

Creative Living with Sheryl Borden

Home, Hearth & Health

7500 Series



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Foods That Feed Your Brain

Beautiful Minds Program

Can what we eat really make a difference in how smart we are and how well we remember?

Absolutely! Today we know that up to 66% of brain aging is within your control and diet plays a huge part in that (social connectedness, challenging your brain, and staying physically fit are the other 3 brain-health factors). Eating and living right at any age can help to grow new brain cells, increase connections between cells, and even expand your memory center - the hippocampus. That is what the Beautiful Minds program is all about. Beautiful Minds is a partnership between the National Center for Creative Aging (NCCA) and DSM Nutritional Products. It is a national health education campaign designed to empower Americans to develop and maintain healthy, beautiful minds by focusing on the four dimensions of brain health: both physical and mental health, social well-being, and nutrition. You can stack the deck in favor of thinking clearly and remembering more both today and down the road if you follow these simple diet steps and you can get more tips and information at beautiful-minds.com.

Why is “eating like a Greek” so important?

People who eat the traditional Mediterranean diet think more clearly, have better memories, and are at lower risk for dementia and Alzheimer’s. Recent studies report improvements in thinking by following this eating style. This isn’t gyro sandwiches, but the more traditional diet, which is packed with produce, nuts, olive oil, some seafood, and a little red wine.

Is fish really a brain food?

Your brain is very greasy, but in a good way. More than 60% of it is fat. Unlike the lazy fat stored on the hips or belly, fat in the brain is a worker bee. It makes up the cell membranes that surround each cell and the insulation sheath around neurons that allows thoughts to travel fast from one cell to another. The more fluid and flexible those membranes, the faster you react, the more you remember, and the more creative and clever you are. The most fluid fats are

the omega-3s, and the brain must love the omega-3 DHA, because 97% of the omega-3s in your brain are DHA. An accumulating body of research shows that children, adolescents, and young adults think better, perform better on tests, and react faster when their diets are optimal in DHA. A recent study found that children performed up to 50% better on reading tests when they supplemented with the DHA, and studies (including the MIDAS study) find that seniors remember more and might even be at lower risk for cognitive decline when daily intake averages between 220 and 900 milligrams. Note: your body can’t make this fat. It has to come from the diet.



Are antioxidants as good for our brains as they are for our hearts?

The brain consumes more oxygen than any other tissue and that oxygen cocktail is loaded with little oxygen fragments called free radicals or oxidants. Left unchecked they pierce the delicate membranes of your 100 billion brain cells contributing to memory loss and dementia. However, load your anti-free radical or anti-oxidant arsenal with lots of antioxidant-rich colorful produce and you seriously side step the risk of memory loss.



Aim for no less than 8 servings a day of the deepest colorful fruits and veggies you can find! That's why blueberries help to support brain power - they are deep blue all the way through.

A perfect example of this is vitamin E. A recent study found that a daily supplement of 2,000 IU of vitamin E given to people with mild to moderate Alzheimer's slowed the progression of the disease! Studies also are finding that a substance in green leafies, called

lutein, already shown to help support a lower risk for vision loss caused by macular degeneration, also helps to support memory function within an aging population.

Besides focusing on what we can eat, tell us what NOT to eat, too.

What is good and bad for your heart is good and bad for your brain. You are one big package. So, it's no surprise that saturated fats in red meat, fatty dairy products, and processed foods are associated with clogged thinking and mental fatigue. Cut back on beef, butter, sour cream, whole milk, cheese (the #1 source of saturated fat in the diet), and foods that contain palm oil or hydrogenated vegetable oils.

What about on the days when we miss the mark and don't eat perfectly. Should we supplement?

Most people don't eat perfectly, so taking a moderate-dose multi is a good idea to fill in the gaps. That multi also might help you stay mentally fit. For example, the mind shuts down without vitamin B12. It might even start shrinking! You need this B vitamin to ensure your brain cells send messages back and forth quickly, so you have no trouble putting two words together, remembering a friend's name, or staying quick witted. It's no wonder that studies, like one from the University of Oxford in the UK, repeatedly find that you lose your ability to think, remember, and react in direct proportion to your B12 levels. In fact, many researchers speculate that doubling



a person's vitamin B12 levels by taking supplements could slow cognitive decline by one third or more. The antioxidant vitamins and minerals also can help fill in the gaps on the days you don't get enough produce. But keep in mind, there is a reason why they are called supplements, not substitutes. You need to eat really well and supplement responsibly.

