

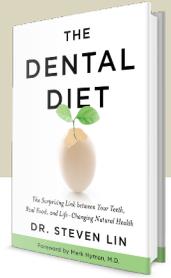


Stamm Dental Wellness
CREATING HAPPY, HEALTHY, ALIGNED COMMUNITY

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Newsletter Spring



THE DENTAL DIET: HIGHLIGHTS

Even with a degree in Nutrition, I get confused by all of the info on diet out there. I am re reading this book by Australian functional dentist, Steven Lin with my entire dental team. . I feel it really explains 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).



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 Spring season moving into Summer is a wonderful time to make healthy changes and "Spring Clean" your health. 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*





Meet the Stammily:



Galina was born and raised in Southern Russia. She graduated from college with a Bachelor degree in Science and has ben in the dental field for

over 20 years. She loves helping her patients achieve the smile of their dreams. Outside of work, she likes to read, camp and spend time with her family.



Yasmeen is a Colorado native and has been a dental assistant for 10 years. She loves building relationships with her patients and feels blessed to help them change their lives. She takes great pride in her work and really enjoys her job. (You're in good

hands with me.) She is a boy mom, and loves spending time with them they're both in sports so that usually takes up most of my time but I do love hiking and spending as much time with my family as possible. My secret hobby is baking. And favorite color is aqua blue ..



Alison relocated here from the New Jersey Shore over the summer. This is her first time living in a landlocked state! Although she will always be a beach girl at heart, she loves the Colorado life

and her favorite activity is tubing on the river with her puppy Luna! Alison has been in the dental field for seven years. She loves getting to know her patients and ensuring they always have a comfortable experience when they come into the office. Come visit and she will be sure to put a smile on your face!



Ana, or Anastasia, has been a Registered Dental Hygienist for the past 10 years. . She truly loves being a hygienist and is excited to help you achieve your

healthiest and happiest smile.

When she's not flossing ,Ana adores the mountains and hiking and recently had a baby girl with her husband, Frank.

Originally from Kazakhstan, she spent 24 years growing up in Pennsylvania and has been living in Colorado for the past 8 years.



Kyle hails from the pacific north west, but has lived in Denver since earning his bachelor's degree from the

University of Denver. As a dental hygienist Kyle loves to meet patients and hear their stories. He understands that each patient's needs are different and enjoys finding unique, personalized strategies to help each patient reach and maintain optimal oral health. Kyle and his wife are celebrating the arrival of their first daughter and can't wait to take her hiking this summer!

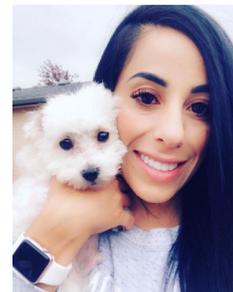


Chitlada was born and raised in Thailand. She and her daughter came to the United States in 2001 and have been happily calling Colorado her home since 2006.

She began her dental career in 2012 and she was once the proud recipient of the Clinical Excellence Award from the Colorado Dental Hygienist Association.

Her goal is to make her patients feel comfortable, ensure a positive dental experience and be your hygienist for life.

Chitlada is a foodie! She enjoys trying new restaurants and loves to cook, travel, and spend time with family and friends. She also has an adventurous side and loves to hike, ski, try new exciting activities!



Suzy was born and raised in Mexico but in the year 2001 moved to Colorado to peruse her dreams. She loves the

outdoor life and the beautiful Colorado mountains.

.Susy has been in the dental field for more than 17 years. She has a lot of experience in many aspects , but her passion is cosmetic dentistry. She loves helping patients transform their smiles and seeing a more confident version of themselves.



Stammily Continued:



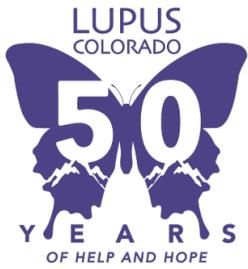
Say hello to Tory, Office manager by day, Dog mom by night! If you have not gotten the chance to meet her in the practice, you'll be sure to hear about her 5 crazy dogs! She loves to spend her time Camping, Traveling and her most favorite thing to do is lounge around the house listening to Murder Mystery

Podcasts! Next time you're in the office, wave a little hello and ask about the latest crazy dog stories



Straight out the heat of Houston, Texas, Vanessa brings the fire of our office! Her favorite thing to do outside of work is hangout with her son and go to BINGO! She always has a go getter attitude and just loves to help our patients

achieve their financial success for their health! Call us today and find out if bingo was his name!



WOW!!!! We are so Proud to announce that our Fluoride-to-Fund Program raised \$1,110 to help support Lupus of Colorado Foundation.



. Congrats to our Winter Referral winner, Rachel B! She spread the word about her wonderful care and won the fabulous Sauna Blanket to soothe her cares away!

- Our Spring giveaway is even more FUN! A high-end Paddleboard. This will allow you to connect with nature which is so good for your body and soul. To enter: refer a loved one to SDW or follow us on Instagram and like 3 of our posts

We have been working hard to update our social media and website with blogs and videos.

- Also, thanks so much continuing to share your success stories and feedback on our Google page,
- Facebook: stammdental260,
- Instagram: @StammDental
- YouTube: @stammdentalwellness321



Hop into Spring with a new whiter smile. \$50 off new Zoom Whitening Bright White Program.

Includes 6 Syringes of bleach and Custom trays!

IF YOU ARE AN ESTABLISHED PATIENT usually YOU DON'T NEED AN APPOINTMENT CALL THE OFFICE AND WE CAN SEND YOUR PACKAGE TO YOUR HOUSE!!(303)839-5109



LOOK AND FEEL BETTER WITH OROFACIAL MYOFUNCTIONAL THERAPY!

Being a chiropractor that works in a dentist office, I have learned so much about the mouth and jaw over the last 5 years. It is amazing what addressing the needs of this area do for your entire body's optimal health. Also it is shocking how many of us are walking around with issues that could be addressed we don't know about.



What are some of the Benefits?

- **Combat snoring and sleep disordered breathing.**
- **Stabilize TMJ alignment to minimize clicking, popping & pain.**
- **Get to the root of bite issues and help retain orthodontic interventions.**
- **Resolve headaches, neck & shoulder pain with improved posture.**
- **Reduce teeth grinding/clenching .**
- **Improve speech difficulties.**
- **Break thumb-sucking, nail-biting, and other noxious habits.**
- **Settle attention & behavior problems.**
- **Stop bed-wetting in kids by improving quality of sleep.**

What's Orofacial Myofunctional Therapy?

It is the neuromuscular re-education of incorrect muscle patterns in the face, tongue and lips. Besides the fact it can enhance a person's appearance , it also positively impacts overall health at all ages.

It consists of a series of exercises, stretches and manual therapy with a goal of specific realigning and loosening of tight muscles and ligaments.

Exercise to start today- Smile & Swallow

Smile as big as you can, showing your teeth. Put your tongue up on the roof of your mouth just behind the front teeth. Now swallow holding that position.

-Helps tone tongue and throat!



Dr. Chrissy Christian DC

Dental, Invisalign, & Myofunctional Therapy Consults can be done virtually. Please reach out to the dental wellness team at stammdental04@gmail.com or call us at 303-839-5109 to schedule.