

YOUR DENTIST CAN SAVE YOUR LIFE

OK, it's summertime. Let's eat healthy!

By Dr. Gabrielle Cannick

My husband and I might be called backyard farmers. We have a little patch, and I am thrilled to be feasting on wonderful fresh produce. It's one of the simple pleasures in the good ole summertime!

As I clean and prepare vegetables from our garden, my mind focuses not only on the great taste that comes from fresh food, but the health benefits as well. We read endlessly about diets that improve our health, vitality, appearance — and yes help us lose weight. On that latter point, don't we all notice how our population is heavier and often less healthy than those living just a generation ago?

If you are on my wavelength — and you want to lose pounds and guard your health — then you can do no better than the **Mediterranean Diet**. What exactly is it? Well, for one thing, it is definitely NOT another fad diet. Identified with optimum health for over 50 years, it is basically a way



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of eating healthy that has stood the test of time — and it just so happens it tastes great.

Here's a little background. In the 1950s an American physiologist, Dr. Ancel Keys, first

recognized the health benefits of the Mediterranean diet and suggested that heart disease was not a necessary part of the aging process. Following the principals of the diet, the doctor lived to be 100 and worked well into his 90s!

When they hear Mediterranean diet, many people erroneously associate it with pizza and pasta, i.e. Italian food. A true Mediterranean diet is not rocket science, and it is not hard to adopt. It simply means emphasizing and enjoying...

• Fresh, seasonal, and locally available foods. Maybe like me you

have a backyard garden. Or head to your nearest farmer's market.

• Emphasizing the quality of the food rather than the quantity.

• Encouraging whole foods not processed foods.

• Eating more vegetables, fruits, beans and using olive oil

Not only this, the Mediterranean diet is an approach to eating that is all about the experience of dining with your family and friends — as opposed to eating fast food on the run (please, let's make a renewed effort to avoid this!)

As a rule I'm generally not into homilies, but try keeping this thought in your mind and repeat it every day, "My next meal is the best time to make a better choice."

In our next feature we will discuss how we can easily incorporate the best of the Mediterranean diet into our daily lives. It is not that hard and what's not to enjoy about preparing and ingesting the wonderful summertime "fruit of

the garden." We are here if you want to discuss this. Our practice is about not only your oral health but your overall health and well-being. Think of us as your hometown resource for guidance and support.

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](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

CHRONIC STRESS

By Mary-Catherine McClain Riner

Raise your hand if you feel like you constantly have something on your to-do-list or on your self-imposed plate. This tendency likely helps you complete tasks and allows you to be successful, yet it can also lead to chronic and negative stress. Raise your hand if you notice a pattern towards over-commitment and taking care of others above your own needs (no this is not selfish!). Lastly, raise your hand if you feel that you are running on fumes and on an empty tank.

Unfortunately, individuals may continue this pattern until depression, anxiety, and/or apathy strikes. These patterns also set individuals up to feel burnt-out. Below represent 4 different categories of stress. Take a brief inventory and see if you match one or more of these patterns:

1. Zero to Sixty: Calm until stress hits, at which point you experience a big response. This can also lead to an overactive immune response (e.g., pain, inflammation, physical symptoms).
2. Life Observer: Life is passing you by while you watch in a bubble/robot response. Be careful NOT to make big changes or important decisions when you are experiencing this type of stress.
3. Constant Overdrive: The engine is always roaring, and it is very difficult to sit still. Symptoms relate to difficulty



MARY-CATHERINE McCLAIN RINER

sleeping, relaxing, and panic attacks.

4. Dash and Crash: You continue going until the task/stressor is accomplished, at which point you crash, collapse, and need a significant break.

If any of these patterns are familiar, consider trying a few coping tools:

- Daily stretching and massages
- Journal daily (physical and emotional thoughts and feelings)
- Write down 3 good things that happened each day
- Exercise
- Reduce caffeine consumption
- Engage in deep breathing
- Drink smoothies
- Take extra Vitamin C
- Re-visit your values — are they aligned with your behaviors?
- Consider short and long term outcomes
- Do not be afraid to say no and set boundaries.

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