If you are a young women or teenage girl who is dragging through the day and often can't think straight, get your iron checked! Anywhere from 20% to 80% of women (stats vary from study to study) are low in this important mineral, which helps carry oxygen to your brain. Too little iron means you literally suffocate your brain tissue. No wonder you can't think straight! Cook in cast iron, add more iron-rich foods like legumes and green leafs to the diet, com-

bine a vitamin C-rich glass of OJ with your iron-rich bean burrito to improve absorption, and get your "serum ferritin" levels checked next time you are having blood work.

If you don't eat at least two to three servings a week of fatty fish like salmon, then take an omega-3 DHA supplement. You need at least 220 milligrams of this nutrient. Also, if you don't eat lots of dark green leafs every day, make sure your supplement contains lutein.



Finally, how can exercise help?

Are you truly serious about staying mentally sharp? Then there are no excuses! You must exercise daily - both muscles and brain. People who challenge their brains by learning, problem-solving, and trying new things, and who exercise every day, also think faster, remember more, learn easier, are more creative and better problem solvers. They are least likely to develop memory loss, dementia, or Alzheimer's. A survey dating back to the 1960s repeatedly finds that Americans' diets are low in everything from vitamin A to zinc. Growing bodies need large amounts of nutrients, yet studies repeatedly find that children's diets are lacking in nutrients important for growth, development, healing, brain function, learning, and more. So, to fill in the gaps on the days when you or your child doesn't eat perfectly, it makes sense to take a supplement or two.



COURTESY: Elizabeth Somer
Author & Nutritionist
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The Atelier Approach

Every project is an opportunity to integrate lifestyle, functional requirements and personal aesthetics with well-executed design principles. We believe that effective communication is the best tool for assuring a successful project, which is why we would like to share how we approach the actualization of projects at Atelier.

The Design Process

Initial Consultation

After we have spoken on the phone with you to briefly discuss your project, we set up an Initial Consultation. This meeting is for us to fully evaluate the project space and to gather all of the necessary information that our team will need. The Initial Consultation includes the following:

A complimentary in-home/business/space consultation to evaluate your needs, scope of work and budget.

- **Space Analysis:** understanding possibilities, discussing ideas and goals, functionality of area and offering general suggestions.
- **Visual Dialogue:** review of photos to build rapport and mutually understand the desired aesthetic.
- **Definition** of the functionality, budget, scope and schedule of project.

Agreement & Retainer

We prepare a written, customized agreement outlining the specific areas for your review and approval. We then require a signed agreement and retainer to begin work.

Creation of Design Concept

This is when the fun begins. The designer on your project and a behind-the-scenes team of magic-workers start putting together all of the pieces of your project to make it come together seamlessly and fabulously. The Design Concept process includes the following:



- Gathering of conceptual ideas such as finish selections, colors, fabrics, furniture & lighting specification sheets. Samples of the above are supplied for visualization.
- Preparing technical drawings if needed to implement your design and properly communicate the intentions to you and the various installers.
- Evaluating design plans with you.
- Refining schemes and finalizing the design plan. General pricing of products will be supplied.

Purchasing

Utilizing necessary experts in the design field to achieve final goals. This could include contractors, wallpaper installers, painters, window treatment experts, electricians, tile installers, carpenters and others.

