



Stamm Dental Wellness
CREATING HAPPY, HEALTHY, ALIGNED COMMUNITY

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Newsletter

Winter



Happy 2020 "Stammily" Community! I can't get enough of saying, "Twenty, twenty." I always enjoy the new year. It's important for me, to evaluate the year past and plan for the year ahead. With this new decade transition, I feel a stronger potential energy of making positive changes.

I am a big believer in creating a clear vision to work towards. **What does it mean to possess 20/20 vision?** To me it means having a clear focus and clarity in that vision.

Understanding what is important and why it is a priority. I got through major surgery and I'm currently navigating some auto-immune challenges. I have learned how feeling my best and my worst affects me, my family and my patient community. I am dedicated to my own healing journey and excited to motivate and support all of you that are hoping to feel better physically, mentally and emotionally this year.

When it comes to living my most vibrant life, understanding the three types of stress (physical, chemical and emotional) has been a huge help for me. Dr. Chrissy (my chiropractor sister) will break down the three types of stress and share quick tips to create more balance in all three areas, on page 4.

Nutrition is a huge passion of mine. I have my bachelor's degree from Arizona State University in Nutritional Science. Although there has been a lot of new developments in nutritional science since I was in school, I have stayed engaged in the discussion. I read a great book: *The Dental Diet* by Dr. Steven Lin. It's comprehensive overview of the role diet plays in one's oral and overall health was enlightening. I will share some tips on page 2 you can start implementing today.

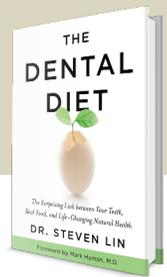
Our team is passionate about finding the root to our patient's oral health concerns and issues. In dental school they taught us how to "diagnose, drill and fill," but it has really been my love of teeth that has led me to search for the best ways my patients can keep theirs as long as possible. The alignment of the bite is a key player determining stress on teeth. We have been working hard as a team to recognize and address these issues with our 3D digital scans. I would love to share a couple patient success stories our community has shared with their functional dental and chiropractic care on page 3. Then of course check out a healthy, easy recipe (page 2 and 3) from the Dental Diet book (my kids even love it). I wish you and your families all the best this year. Thank you for your trust in us!



-Dr. Heather Stamm



Most Insurance Benefits have reset for the NEW YEAR. Call to schedule an appointment and start the year off taking action to create amazing dental and whole body health for you and yours!



THE DENTAL DIET: HIGHLIGHTS

Even with a degree in Nutrition, I get confused by all of the info on diet out there. I loved reading this book by Australian functional dentist, Steven Lin. I feel it really explained the break down of our health as well as the affect nutrition has on our mouth. Here are a couple take aways about diet and key nutrients to start implementing.

Dr Lin's book is based largely upon the research of Dr. Weston Price. He recommends ancestral eating, which includes consuming unrefined, unprocessed, whole foods that have been around for thousands of years.

Start Eating:

- Wild meat (grass fed, local, organic).
- Organ meats (especially beef liver).
- Fish and seafood (wild-caught).
- Chicken and eggs (pasture raised).
- Fruits and vegetables (local, seasonal, organic).
- Nuts and seeds (organic, especially almonds, cashews, Brazil nuts and sunflower seeds).
- Traditional fats (butter, lard, tallow, olive oil, coconut oil, grass fed and cold pressed).
- Dairy (grass fed, raw, full fat, organic).
- Bone broth (ideally homemade from grass fed meat).
- Grains (organic and freshly ground.)

He also discussed three key nutrients that help keep our teeth and gums healthy.

- Vitamin A: Retinol form, an animal source; Supports bone development through cell turnover and with vitamin D, activates growth and development of genes through the body.
- Vitamin D: Specifically, D3, an animal source; helps the body absorb calcium, the building block of the skeletal system, and activates thousands of genes that influence the body right down to cell growth and differentiation.
- Vitamin K2 : Also an animal source (Vitamin K2 MK-4); the bone development support factor for vitamins A and D that activates the proteins to direct calcium into the right places. * MK-7 Vitamin K2 is sourced from fermented foods.

The New Year is a wonderful time to make healthy changes. The more I understand why I am making a change the more likely I am to stick with it. I highly recommend the book. Also, I have found some great supplements that incorporate his recommendations. Please email Dr Chrissy at drchissyc@gmail.com and she can send you a link to purchase some of my favorites. -*Dr. Stamm*

HEALTHY PALEO: SAN CHOY BOW

Ingredients: Servings: 4

- 2 T fat (butter, ghee, coconut oil)
- 1 onion, diced
- 1 carrot, diced
- 3 scallions, diced
- 2 cloves garlic, minced (or 1 t powder)
- 1-inch piece of ginger minced (or 1 t powder)
- 1 lb. ground meat
- 1 small can bamboo shoots
- 1 small can water chestnuts
- ¼ c coconut aminos (more for a sweeter tasting sauce)
- 1 T arrowroot powder
- Cabbage or lettuce leaves (whole pieces) <https://www.drstevenlin.com/low-carb-san-choy-bow/>





HAPPY, HEALTHY, ALIGNED COMMUNITY

At Stamm Dental Wellness our new tag line is ...**Creating happy, healthy, aligned community.** We feel it encompasses our values and vision for 2020.

