pound of high-quality butter (organic, grass-fed is best) and a saucepan.

Bring the butter to a boil over medium-high heat, then reduce the heat and let it simmer. The butter should foam and bubble, and then the foam should disappear. Continue simmering the butter until it foams a second time. This means it's done!

The butter will be a golden color, and brown milk solids will sink to the bottom of the pan. Pour it through a fine wire-mesh strainer or cheesecloth into a heatproof and airtight container.

KT's World

I love summer!

A perfect day includes a hike ending with a swim. I discovered that I am a swimmer and love to fetch. Since the pavement is hot on my feet, Debbie has found creative ways to entertain me and take me for a swim. I no longer chase the moving water in the river when swimming. I try to stay out of fast-moving currents.

Cathy has introduced me to boating; I have gone stand-up paddleboarding, out in a kayak, and even watched her waterskiing from the boat on Tahoe. I have these opportunities because I am a well-behaved dog. Well, mostly well-behaved — an exception is when I chew Cathy's shoes.

Since I am 11 months old now, I requested they post a new picture of me. I want everyone to recognize me when I'm out and about.



Spiced PUMPKIN SEED CRUNCH



INGREDIENTS

- 1 large egg white
- 1 teaspoon light agave syrup
- 1/2 teaspoon garam masala or curry powder
- 1/2 teaspoon kosher salt
- 1/4 cup shelled pumpkin seeds
- 1/4 cup shelled sunflower seeds
- 1/4 cup raw cashews, coarsely chopped
- 1/8 teaspoon cayenne pepper
- Nonstick vegetable oil spray

DIRECTIONS

1. Heat oven to 300 F.
2. Coat a baking sheet with cooking spray.
3. In a mixing bowl, whisk together egg white, agave, salt, and spices. Add nuts and seeds and toss until evenly coated.
4. Using a slotted spoon, strain spoonfuls of mixture over bowl and transfer to baking sheet. Discard excess egg white mixture.
5. Bake 20–25 minutes, tossing once.
6. Let cool and serve.

Inspired by Bon Appétit magazine