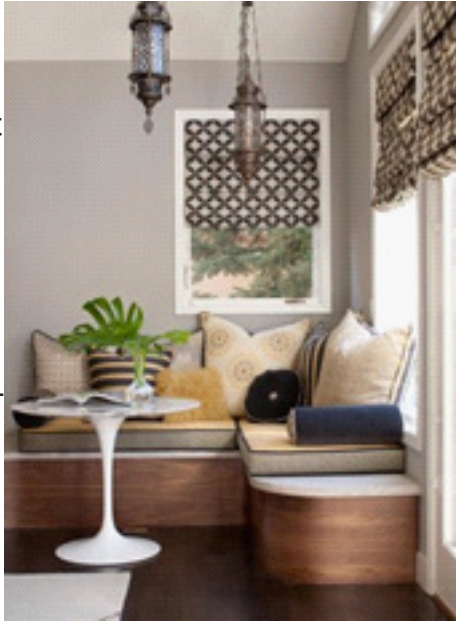
Project Management & Expert Coordination

We create formal proposals that include each item to be ordered and any important details about each item. The signed proposal along with the specified deposit will be required to place all orders. Tax, shipping, delivery and installation charges are invoiced separately. Approved proposals cannot be canceled, returned or exchanged. In the case of product damage, Atelier will act as your advocate.

Project Completion

Our team manages every step of the process, including but not limited to:

- Placing and tracking orders for goods and services.
- Communicating with vendors and contractors to keep your project on track and moving forward.



- Coordinating delivery and installation.

Our magical behind-the-scenes team has got you covered from start to finish!

We don't stop at project management. We make sure you are 100% happy with every detail! Project finalization includes finishing touches, art and accessories. After a project is finalized, there is the possibility of a photography session of the space upon your approval.

COURTESY: Erika Rundiks & Katie Schroder
Atelier Interior Design
www.atelierid.com



A new way to track your snoring.

SnoreReport monitors your snoring at night and provides you with an analysis in the morning on how well you slept. All in the comfort of your own home.

Features:

1. Snore Detection Accurately distinguishes between snoring and other noises.
2. Measure Severity Intensity of snoring is quantified into a snore score.
3. Audio Playback Listen to data of previous nights.
4. Compare Data tracks your progress to help reduce your snoring.

To download the free app, go to:

<https://itunes.apple.com/us/app/snore-report/id1056175227?mt=8>

Great health begins with great sleep

At the Center for Sleep & Wellness, we are deeply committed to your overall health and wellness. We understand and focus on the central role that sleep plays in our overall health and well being.

Our staff of physicians, dentists, and other professionals have the clinical experience and diagnostic tools to evaluate and treat the entire range of sleep disorders. Our team is headed by Dr. Robert Lebby, a Pulmonologist and board certified Sleep Physician who has been practicing sleep medicine since 1996. Dr. Lebby believes in a holistic approach to each patient and offers therapies individualized to each patient's needs. Sleep

trained dentists, Dr. Katherine Ahn and Dr. John Wallace use their knowledge in Oral Health, Orthodontics, Myofunctional Therapy and Oral Appliance Therapy to provide exceptional care for treating sleep related upper airway prob

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How Would You Know If You Had a Sleep Disorder?

Anyone that identifies with any of the following are symptomatic of a sleep disorder:

- I have slept 8 hours and still feel tired
- I have lost my energy and vitality
- I often awake with a mild headache
- I am gaining weight and not eating more
- I could use a nap in the afternoon
- I often awake and experience a little fuzzy headed
- I need a second cup of coffee in the morning to get started
- When I awake I am dizzy and have to sit on the side of the bed for a few minutes
- I am often easily agitated and angry from being constantly tired

The co-morbidities of a sleep disorder include:

- Early onset diabetes
- Hypertension
- ED
- Cardiovascular disease
- Morning headaches
- Weight gain
- Significantly reduced energy levels
- Inability to concentrate



Snoring can be a sign of a medical condition where the patient does not get enough oxygen while they sleep or any other number of health issues. Obstructive sleep apnea occurs when the muscles in the throat relax during sleep. This causes the soft tissues in the throat to collapse and block the upper airway.

Breathing pauses, due to the obstruction of the airway, can last anywhere from 10 seconds to a full minute or longer and, in severe sleep apnea, can occur hundreds of times a night. These breathing pauses can produce a dramatic drop in oxygen levels in the blood which leads to an increase in blood pressure putting a strain on the heart. There are many studies to show that people with sleep apnea have a high risk of coronary artery disease, heart attack and congestive heart failure. The episodes of apnea also cause an awakening when the person is trying to open the airway.

