

inside this issue

- p. 1* Thanks for a Great Year!
- p. 2* Don't Mess with Mercury
Bringing Body Positivity Back
- p. 3* Chocolate Banana Avocado Smoothie
Why Chia Seeds?
- p. 4* History's Trick to Warming Up Your Winter

The Secret Life of Hot Cocoa

A new year. Fresh winter snowfall! Yea! Most of us are winter people, and shaking with excitement. You're likely to get chilled to the bone at least once this season. And one of the best ways to warm up when you are chilled to the bone this winter is with a nice cup of hot chocolate.



People have been warming up with liquid chocolate for years. According to the History Channel, the Olmec natives in southern Mexico first grew cacao, the plant from which chocolate is derived. In fact, the original liquid chocolate came long before the solid version. The folks at The Art of Manliness wrote recently that "for nine-tenths of its long history,

chocolate was a drink – the first true chocolate bar as we now know it was not invented until 1839."

They also tell us that we're not the first ones to try to keep warm with chocolate. Apparently, Will Steger and his team of explorers went through 2,076 cups of Swiss Miss hot chocolate during their 220-day journey by dogsled across Antarctica. That's a total of nine and a half cups a day between the six explorers! They must have been freezing!

So next time you're sitting in front of your fireplace, drinking hot cocoa (with whipped cream if you're feeling fancy) and watching your favorite movie, feel warmed by the fact that you're part of a centuries-old chocolate drinking tradition.

SIERRA CREST DENTAL NEWSLETTER

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A NEW YEAR 2016!

THANKS FOR A *Great Year!*



It seems like every year comes faster than the last. It has been a busy few months here at Sierra Crest Dental, as I'm sure it was for you too. I hope you all have created great memories of 2015.

I stayed active with my family and the team. The last quarter of the year had so much crammed into it, from trick-or-treating on Halloween with my granddaughters, to Thanksgiving with family in San Diego. And yes, I found time to surf each day, and Cathy and I had the joy of taking the grandkids surfing in Encinitas.

As most of you know, I am a sports fan. This year, I enjoyed a reunion at a USC football

game, and Debbie made sure we made a 49ers football game.

As for the kids, I'm thrilled to report that our granddaughters are skiing! I am so excited! Piper, a Shooting Star, has a coach that Chris had in his early years. Chloe, a Mighty Might, is also learning all the adventures Squaw has to offer. Hope to see many of you on the slopes.

Finally, the team got together to celebrate the holidays at our annual Christmas dinner. We are all thankful for you, our great patients, and send you best wishes for 2016. Stay healthy and happy, and have fun!

- Dr. Colpitts

*Happy
New
Year*



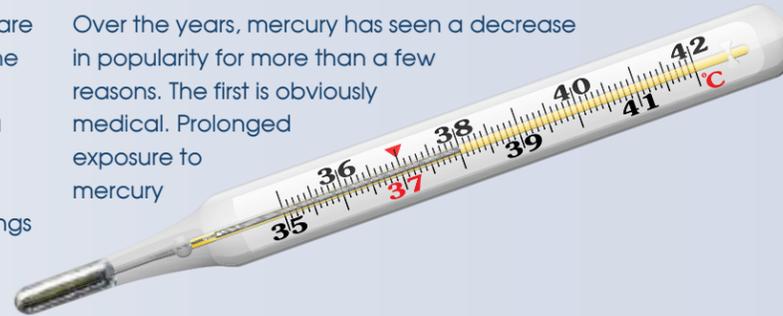
DON'T MESS WITH *Mercury*

Remember the good ol' days when you could crack open a thermometer and play with the mercury as it rolled around? What seemed like harmless fun then was anything but! These days, if a thermometer breaks or mercury escapes to the outside world, entire buildings are evacuated and streets are closed down until the mess can be cleaned safely. With the heightened security regarding mercury control, you might beg the question: If mercury is so dangerous, why would a dentist want to put it in a patient's mouth?

A little history for you: Mercury has been used in dental fillings for almost 200 years. It made its debut appearance in 1819 when an English chemist first invented a mercury-

based amalgam, which was not only cheap to produce, but could be placed in teeth easier than gold could. Mercury amalgams didn't arrive in the U.S. until 1830. Though concerns of mercury poisoning came up only a decade later, America's pro-mercury dental professionals continued to use it (this faction later changed its name to the American Dental Association). Unfortunately, the amalgam (composed of over 50 percent mercury, as well as silver, tin, zinc, and copper) is what some dentists still use today to fill teeth.

Over the years, mercury has seen a decrease in popularity for more than a few reasons. The first is obviously medical. Prolonged exposure to mercury



(especially if it's ingested) can dissolve intestinal tissue. Not only that, but exposure can cause mood swings and memory loss. As a dental filling, mercury has overstayed its welcome, particularly in Sweden, Denmark, and Norway, where it has been banned altogether. It was discovered that mercury fillings actually weaken teeth over time, leaving more room for decay in a tooth. If a filling makes up more than a third of a tooth, that tooth loses 50 percent of its strength.