Happy: We want our patients to be satisfied with our care, our team, our office, our equipment, our expertise and our approach to dental and wellness care for the whole body.

Healthy: We don't want to just drill, fill and treat teeth. We want YOU and YOUR FAMILY to be healthy, living with vitality and smiling your inner and outer brightest smile. We are all about the whole picture of your health.

Aligned: When one is in alignment (physical, mental and emotional), a sense of ease and balance is felt within and often by those around you. We want to align with our patients goals and vision as well as of their smile and body.

Here are a few highlights our patient community shared about our integrative dental wellness care with the world of Google. **Thank you so much for continuing to refer friends and family and sharing your positive experience.**

Andy's story.

We've been going to Stamm Dental for over 10 years. My wife and I would never go anywhere else. The staff are truly exceptional... I recently finished a 10 month Invisalign treatment and I couldn't be happier with the results. They did an awesome job correcting my bite, and the result is **way less grinding my teeth at night and better sleep.**



Christina's Story

Dr. Chrissy is the BEST chiropractor I have ever seen. After just 3 sessions, I was feeling a thousand times better than I have in years. She was to help my long standing back and neck issues, **my migraines went away, as well as my TMJ.**

Carla's Story:

I've been going to Stamm Dental

well over 10 years. This office does it right, the patient is number one and you feel like family when you are there.

Anne's story:

I've been getting my dental care here for 4 years & always feel welcomed and put at ease. Not the easiest task for a dentist! Now I'm also getting excellent chiropractic care here as well from Dr Chrissy ... One stop shopping!

Melissa's Story:

I am very impressed by their professionalism, kindheartedness and talent. TMJ and Touretts have taken a toll on my teeth and bite. They have walked me through each step necessary to restore my bite and smile making sure that I was informed and comfortable with each procedure. In line with their standard of excellent care, Dr. Chrissy has been a wealth of knowledge and has helped me immensely.

Thanks so much for sharing your stories on our Google page, Facebook: stammdental260, or Instagram: @StammDental.

1. Heat fat/oil of choice in a large saucepan over medium heat.
2. Once the fat has melted, add onions, carrots, and scallions. Cook for 5 minutes, stirring occasionally.
3. Add garlic and ginger.
4. Next, add the ground meat, making sure to break it up evenly with a utensil so that it cooks evenly. Cook until meat has browned, stirring frequently. Add more fat as needed.
5. Once meat is brown, add bamboo shoots and water chestnuts and stir well, letting the mixture continue to cook for a couple of minutes.
6. Now it is time to add the coconut aminos and arrowroot powder. Stir well and allow to simmer for about 5 more minutes before removing from heat.
7. The mixture is now ready to be spooned into individual cabbage leaves and enjoyed!
(Optional garnishes: chopped cashews, cilantro, sprouts)

DIRECTIONS SAN CHOW BOW



BALANCE STRESS: PHYSICAL, MENTAL & EMOTIONAL

Stress is one of those elusive words we know we are affected by, but often feel at a loss to change. I like breaking stress down into three categories, because stress is not just about our emotional state, it is about the level of energy we are utilizing each day. Is your cup feel empty by lunch? Do you wake up tired?

Changing habits has the power to change our state of being and I'm here to partner with you.

Physical Stress: When your body is out of neutral alignment, there is more stress on it. A huge factor to boost energy is to have good posture. For example if your head is forward compared to your shoulders, it takes twice as much energy to hold your head up all day. Also hunching forward puts more pressure on your spine, joints and organs.

TIP#1: Take posture breaks during your day. Set your alarm ideally once per hour and stand up and interlace your fingers behind your head and stretch them wide while slightly pushing your head into your hands (this can also be done seated).

Chemical Stress: Everything we breathe, eat and put on our skin has the potential to be a chemical stress for our bodies. If we are eating a lot of processed food our body has to work really hard to digest and store it. This zaps our energy and can lead to fatigue and disease. Also a huge chemical load for women is cosmetics and body care. If you

are using products with ingredients like parabens, artificial fragrance/additives, sodium laureyl sulfates DMDM hydantoin (formaldehyde containing preservative), you are giving a dose your body has to struggle with.

Tip#2: Start reading labels. Arm yourself with knowledge about ingredients in your food and body care products you are going to stop all together and if the label has it, choose an alternative.

Emotional Stress: This component is usually what we think of when we think of stress. This is an overwhelming feeling we are taking on more than we can handle. It is a fear we can't let any of the balls drop without consequences. A lot of my stress comes when I am worried about the past or something in the future. My brain can get into a loop that is hard to stop. Emotional stress creates a cascade of neurobiological chemicals that has direct impact on our health.

Tip #3: Stop and breathe. Our breath connects us to the present moment. Count to 5 as you inhale, hold your breath for a moment, then slowly exhale to a count of 5-7. Reflect about someone you love or a place that brings you peace.



Dr. Chrissy Christian DC

YOUR INVITED: FEB. 12TH, 5:30-7:00PM
Stamm Dental Wellness Healthy Happy Hour
Come Enjoy Food, Drinks and Community.

Learn practical self-care and wellness strategies to Boost Health, Vitality, Balance and Ease.
Bring friends!!

Please RSVP to stammdental04@gmail.com or call us at 303-839-5109 so we can prepare.