It's important to know your biometric sleep score. A biometric sleep assessment is a painless convenient and free process using your iPhone. The next morning you get your biometric sleep score. If it is elevated, it is recommended you see a Board Certified Sleep doctor. Do not ignore a high score as it could be a serious sleep disorder that will slowly and silently rob you of your health and vitality.

Seven Steps to a good night's rest

Getting high quality and enough sleep can mean improved coordination, alertness and agility throughout the day. You will drive more alert and work safety is also improved. Research also shows that consistently getting enough quality sleep can help boost your immune system and protect against conditions like high blood pressure, heart disease, stroke, diabetes, and bone loss. Weight gain can also be attributed to a sleep disorder.

1. Stick to a sleep schedule

Go to bed and get up at the same time every day, even on weekends, holidays and days off. Being consistent reinforces your circadian rhythm - your body's sleep-wake cycle and helps promote better sleep at night. There's a caveat, **though**. If you don't fall asleep within about 15 minutes, get up and do something relaxing. Go back to bed when you're tired. If you agonize over falling asleep, you might find it even tougher to nod off.

2. Pay attention to what you eat and drink

Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet. Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

3. Create a bedtime ritual

Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music - preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness. Be wary of using the TV or other electronic devices as part of your bedtime ritual. Research suggests that screen time, or other media use before bedtime interferes with sleep.

4. Get comfortable

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs. Your mattress and pillow can contribute to better sleep, too. Since the features of good bedding are subjective, choose what feels most comfortable to you. If you share your bed, make sure there's enough room for two. If you have children or pets, try to set limits on how often they sleep with you - or insist on separate sleeping quarters.

5. Limit daytime naps

Long daytime naps can interfere with nighttime sleep - especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the midafternoon. If you work nights,

you'll need to make an exception to the rules about daytime sleeping. In this case, keep your window coverings closed so that sunlight - which adjusts your internal clock - doesn't interrupt your daytime sleep.

6. Include physical activity in your daily routine

Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep. If this seems to be an issue for you, exercise earlier in the day.

7. Manage stress

When you have too much to do - and too much to think about - your sleep is likely to suffer. To help restore peace, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow.

Know when to contact your doctor.

Nearly everyone has an occasional sleepless night - but if you often have trouble sleeping, contact your doctor. Identifying and treating any underlying causes can help.



**COURTESY: James Fallon, President & CEO
Apnea Sciences**

www.snorereport.com

and

Dr. Robert Lebbby

The Center for Sleep & Wellness

Robert.lebbby@drlebbby.com

Projects From Minwax

How to Create a Photo Display Frame



Bruce Johnson, spokesperson for Minwax, will show how to take an empty old picture frame or a new unfinished frame and turn it into a unique and easy to change display of photographs, notes, lists, reminders, etc.

Using a staple gun and thick wire or string, stretch two or three strands from side to side, attaching them to the back of the frame with the staple gun; then use miniature clothes pins to hang pictures, business cards, reminders, etc. from the strands.

Stain and finish the frame using one-step Wood Finishing Cloths. If you are looking for a more

traditional 1-step, try Poly-Shades.



New Uses for Vintage Crates & Old Boards

Whether you are decorating for a special occasion, such as a party or wedding, or just looking for some fresh, unique ideas for your home or apartment, you can add rustic charm while at the same time saving money.

Use Wipe-On Poly on an old crate and Minwax Stain on



unfinished crates. In addition to this, crates, either old or new, can be used for a variety of purposes, from stacking together to form bookcases and display units to using beneath a wide board to make a bench for the end of a bed or a coffee table.



Another idea for using a crate would be to make a floral centerpiece (for either a dining room table or for several tables at a reception). After the crate has been stained and finished, you can add either real potted plants or artificial flowers to it.

Make a rustic file box by simply cutting out a few boards from an old pallet and nailing them together (or finding discarded old boards.) You can create a custom file box for whatever you need: recipes, photos, notecards, etc.

