

YOUR DENTIST CAN SAVE YOUR LIFE

How to have a healthy holiday: Keep it simple!

By Dr. Gabrielle Cannick

Here we go again. The holidays are upon us. We're all busy making preparations for a big family celebration. But along with the good, there is that downside. If you're like me, in the back of your mind you are thinking, "How am I going to enjoy the holiday — without adding pounds?" After all, who wants to start off the new year feeling guilty and out of sorts.

What to do?

For starters, let's not make food our enemy. Instead, let's play what I like to call "dietary defense". So, to maximize holiday enjoyment and minimize the effects I have put together for myself — and for you too if you wish join with me — a checklist (with a little help from the experts) that will enable me to enjoy myself but not over-do it:

1. Shop smart for food.

Buy healthy ingredients — vegetables, whole grains, beans, and fruit — that will make it easier to prepare extra-healthy meals to help offset cookies or that slice of pumpkin pie.

2. Anticipate food gifts.

You don't have to eat all the gift cookies, breads, and chocolates. Freeze them and eat sparingly over time.



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3. Make breakfast work for you.

Skipping breakfast in advance of the big dinner ahead can backfire. We tend to overeat later. Eat breakfast light — oatmeal, yogurt, and fruit. Do not come to dinner starving!

4. Start with a glass of water.

Did you know our brain has trouble distinguishing thirst from hunger? Sip a glass of water before you have a cocktail or eat anything. If you do drink alcohol, try this: Mix half red or white wine and half seltzer or club soda in a glass. Add a slice of lime and you have a festive drink with half the calories and alcohol.

5. Be smart about appetizers.

Here's where you can keep excess calories in check. Go for items like shrimp cocktail, vegetable-stuffed mushrooms, or nuts, hummus and veggies.

6. Survey the buffet.

Many holiday meals are served buffet style, so you think "I'll have a little taste of everything." Research shows when we are exposed to too many flavors in a meal, we don't feel as full as quickly. So, we eat more. Try choosing just two or three favorites.

7. Eat veggies first.

Fill up on foods packed with vitamins and minerals and fewer calories, leaving less room for less unhealthy stuff.

8. Keep moving.

Try walking between dinner and dessert. Your mood will improve, and your jeans will get looser! But above all be happy and safe. We are here for you. If you have questions, please contact us. 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 or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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KEEPING SECRETS

By Mary-Catherine McClain Riner PhD, Ed.S., M.S.



MARY-CATHERINE McCLAIN RINER

Couples and individuals often struggle to understand and define the difference between secrecy and privacy; one partner believes he/she is entitled to privacy (the state of being alone) while the other feels betrayed and views the behavior as secrecy (active state of intentionally keeping information from one or more people).

Another way to think about the difference is asking yourself "if the person I am keeping this information from knew the full truth, would he/she be upset or angry?"

Research shows that 92% of individuals rate honesty as a critical factor for being in a healthy and happy relationship. However, 35% of individuals report keeping secrets in their respective relationships. While keeping secrets may be used to avoid getting hurt or rejected, secrecy also has consequences. The main concern with secrecy is the reduction of trust in intimate relationships. Additionally, hiding information often leads to feelings of shame and inadequacy.

The first step in understanding your

intentions is taking an inventory of the secrets you may be holding. Be honest with yourself — what are you hiding and what is the reason/function? Second, ask yourself how sharing certain information and not omitting information can lead to vulnerability and a closer relationship. It takes significant courage to express yourself and let go of past secrets/wounds (e.g., being fired; finances; previous marriage). If a secret is caught, consider how difficult it would be for the partner not to believe that there are additional secrets or that hiding continues to be a pattern displayed in the future — which would take a significant toll on the relationship. Remember, sharing is healthy for you and also for a healthy relationship.

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