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SIERRA CREST DENTAL NEWSLETTER

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A Day on the Slopes at Royal Gorge

GORGE-OUS MOUNTAINTOP VIEWS AND DOG-FRIENDLY TRAILS

YOU DON'T NEED TO GO FAR TO FIND THE BEST CROSS-COUNTRY SKIING IN OUR COUNTRY — it's nestled right here in the Sierra. The breathtaking mountain views of Royal Gorge are calling.

Located just off the Soda Springs exit, Royal Gorge is home to 6,000 acres divided into six different trail systems to create some of the best cross-country skiing conditions in North America. Part of the Sugar Bowl Resort, Royal Gorge manicures its trails for Nordic skiers, skate skiers, and snowshoers. Pick your passion.

Throughout the next couple of months, look for opportunities to learn new skiing techniques from the pros. Sign up for a beginner-to-intermediate skate clinic taking place on Dec. 27. It's a great chance for newbies to learn from Sugar Bowl Ski Academy's head coach. A women's clinic takes place every Saturday in January with a fun race on the last day to celebrate your newfound skills. On the first Saturday in January, Nick Sterling, a former Far West Nordic Junior Olympian, is

putting on a skate skiing clinic. And on Jan. 27, there's a full moon tour, a rare chance to enjoy the peaceful, illuminated glow of the snowy slopes at night. The tour will culminate in a dinner and wine tasting.

Dogs are also welcome on 11 kilometers of designated dog-friendly trails that wind through the Van Norden Meadow. You and your dog can escape cabin fever as you experience scenic views together.

When you're ready for a break, warm up and grab a bite to eat. We bet you'll need it; after all, cross-country skiing is a full-body workout that burns up to 700 calories per hour! The resort features nine different warming huts where you can recharge and stave off the chill. Summit Station Cafe is open daily and serves a full menu. (We've heard the fish tacos are a must-have and they sell out daily.) Wildy Hut is open weekends and holidays for meals. Grab a spot by the fireplace and warm up with soup or chili and wash it down with a glass of beer or wine. After a day on the slopes, you'll have earned it.

Growing as a Team

As we prepare for a busy holiday season, I don't want to forget to thank you all for allowing me to be a part of your lives. Our team has been busy the past few months. We held our seventh annual Dentistry From The Heart event. The event is truly one of our favorite days at work. We were able to provide 81 procedures to members of our community. We couldn't have done it without all the volunteers, including our team, our patients, and others in our community.



The team here at Sierra Crest Dental is always striving to learn, not just about the latest in dental procedures so that we can deliver the best care for our patients, but also about how to provide the best service to you. We believe that continual education in both our professional lives and our personal lives is of great value.

Sometimes, we are off at continuing education events, learning about implants, sleep dentistry, and



occlusion. Sometimes, we learn new ways to deliver our services to you in a manner that fits your needs. We always encourage your input and appreciate your comments.

To help us accomplish our goals, we have a quarterly office book club. It is a great way to grow as a team. The books cover all aspects of life, and here are a few that we've read: "The New Gold Standard," "The Book of Joy," "It's Your Ship," and "Lessons From the Mouse." There are so many more ways we can grow; for example, I recently discovered edX courses. We are lucky to have so many resources at our disposal.

Happy holidays!

-Dr. Colpitts

Discover What Mercury Safe Dentistry Is!

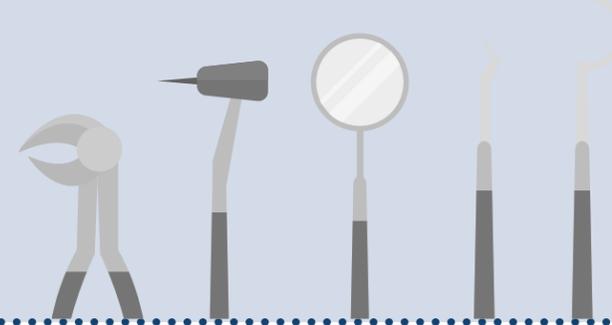


We are a dental office that specializes in safe mercury removal. Dr. Colpitts is the only dentist in our area trained and accredited in safe mercury removal, which he does without compromising the quality of your care. He has taken his training and passed it on to our team.

You may not know that those silver mercury fillings, or in technical terminology "amalgams," are over 50 percent mercury and have been placed since the days of the Civil War. We've known about the dangers of mercury for years, yet amalgams are still placed by many dentists.