This next idea is a variation from the "menu" sign idea, but instead of stenciling the menu items on five or six rustic boards, this would hang indoors or outdoors with the word "welcome" stenciled across the top board, then the name of each member of the household on their own board, perhaps in different fonts. Each board would hang from the one above it using hooks screwed into the top and bottom edge of



COURTESY: Bruce Johnson
Minwax

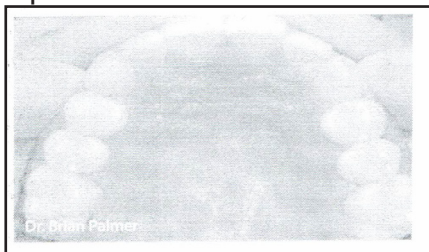
www.minwax.com

PRIMAL DENTISTRY

Primal is a hot new descriptor for everything from primal diet to primal clothes, pet foods and deodorants! It works because of a growing awareness we can begin to strip away some of the complex problems we've created for ourselves with technologies and products that offer convenience, but which come with high environmental, social, health and financial costs we ignore.

What is Primal Dentistry?

Perhaps we should question our casual attitudes about amputating tooth structures with high speed drills, using health-savaging heavy metals to fill the potholes, expecting our children to have shrinking faces (and airways) that can't hold a full complement of teeth, or suggesting a known neurotoxin like fluoride is a primary panacea against decay? Did our ancestors need these? Can't we know more, then do better?



Consider this: we are a walking collection of microbial ecosystems carrying 10 times more bacteria cells than human cells and 100 times more viruses. These can help or hinder optimal weight, mood and brain function, gut integrity, immunity, and so on. A more sensible approach is to control our internal environments so we predominantly host the microbes that keep us healthy and happy.

Parallels between soil and plant health and human health are striking. Just as pesticides often decimate the beneficial soil microorganisms and enzyme activity necessary for strong plants, systemic fluoride inactivates 68 enzymes and "foods" like sugars, other simple carbohydrates and processed foods skew human health in multiple ways. They create excessive acid waste in tissues and kill off beneficial microbes. Acid-loving hostile microbes like yeasts and germs that

thrive in oxygen-free environments are happy to fill in and create health havoc. In the mouth, it is reflected as bleeding gums, crusty deposits, and tooth decay.

Weeding and Feeding an Organic Garden

Requires:

1. Microbial-rich soils at a proper pH (acid/alkaline)
2. Enough water so plants can move nutrients and stay hydrated.
3. Proper micro- and macro-nutrients in natural forms; the right amounts at the right time
4. Toxin avoidance - no pesticides or herbicides. No GMO pesticide-ready crops.

Weeding and Feeding Human Ecosystems

Require:

1. Alkalizing the diet with a variety of fresh, unprocessed foods and organic fruits and especially vegetables grown in mineral-rich soils; conquering sugar addictions.
2. Staying hydrated with toxin-free, neutral pH water
3. Conscious nasal breathing always
4. Toxin avoidance - no pesticides, heavy metals or known neurotoxins

Common Sense Local Gardening:

There are a few things you can do for the local oral ecosystem while you work on re-balancing your entire body's chemistry and ecosystems:



- 1. Brush and rinse with baking soda.** Baking soda is alkalizing, so it improves the environment for the helpful microbes. Baking soda is about 10-20 times gentler than most pastes on the market.

2. "Common Sense" tooth powder adds a bump to baking soda. Baking soda is its base, but it has a more pleasing taste, and the packaging makes it easier and more portable to use. An additional perk is that it contains calcium and phosphorus, much safer minerals than fluoride that help a tooth remineralize from the outside in.

3. Chew delicious cardamom seeds after meals as they do in India! They are anti-microbial, mechanically cleansing, and stimulate saliva flow.

4. Stay hydrated. Mineral-rich saliva is essential for neutralizing acids and maintaining healthy oral ecosystems.

5. Essential oils. Many essential oils like cinnamon, clove, tea tree, Manuka, spearmint and peppermint are anti-microbial, alkalizing, and some even prevent microbes from adhering to teeth!

6. Ozonated oils kill germs on contact, alkalize, slough diseased tissues, and help reduce gum pockets among many other oral benefits.

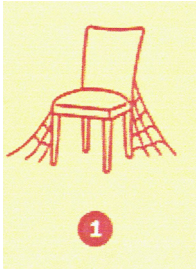
7. Probiotics specific for the mouth like Thera-breath's Oral Probiotic reseed beneficial oral BLIS bacteria to help crowd out the hostile germs that cause cavities, ear aches, sore throats, bad breath and more.