At Sierra Crest Dental we have not placed amalgams for the past 20 years, and have been certified in safe mercury removal through the International Academy of Oral Medicine and Toxicology (IAOMT), the organization that came up with the method for safe mercury removal. Dr. Colpitts is the only accredited dentist in our extended area. The replacement of amalgam fillings is done with composite or porcelain. So if you are ready to replace your mercury-based fillings, give us a call at 530-562-4089. We can restore your smile with the safest, most up-to-date methods.

BRINGING BODY POSITIVITY BACK

Most people are their own worst critics when it comes to their physical appearance. Having an unhealthy body image can have a negative effect on your well-being and the well-being of those around you. It seems there is always room for improvement when it comes to body image, and the votes are in — it's time to bring body positivity back.

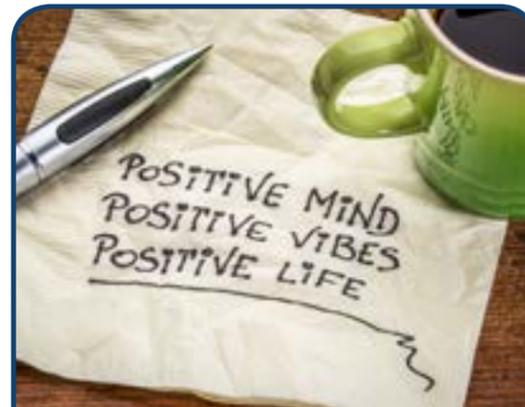
POSITIVE ROUTINE: Being comfortable in your own skin means taking care of your body from the inside out and showing how much you appreciate it. If you don't have a healthy routine already, set up your schedule so that you wake up a bit earlier in the morning for exercise and breakfast, and try to make your routine something you enjoy.

POSITIVE MIND: Are you aware of the words you speak? They are a direct reflection of your thoughts, for sure, but they also reinforce your thoughts — for better or worse. Do you put yourself down? Well, stop it already! Take the body negativity out of your speech and replace it with positive remarks about yourself and why you're great.

POSITIVE PEOPLE: Try to surround yourself with people who are

positive toward you and have positive body images too. The people with whom you spend the most time are probably influencing you more than anything. Do you know people who stand in front of the mirror pointing out every flaw with disgust? Chances are their negativity will eventually rub off, if it hasn't already.

POSITIVE ACTION: Spend less time with the mirror, scale, and selfie stick. These things will only reinforce superficial ideas about beauty, and you might run the risk of damaging your self-esteem. Additionally, be picky about the media you consume, and view it with a critical eye. Practice activities that make you happy and feel youthful. Laugh often, meditate, say thank you, and embrace your individuality.



CHOCOLATE BANANA AVOCADO



When it comes to preparing something fresh and delicious, you can't go wrong with this heart-healthy smoothie! Between a long list of well-received vitamins and proven benefits such as protection from age-related eye degeneration, a boosted immune system, and better digestion, you can see we've really got a winner!

INGREDIENTS

- 8 oz. almond milk
- 1 frozen banana
- 1/2 avocado
- 1-2 tbsp. raw cacao
- 2 tbsp. almond butter or sunflower seed butter

DIRECTIONS

1. Blend for 30 seconds and enjoy!

ALL THE *Rage*



THE OUTSTANDING COMEBACK OF CHIA SEEDS FOR NUTRITION

Long before the Chia Pet became a household name, and even longer before our most recent obsession with chia seeds for their amazing health benefits, Mayan and Aztec people of Southern Mexico and Guatemala depended on the seeds of the chia plant not only as a dietary staple, but also as an energy boost and satient, and they were even used in rituals. The word "chia" comes from the Mayan word for strength, and the seeds are said to have been consumed by ancient Aztec warriors as a way to increase stamina.

Nowadays, chia seeds have gained incredible nutritional notoriety once again, and have even surpassed the once popular flax seed for its dietary value. When it comes to omega-3 fatty acids, chia seeds are even more rich than flax. Omega-3 fatty acids are known to improve skin, hair, and nail health. Chia seeds have an amazing five grams of dietary fiber per tablespoon, which helps the body detox, and they are also high in protein and antioxidants. Unlike flax, chia seeds do not need to be ground before consumption, and can easily be eaten along with your favorite healthy snacks and meals.

Chia seeds can be soaked in water or juice to make a gelatin-like texture, sprinkled on vegetables or fruit, or eaten raw. People have also been known to use chia seeds as an exfoliating body or facial scrub, by adding chia seeds to a mixture of coconut oil and lemon juice. With their great versatility and health benefits, it's really no wonder chia seeds have seen a major comeback in the last few years.