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One-of-a-Kind Rock Formations and Full-Moon Hikes

As the weather gets warmer, it's time to think about your spring and summer travel destinations. High up on our list? Bryce Canyon National Park. The stunning red rocks, spectacular hiking trails, and steep canyons make for breathtaking views that are brought to life again this spring like every other.

Bryce Canyon is probably best known for its hoodoos — the tall, narrow rock formations created by erosion that lend themselves to the unique landscape of the park. Hoodoos are found worldwide, but Bryce Canyon has the highest concentration of any in the world.

A number of hikes take you through the park, from novice to advanced, including a walk across the rim. Join a hike or attend a geology talk lead by a forest ranger and learn why the rocks are red, why the formations are called hoodoos, and the answers behind any other Bryce Canyon mysteries you can think of.

The Lodge at Bryce Canyon offers a convenient place to stay because it's located right within the park. Accommodations include guest suites, motel rooms, and cabins. Most lodging options are closed through the winter and reopen in spring. The Lodge is also the perfect place to grab a drink or a bite during your visit, offering the Lodge restaurant, the General Store, and Valhalla Pizzeria & Coffee Shop.

Once or twice a month, depending on the lunar cycle and weather, the national park offers full-moon hikes — a unique chance to witness the eerie shadows cast by hoodoos' against the moon-lit night sky. The park uses a lottery system to give out tickets to the hike, so while there's no guarantee you'll be chosen, it is definitely worth a try. Even if you just end up hiking during the day, you'll likely find the trip worth it.

Only a nine-hour drive from Northern California, Bryce Canyon National Park is a one-of-a-kind destination that's worth making time for this year. For more information about the park, visit nps.gov/brca.

Dental Care Tailored for Your Needs



to stay current on the latest dental technologies and practices. In fact, Dr. Delaney will be off to a dental conference with the American Academy of Cosmetic Dentistry in April for this very reason. We also do our best to come up with fresh ways to meet your needs and make you feel comfortable. Our entire team recently met to review how we could improve your experience when you visit our office. It was a positive day where our main topic of discussion was all of you.

Whether you've been a patient for years or are coming in as a new one, we'd like to take the opportunity to share what we believe truly sets us apart. We have an awesome team with the right philosophy for serving your needs.

We are open five days a week for your convenience, and both Dr. Delaney and I are always available for our patients, even after hours. We deliver dental care tailored for your specific needs. In order to offer specialized care, we strive

Family has been my primary focus this winter. Debbie and I had the opportunity to join my daughter, Cathy, and my son, Chris, along with his wife, Sarah, for a ski adventure in Revelstoke, Canada. It is a great mountain if you have the opportunity to visit, but be forewarned, it can be seriously cold! But when I say that family has been my main focus this cold season, I'm not solely talking about my blood relatives. When I say "family," I include you and the rest of my patients.

Enjoy the warmer weather as winter winds down and spring begins. See you in the office.

-Dr. Colpitts



The Power of Herbal Teas

3 TEAS FOR BETTER HEALTH

For centuries, people around the globe have relied on the power of herbal tea. Today, there are more herbal teas on the market than ever before. Finding a flavorful tea that also offers the right health benefits can be a challenge. Here are three varieties of herbal tea that are among the best of the best, both in flavor and healing power.

LAVENDER TEA

For some people, lavender tea is great for reducing headaches, arthritis pain, and general joint aches and pains. For others, however, it improves sleep. Lavender tea is often recommended to people who suffer from insomnia or who have trouble falling asleep. Drink a glass before bed and let it do the rest. It helps you feel relaxed and eases you into the land of nod. The flowery flavor isn't for everyone, but if you're looking for a natural sleep aid, it's worth trying. If the flavor

proves too strong, a great alternative is chamomile, which shares many of the same properties as lavender tea.

PEPPERMINT TEA

It's no surprise this is one of the most popular herbal teas around and a favorite of our Team. Thanks to its not-so-subtle aroma and natural sweetness, it delivers on flavor and packs a healthy punch. Peppermint tea is known for its ability to aid in digestion. Plus, it works wonders on stomach inflammation, alleviating everything from minor aches to nausea.