**COURTESY: Carol Vander Stoep,
RDH, OMT
Author: Mouth Matters
www.mouthmattersbook.com**

5 Excuses Not to Meditate

You want to spend some quiet time with your mind, but you have excuses. Take a moment to examine them. They might not be such a big deal.



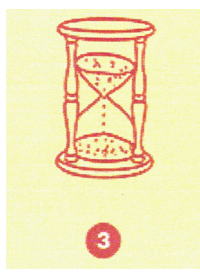
Sounds Boring!

Sure, but it also happens to be a big relief to have some time when you're not obligated to be somebody or do something.



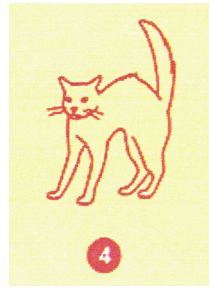
I Can't Sit Still

It's just fine to fidget. Meditation is a process that develops overtime. No one starts out sitting like a rock statue.



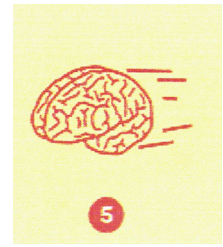
I Don't Have Time

Time crunches are stressing us all out these days. But taking a pause from the rush-rush-rush may just help you use your time better.



I'm Scared to Be Alone

You're not alone in that. Our culture has devalued taking time for solitude. It hasn't always been that way. And, it's not as scary as you think.

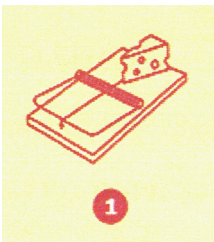


My Mind Is Too Fast

So, let it go fast. If you sit there awhile, it will slow down and speed up again. You don't need to try to find an ideal rate for your mind.

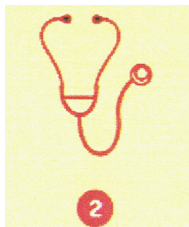
5 Reasons to Give It a Try Anyway

We can easily find excuses about why we can't meditate, but it turns out it's just as easy to find lots of reasons to do it. Here are just a few.



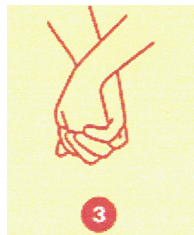
Understand Your Pain

Mental pain and anxiety are a background noise that can underlie much of what we do. Here's a chance to see firsthand what's causing it.



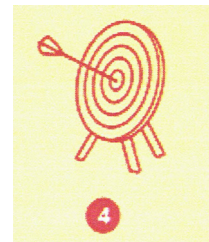
Lower Stress

There's lots of evidence these days that excess stress causes lots of illnesses and makes other illnesses worse. Mindfulness decreases stress.



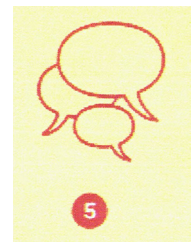
Connect Better

Ever find yourself staring blankly at a friend, lover, child, and you've no idea what they're saying? Mindfulness helps you give them your full attention.



Improve Focus

It can be frustrating to have our mind stray off what we're doing and be pulled in six directions. Meditation hones our innate ability to focus.



Reduce Brain Chatter

The nattering, chattering voice in our head seems never to leave us alone. Isn't it time we gave it a little break?

COURTESY: Michelle Ontiveros
Clinical Mental Health Counselor
M82ontiveros@gmail.com

How to Create a Wall Collage

Do you love the effect of filling an empty wall with a collection of photographs and pieces of artwork that have special meaning. There's something fulfilling about arranging things into a pleasing display. While the final look appears casual and uncalculated, there is actually a method to the madness. Creating a wall collage can be a challenge - but with a little help, it can be done by anyone.

First, what pieces do you have that you want to display? Mixing the same medium is usually easiest – photographs, black and white prints, colorful artwork etc. The pieces can either be the same size or varied. It is usually best to frame and mat everything the same. If you want to mix it up, just be sure to keep it balanced.

If you don't want to spend a fortune on frames, go to your local flea market and pick some up. If they don't match, simply paint them a uniform color.

