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Strap on Your Snowshoes THE PLEASURES OF HITTING THE TRAILS

Being located at Lake Tahoe offers our patients an incredible environment to enjoy the winter scenery. The mountains are positively majestic when the snow is falling, and the lake never looks better. While there are lots of ways to take advantage of the winter wonderland we are lucky enough to live in, one especially awesome pastime is snowshoeing.

Snowshoeing is a low-impact exercise that people of all ages can participate in. Unlike skiing or snowboarding, the learning process is incredibly easy, and a common adage is "if you can walk, you can snowshoe." Additionally, snowshoeing allows you to experience the beauty of nature in the winter. It gives you access to terrain that would be hard to see otherwise.

Snowshoeing actually has a very long history as something besides a leisure activity. For Native Americans in wintry climates, moving around in the snow was a necessity. To make travel easier, nearly every tribe dealing with snow created a style of snowshoe to traverse wintry landscapes. If you ever have

the chance to see old snowshoes, do not pass it up. They are incredible, intricate creations.

In the Lake Tahoe area, we are fortunate to have many breathtaking areas to spend a day on snowshoes. Camp Richardson, Squaw Valley, Alpine Meadows, and Royal Gorge are just a few of the local ski resorts that offer dedicated snowshoeing trails. Some also offer snowshoe rentals for those lacking a pair.

The next time you want to spend some time enjoying the winter weather, consider putting on some snowshoes and hitting the trails. It is fun and relaxing, and it allows you to take in all the scenery our beautiful area has to offer.



SIERRA CREST DENTAL NEWSLETTER

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WINTER 2017

Welcome, 2017!

AS WE WELCOME IN 2017, I reflect on all that happened in the prior year and make plans for the future. I truly appreciate all of you, your stories, your successes, and being a part of your life. For me, last year was full of experiences. First and foremost, my time with my family — I love having my grandchildren around to see things through their eyes and to enrich their lives. I fulfilled one of my goals of trekking in Nepal. The experience was special for me — not just the location but sharing it with friends and family.

In 2017, I am setting my goals by placing complete focus on each individual project. Studies show I will be more effective in less time. It seems, when talking with you, we all feel time is going too fast and that there is not enough of it. Using more time-focused and scheduled methods, I'm prioritizing exercise, my time with family, my home, and the office. I found that immediate action is the key to achieving my goals, even if I don't have all the details.



As our team at Sierra Crest Dental has grown, I find that systems are key to our success in order to offer you the best care and service. Hopefully, last year you all have had a chance to meet Dr. Delaney. She has been a great addition to our team, with her gentle and thorough approach. I feel, together, we have expanded our care and availability for you.

Last year, I enjoyed the process of our son Mike and his family returning to Tahoe and opening his chiropractic practice in Truckee (Elevation Chiropractic). This year, I look forward to our daughter Cathy finishing her residency in family medicine and hopefully also practicing in the area. I am asked often, "When are you getting another dog?" I'm working on convincing Debbie that 2017 is the time!

- Dr. Colpitts



Clean Au Naturel THE ANTI-ANTIBACTERIAL SOAP

We all know that washing our hands and staying clean is one way to prevent the spread of disease. But does the soap we use need to be labeled “antibacterial” to be effective? If you’re someone who only uses antibacterial soaps and bodywashes, you might consider switching to a natural soap.

The FDA recently put a ban on some of the antibacterial chemical ingredients that are found in many consumer soaps, declaring that antibacterial products are no better than regular soaps, and ingredients used therein have not been proven safe. The FDA pointed to data showing that those soaps containing the antibacterial chemical triclosan do not provide any more health benefits than using regular soap and water. In addition, research shows that some ingredients in antibacterial soaps and bodywashes might even be harmful to your health.

Soap companies were given a year to take some of these concerning chemicals out of their products, but there are plenty of products out there that already use all-natural ingredients. To find soap that is effective and safe to use, read your labels. Look for products made from natural, organic oils or fats, fragrances, and organic botanicals as ingredients. Avoid soap with artificial colors or fragrances.

Since your skin is porous and absorbs the products you put on it, natural, handmade soap is always the best choice for your health. And now that we know the word “antibacterial” is essentially meaningless, we no longer have to worry about the effectiveness of natural soap.



Do You Suffer From Bruxism?

YOU DON'T HAVE TO LIVE WITH THE SIDE EFFECTS OF TEETH GRINDING



People these days have a lot of stress. But stress isn't the only factor causing your head to ache with anxiety.

Enter bruxism, or the grinding or clenching of teeth. It's something 1 in 3 people suffer from, according to the Academy of General Dentistry. While some of that grinding is occasional, most is unintentional, occurring during sleep. And though bruxism can be caused by stress or anxiety, it's far more likely it's being caused by an abnormal bite, missing or crooked teeth, or sleep apnea.

If you're not sure you suffer from bruxism, there are signs to look out for. If you have dull, but frequent headaches or suffer from a sore jaw, you might be grinding your teeth. Your spouse or significant other may also have the answer since it's possible the sound of grinding your teeth has woken them up at night. No matter what, if you suspect you have bruxism, it's not something to keep to yourself.

Prolonged periods of teeth grinding can lead to serious dental issues, like fractures in teeth. Grinding can also wear down your teeth to a point where implants or other surgeries are necessary. Finally, grinding can also cause or worsen temporomandibular joint disorders (TMJ).

Thankfully, bruxism is treatable. On the most basic level, our team at Sierra Crest Dental can fit you with a nightguard to protect your teeth while you sleep. It's not the most glamorous solution, but it will save you from stumpy teeth. If the problem is more severe, we will guide you to a solution fit for your needs.

Outside of the dental office, take steps to reduce your stress levels by exercising and laughing! You can also make sure you're not training your teeth to grind in your waking hours by not chewing gum excessively or by putting down the pencil you absentmindedly chew on at work.

You don't have to live with bruxism. Call us at 530-562-4089 today to learn more about your options and stop the grinding!

The Winner for Two at the Ritz



THANK YOU FOR YOUR REVIEWS



Good Old-Fashioned Chicken Soup

If your New Year's resolution is to have a healthy and happy year, you'll love this delicious, gluten-free seasonal soup.

INGREDIENTS

- ¼ cup coconut oil or ghee
- 1 cup onion, chopped
- 1 (14-ounce) can diced tomatoes
- 2 cups chicken broth
- 1 teaspoon garlic, minced
- 1 teaspoon thyme
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4 cups potatoes, diced
- 1 ½ cups carrots, sliced
- 2 cups boneless, skinless chicken breast, chopped into 1-inch pieces

DIRECTIONS

1. In a large pot, heat oil and sauté onions until tender.
2. Add tomatoes, broth, garlic, thyme, bay leaf, salt, and pepper and bring to a boil.
3. Add potatoes, carrots, and chicken.
4. Simmer until vegetables are cooked through, about 30 minutes.

Recipe inspired by kitchme.com.

SIERRA CREST DENTAL APPRECIATES YOU. THANK YOU TO ALL WHO PARTICIPATED IN OUR CONTEST. MORE FUN TO COME!