ROOIBOS TEA

A South African tea, rooibos is noted for its high levels of vitamin C and antioxidants. If you're looking for an immune system boost, rooibos is here to help. Thanks to its antioxidant powers,

it's also great for the skin! Stressed out? Anxious? Have a cup of rooibos tea. It helps ease stress and lowers blood pressure. Furthermore, rooibos tea lacks oxalic acid, an organic compound that plays a role in the formation of kidney stones. If you're prone to kidney stones but love tea, rooibos may be the answer.



ELECTRIC OR MANUAL?

Perks of a Powered Toothbrush

You know brushing your teeth for two minutes twice a day is essential to maintaining your oral health. What's open to more debate, though, is which tool is better at cleaning your teeth: manual or mechanical brushes?

The American Dental Association (ADA) states that both manual and powered toothbrushes are effective at removing plaque. Here at Sierra Crest Dental we find our patients have improved results and other clinical trials suggest positive results for people who switched to electric brushes. When the ADA surveyed 16,000 patients who'd replaced their manual with mechanical brushes, over 80 percent reported improved oral cleanliness.

TIMED BRUSHING

Most electric toothbrushes have timers, which encourage you to brush for a set amount of time, usually two minutes. When you press the power button, the toothbrush begins to vibrate and will continue to vibrate for two minutes.

This feature takes out the guesswork and makes it easy to brush your teeth for the recommended time. For children who try to get out of brushing at every chance, the timer can turn brushing into more of a game and less of a chore.

MORE COMFORT

If you have arthritis or dexterity difficulties, an electric toothbrushes' ability to vibrate on its own removes some of the pressure from your hands, making brushing a more comfortable and manageable experience.

IMPROVED EFFICIENCY

An electric toothbrush can move much more quickly and precisely than your hand alone, so you'll be able to cover more surface area in the same amount of time and potentially remove more plaque. An electric toothbrush also discourages brushing too hard — the extra pressure on the brush will make the vibrations noisy and uncomfortable.

If you're looking for an electric brush, you'll find a wide range of options. We recommend the Sonicare Electric Toothbrush. Electric toothbrushes are rechargeable and have removable toothbrush heads that you can change every few months as the bristles start to wear.

So, what's the bottom line? An electric toothbrush gets you to brush more often and more effectively, it's the right tool for you.

KT's World

People ask if they can pet me all the time. I admit I am a good-looking guy who loves attention and to play. I enjoy long walks in the woods, riding in the car looking out the window, and cozy evenings lying by the fire. Rub me the right way and watch me respond. I'm learning about paying attention and greeting everyone when they come home from work.

Oh, did I forget to mention I'm learning to obey? The family decided to take a ski trip to Revelstoke, since the snow wasn't up to par here at home. So, I got left behind! I'm told my behavior has improved after working with my trainer, Katie.

I truly enjoy exploring the great trails here. I have ventured to Blackwood Canyon and discovered cross-country skiing with Cathy and Bob. I heard people ask, "Is Debbie in the office today?" Yes, she is around in the mornings, but most afternoons, she is showing me the sights. She has introduced me to the Legacy Trail, which is a great addition to the community. You might see me around Squaw Valley after a morning of skiing; I'm included in the socialization, but not allowed on the hill.



INGREDIENTS

- 4 large zucchinis (Amount dependent on your spice tolerance)
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 3 cups cooked, shredded chicken
- 2 cups shredded cheese
- Red or Green Enchilada Sauce

DIRECTIONS

1. Heat oven to 350 F. In a large skillet, heat oil. Add onion, garlic, cumin, chili powder, and salt to taste. Stir to combine. Add chicken and 1 cup enchilada sauce.
2. Use vegetable peeler to thinly slice zucchini. Lay out three slices, slightly overlapping, and spoon chicken mixture on top. Roll the zucchini "tortilla" and place in baking pan. Repeat until all zucchini and chicken is used.
3. Cover the enchiladas with remaining sauce and sprinkle with cheese. Bake 20 minutes, and enjoy!

Adapted from delish.com.