You don't have to spend a fortune to fill the frames either. You can use scraps of leftover wallpaper, old photos, pages from a vintage book or even leave them empty. Or use your favorite personal photos – it's a great way to add a touch of warmth and personality to your space.

Next, where do you start? To avoid nailing a bunch of unnecessary holes into your walls, lay out your collage first.

Multiple frames look best when based around the following shapes: rectangle, diamond or square. Straight set rows are nice too. If you opt for straight, use a piece of string stretched between two pushpins as a guide along with a level to make sure it's straight.

Groupings look most cohesive when frames are spaced tightly together (about 1 to 2 inches). However, if there is an extra large piece in the mix, like a skull or piece of ceramics or some-



thing more three-dimensional, give it a little extra room to breathe and become the focal point. I like to start in a lower corner and work toward the other side and top, but you can actually start anywhere. Just start with the biggest pieces first and then work around them if you are mixing sizes.

Plan out your collage on the floor by placing the frames on top of a big piece of butcher paper (more on the butcher paper later).

Then test it. Just because the collage looks good on the floor doesn't mean it will work on the wall.

Once you have arranged the collage to your liking, outline each frame on the butcher paper with a pencil or marker. Then cut out the paper outlines and tape them to the wall to visualize your collage. This is the time to move things around until it's just right and before you start hammering!

Once you have collaged the cutouts to your liking, install the hangers over the cutouts and remove each cutout as you replace with the actual frame. If you mess up, don't worry. It's nothing a little paint and spackle can't fix. Just enjoy!

COURTESY: Cassidy Self & Megan Hamilton
Sage and June
www.sageandjune.com

Pediatric Dentistry

The design for dentistry came from a perceived need related to an industry driven mistake. Starting during and after WWII, the population in general had disposable income for the first time. Toothpaste is one of the first things people buy with “discretionary income”.

All popular brands of toothpaste were 30% sucrose, touching off a massive epidemic of decay. The “Greatest Generation” returning from WWII represented a general population that for the first time in history had access to higher education through the GI bill.

These thousands of now educated professionals also set out to transform rural America to the most advanced country in the world. They got most things right. i.e. the interstate highway system, the intercoastal waterway, and anticipated the needs of a growing population in terms of educational and medical infrastructure. What they got wrong was the future need for dentists. The figures used to calculate the future need was thrown off by the toothpaste industry induced epidemic of decay. When the reason for the epidemic of decay was removed, the sugar in the toothpaste, there was not a corresponding shift in the dental profession that reflected the needs of the public. Rather than freestanding mini clinics manned by a few dentists trained to repair the ravages of decay, the focus should have been on training prevention specialists.

The pediatric population is faced with the problems created by the mini clinics that need a massive influx of patients with serious problems just to meet the massive overhead associated with running these mini clinics. The most lucrative portion of the pediatric practices is dentistry requiring heavy sedation.

We also see very aggressive “selling” of heavy sedation and very little “full disclosure” or informed consent. Most heavy sedation is accompanied by steroids to control an unlikely nausea.

There is a general lack of disclosure that steroid use is associated with shortened stature in males. Some research has shown that multiple exposures to heavy sedation are associated with “brain dysfunction.” These children have rapidly developing brains that are more vulnerable to damage. If there is no pain,

there is very little dentistry requiring immediate attention.

Universally, what we see on “second opinion” visits is:

- Over diagnosis
- Overtreatment
- Lack of prevention

Prevention is the most effective treatment for decay. Pediatric decay can mostly be stopped simply by educating the parents. Initiate the child into the dental practice when the child is six months old. Most parents coming into our practice for a “second opinion” for their children have not been instructed in simple preventive hygiene procedures that can and will prevent future decay.

Prevention of pediatric decay starts BEFORE the child is born and preferably before conception. The oral bioflora of the child comes from the placenta of the mother, which reflects her oral bioflora. Minimize decay in the prospective parents. Having the pregnant parents initiate effective oral hygiene methods will alter the mother’s oral bioflora. Emphasize the use of baking soda and Xylitol for the mother-to-be.

