

YOUR DENTIST CAN SAVE YOUR LIFE

Suggestions for kicking off a great new year!

Ok. Let's get it out of the way. 2020 was a challenging year. Most would say they are glad to see it pass. That said, it is behind us. Now we can start with a fresh slate. So, let's resolve to make the most of the year to come!

My suggestion is to keep it simple – small changes can yield big rewards. Consider focusing on just two key objectives.

Year after year the number one goal most people list for the new year is – you guessed it – lose weight. Given the health issues associated with being overweight, this is indeed a worthwhile if not vital objective.

Goal #1. Your physical health The fact is anyone can lose weight -- on virtually any diet! The question is -- can you maintain the weight loss when you go off the diet? The mind-set of being "on" or "off" a diet is not only counterproductive, it is stressful. And stress is NOT what we are after. What

does work is changing the lifestyle that led you to gain weight. So, embrace a balanced eating plan. Again, keep it simple. Focus on fresh fruits, vegetables, and lean cuts of meat. Eat enough calories to keep you satisfied, including small portions of your favorite foods. This you can sustain. Eating healthier foods coupled with getting regular physical activity and enough sleep are resolutions that lead to permanent weight loss and better overall-health. Losing just 5-10% of your body weight can lower blood pressure and help you look and feel your best.

Goal #2 Your Emotional Health In my opinion, we are missing this one. We see statistics on how many people are phys-



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ically ill. But what about the emotional toll? Experts project that in the next 10 years lifestyle and stress-related illness will surpass communicable diseases. How do we protect our emotional health in today's environment? Here is a quick blueprint: We are not meant to be on 24-7. Breaks are essential. Keep positive. Recognize negative situations will change. Sleep deprivation leads to poor health. Eat clean food. Real, natural, pure food—not manufactured chemicals—optimizes your well-being. We are engineered to walk. The walking movement enhances our ability to reason and solve problems all while improving mood. Avoid social comparison with others. Be kind to yourself. You have heard it said – and it bears repeating -- if we do something for 21 days it becomes a habit. In this way old habits are replaced with healthier ones. You can do this! And remember, taking life too seriously inhibits happiness. Play and be playful. If you have questions, please call.

Think of us as your hometown resource for guidance and support. And have a happy, productive, and safe new year!

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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