Amalgam fillings will be banned in the European Union (28 countries) as of July 1, 2018, for pregnant or nursing women and children under the age of 15. Sierra Crest Dental is ahead

of the curve for your protection. Our Team has not placed an amalgam filling in about 25 years, and we have added safeguards to remove them. We also have safeguards in place to protect our environment. We use an amalgam separator that will prevent any mercury in the removed amalgam fillings from entering our local waters.



THE TRUTH ABOUT TURMERIC *The Secrets of the Yellow Spice*

For thousands of years, sunny yellow turmeric has been a staple in curries as well as a spice renowned for its ability to treat a vast number of ailments. In recent years, this South Asian native has become a sort of "spice-of-all-trades."

Turmeric's popularity has surged throughout North America. People are adding it to food and using it to treat everything from arthritis to heartburn. Anecdotal evidence suggests that the spice can treat just about every kind of inflammation, whether it's joint pain or a headache.

Have a stomachache or nausea? Try turmeric. Have a mild rash or burn on your skin? Try turmeric. Current studies are even looking into turmeric's effectiveness as a treatment for diabetes and dementia.

When one substance is purported to have near-magical healing powers, you have to remember to take it with an additional dose of skepticism. Can one spice really cure everything that ails you?

Let's ask science. Researchers have identified over 20 distinct compounds that work similar to NSAIDs (such as aspirin and ibuprofen). Of those compounds, six are COX-2 inhibitors. COX-2 is an enzyme that causes inflammation and pain in the body.

In short, these six compounds help block the enzymatic reaction that triggers inflammation. One of these compounds is called curcumin, which is often considered the active ingredient in turmeric. An article published in the medical journal Nutrition and Cancer found that, by weight, pure turmeric powder contains 3.14 percent curcumin.

However, clinical trials of curcumin have produced less-than-stellar results. A comprehensive review of 120 studies of curcumin, published in 2017 in the Journal of Medicinal Chemistry, found no evidence that the compound produced positive results as an anti-inflammatory or antioxidant. In fact, researchers found curcumin to be an, "unstable, reactive, non-bioavailable compound."

So, what does this mean for people who use turmeric for its medicinal properties?

If it works for you, continue to use it. If you've thought about adding it to your diet, give it a try. It's safe to use, and studies have shown virtually no toxicity, even in high doses.

IT'S TIME!

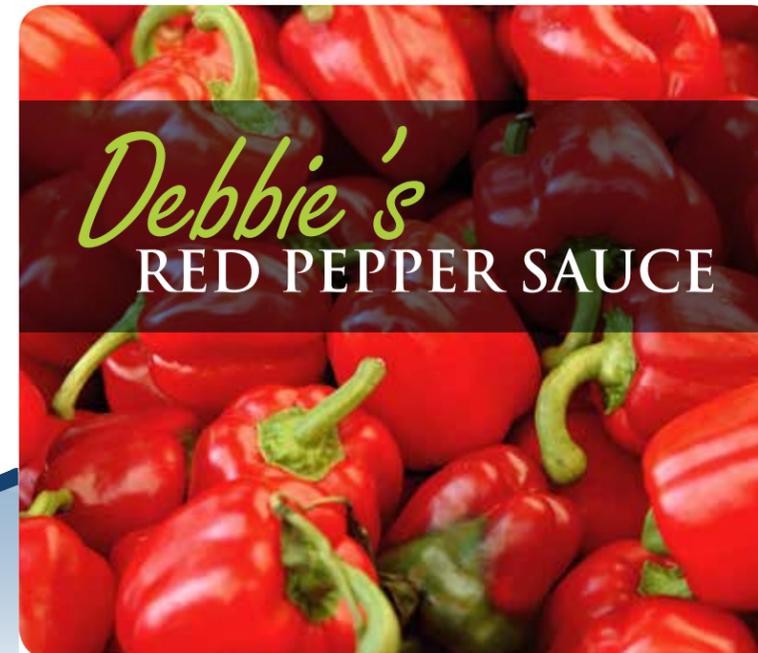
The Colpitts Family will soon be adding a puppy. Good name ideas are always welcome.



Sleep Dentistry

Wouldn't it be great if you could take a pill, go to sleep in the dental chair, and wake up with all of your dental care complete? And you didn't remember any of it? With sedation dentistry, now you can.

Ask us about it. Tell a friend.



Debbie's RED PEPPER SAUCE

Here's an easy appetizer to keep on hand as needed over the holidays!

INGREDIENTS

- 3 red peppers
- 1/2 cup white vinegar
- 3/4 cup sugar
- 1 teaspoon salt

DIRECTIONS

1. Simmer ingredients for 1 hour, covered.
2. Blend mixture and then refrigerate or freeze.
3. Serve over cream cheese with crackers.