The most commonly diseased area in the human body is the distal of the first pediatric molars which erupt when the child is likely still on a soft, cariogenic diet. Simply teaching the parents how to clean BEHIND the first primary molar will stop the need for this most common pediatric dental treatment.

Once a child reaches 2.5 years of age, there is a natural increasing resistance to decay due to the “maturation of enamel” phenomena which applies to both permanent and pediatric dentition. If there is a reasonable diet, teeth literally become more resistant to decay as time passes and the need for invasive dentistry lessens accordingly. As the child approaches nine years of age, the question is if the tooth will last until it will shed naturally or should we intervene with a restoration?

If children are properly “nurtured” in the dental practice from an early age, many of these children will become very manageable and compliant by the age of three and the vast majority will be manageable for preventive measures by the age of four. This doesn’t mean that you will be able to throw a child in a chair and administer several injections. The goal is to use only topical anesthetics.

The most important step in “nurturing” a child to accept preventive measures is in having the parents successfully use a toothbrush effectively daily. The patient must be plaque free. If not, this is a sign of effective resistance by the child and a harbinger of failure. The dental professional contribution to “nurturing” a child is to acclimate the child to having the dental professional spray water and air in the mouth while suctioning.

If the above are accomplished, the dentist can do virtually any procedure in the child’s mouth. **The goal of pediatric dentistry is to stop the decay without traumatizing the child.** Pediatric dentition has different innervations than adult dentition. There is very little feeling in the dentin of pediatric teeth. There is no need for heavy-handed treatment modalities. Most repair of pediatric decay can be accomplished quite comfortably without anesthetic.

By properly removing the early decay aided by topical anesthetic, warm water, a very slow speed drill, and air-abrasion, the vast majority of pediatric dentistry can be accomplished without the trauma associated with injections and the high speed drill.

What are the solutions to the problems both dentists and patients face for transforming pediatric dentistry to a patient centered health science?

- First, an understanding of the genesis of any microbial related disease, the acid-base balance. Tip the oral environment to the acidic side, and this permits acidogenic microbes to survive and thrive in the acidic environment.
- Understand that the disease of dental caries comes from an oral microflora that is shared by all members of the family.
- Pathogenic microbes have a higher metabolic rate than probiotic microbes, requiring an acidic environment.
- Neutralize the acids associated with decay. Baking soda has a positive pH, and will neutralize acids, which have a negative pH.
- The technology exists that would painlessly allow an ultrasonic device used to extend the preparations into sound tooth structure to give enough bulk to resist damage to a properly bonded restoration.

What to look for in a MIPD dentist:

- Is there a significant emphasis put on prevention or is the practice simply a hunt and search based practice, looking for things to fix?

- The first visit should emphasize education and prevention, typically with very little interaction with the dentist.



- An interview with a parent is imperative to success.
 - Does the parent/guardian accompany the child or does the child disappear behind a closed door at any time?
 - Is there pressure on the bill payer to act immediately?
 - Is the initial examination done with one of the decay diagnosing aids? Time and again it has been shown that decay is microscopic in origin thus using the common dental pick is NOT an accurate way to diagnose decay or the severity of decay.
 - A dental laser or filtered light system can be used to detect decay accurately and a decision can be made regarding severity of decay and the need to intervene.
 - If the patients/guardian alters the reasons for decay, the teeth can and do heal without the need for intervention.
 - Does the dentist use magnification? The very small areas of decay that are the genesis of future breakdown are difficult to see.
 - Are SS crowns the treatment of choice in the practice? Any half blind person can grind enough tooth structure down to snap on a stainless steel crown. Some practices don’t even grind the tooth down, simply forcing the SS form over the tooth, which are good excuses not to use magnification.
 - Does the dentist routinely use injectable anesthesia? Most pediatric dentistry can be accomplished without the need for anesthesia.
 - Does the dentist routinely do “Pulpectomies”? Pulpectomies are partial or complete pediatric root canals. If the dentist routinely does pulpectomies, the dentist simply doesn’t understand the tooth structure of his patients.
 - Does the dentist routinely use air abrasion on most preparations? Air abrasion, slow speed drill, ultrasonics, and the high speed drill are all different forms of energy and have entirely different functions.

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