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FEEL THE BURN FROM YOUR LIVING ROOM 3 ONLINE WORKOUT PLATFORMS TO TRY RIGHT NOW

Your living room might not be the most conducive environment for a good workout. But as the world continues to grapple with the effects of the coronavirus, working out at the gym, or any other public facility, is out of the question for many of us. Fortunately, you can still work up a sweat from home with the right workout videos for a fraction of the cost of a monthly gym membership. Here are a few worth your time and money!

Alo Moves

Alo is one of the most prominent outfitters for yoga lovers everywhere, but the workout routines offered through Alo Moves go beyond just yoga and meditation. Whether you're new to working out or a seasoned fitness buff, you can find thousands of workout routines to follow along with on AloMoves.com. You can even download

routines to your phone and follow along with them in your backyard or at the park, all for just \$20 a month.

P.volve

While P.volve only has around 200 workouts available through its online platform right now, new videos are being added every week. If you're looking for resistance-based, high-intensity, low-impact workouts, this is the platform for you. You can customize a workout plan based on which body parts you want to strengthen and even buy optional equipment to use at home. Get access to the entire fitness library for a monthly fee of \$20 or save by paying an annual fee of \$135 at P.volve.com.

Tone It Up

Tone It Up is more of a fitness community than a workout program,



but the website still offers a variety of both free and paid workouts plus a paid nutrition plan. Try high-intensity interval training (HIIT), cardio, a total-body workout, or one geared toward specific body parts, like abs or glutes. Through the Studio Tone It Up app, which costs \$15, you can get additional workouts delivered to you weekly.

Even if they're not what you're used to, doing these online workouts can ensure you don't lose the fitness you've worked so hard to gain. Try one of them today!



HEALTHY GUMS, HEALTHY BABY

THE LITTLE-KNOWN HARM GUM DISEASE CAN CAUSE IN PREGNANCY

Welcome to my birthday month! I was born on Sept. 10, but I subscribe to my father's philosophy that one day isn't enough for a birthday celebration, so it's better to celebrate all month long. This September, my family is planning a trip to the beach and to get takeout from some of my favorite restaurants as part of the festivities. I absolutely love the Portuguese, Indian, and Korean food we have here in New Jersey, so I always have to celebrate my birthday with at least one amazing dinner.

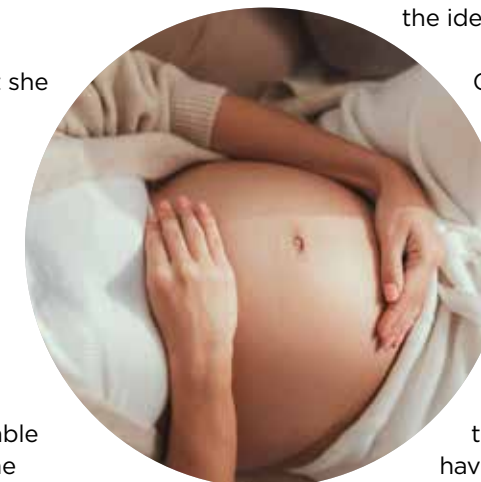
As much as I enjoy my birthday month, I have mixed feelings about being wished "Happy Birthday!" each year. Ever since I had my daughter, I've felt like my mom should be the one getting my birthday wishes instead. After all, she did all of the hard work on the day I was born!

I've brought this up to my mom before, but she just waves it off and reminds me that I was an easy, tiny baby with a head the size of a teacup.

Unfortunately, easy labor didn't run in the family — both of my kids were hard deliveries. In fact, an obstetrician actually sat on top of my belly to help push my daughter out! The nurses were about to wheel me in for a C-section when she decided to try standing on the operating table and pushing on my belly as a last resort. She actually said, "You push from the inside; I'll push from the outside!" It looked crazy, but it worked, and I ended up with a beautiful baby girl.

Despite my tough deliveries, both of my children came out healthy and well, and I have to credit that in part to my dental training. You see, there is actually a little-known but very important link between good oral health and a healthy pregnancy. If a mom has gum disease and/or airway issues, that can affect her developing baby. This is a topic that's really close to my heart, so I want to take two newsletters to really explain it. This month, I'm going to tackle gum disease, and next month we'll dive into airway problems.

So, what is gum disease (aka periodontal disease)? Basically, it's a type of inflammation that manifests in the gums. A lot of people assume that it's caused by poor brushing and flossing habits, but that's actually only one trigger. I've seen a lot of patients with gum disease who are great at brushing and flossing, but are predisposed because of their genetics or other conditions that cause inflammation, like heart disease, diabetes, arthritis, high blood pressure, high cholesterol, and even Alzheimer's. Symptoms of periodontal disease include red or swollen gums and bleeding when you floss. This might not seem like a big deal, but inflammation in the gums actually ends up circulating throughout your whole body and puts your system in fight-or-flight mode. As you can imagine, this isn't the ideal state to be in when you're having a baby!



Gum disease has been linked with premature labor, low birth weight, and increased delivery complications. It can also be a barrier to fertility treatments because it makes in vitro fertilization (IVF) more likely to fail. Yet, because the link between these things isn't well-known outside of dentistry, most pregnant women don't make visiting their dentist a priority. Even physicians often don't think to look at the gums! If you remember just one thing from this article, make sure it's this: When you and your partner are thinking of having a baby, you should absolutely add a dental exam to the pre-delivery checklist. It could make all the difference in the health of your child.

Luckily, gum disease is easy to treat with the help of a dentist or hygienist! Airway issues are trickier, but as you'll see in next month's newsletter, we can help with those too. This month, I just have one request for my birthday: Please tell the pregnant ladies in your life to make an appointment with their dentist. I promise they won't regret it!

To your great smiles and better health,

Dr. Michelle Weddle

HOW STRESS CAN LEAD TO INJURY

AND HOW YOU CAN STOP IT

While it's pretty intuitive that physical stressors can cause physical injuries, you might not know that mental and emotional stress can also lead to musculoskeletal injuries that require physical therapy. That's right — a lack of sleep, a busy workweek, and other stressful life events can make you more prone to injury. Why is this, and how can you prevent the stresses of everyday life from causing you bodily harm?

When you experience stress, your body does a few things that naturally put you at an increased risk of injury. First, stress causes your nerves to function inefficiently. Second, stressful situations lead to higher levels of cortisol in the body, a hormone that inhibits muscle repair and immune system function. If you're always dealing with stressful situations, then you're constantly leaving your body open to physical injury.

You can prevent injuries with all sorts of physical means, but if you fail to address your mental and emotional health, you'll still be at a heightened risk. While you might not be able to prevent every stressful situation from ever happening, you can control how you react when one does occur.

A few simple things you can do to prevent mental stress are to get enough sleep, maintain a healthy diet, and drink plenty of water. If any of these basic stress inhibitors are absent from your daily routine, focus on incorporating them in to alleviate



some of your stress. That said, practicing simple breathing exercises or another form of meditation can also be helpful, especially if you're looking for a physical way to mentally unwind after a stressful day.

While learning about how much stress hurts you can be *even more* stressful, you can find some peace knowing that with a few simple changes to your routine, you can prevent your stress from causing physical injury.

DO WHAT YOU LOVE AND KEEP YOUR BODY MOVING

HOW HIIT BENEFITS PEOPLE OF ALL AGES

High-intensity interval training (HIIT) is one of the best ways to burn fat, build muscle, and give yourself a better chance at a longer, healthier life. HIIT workouts are characterized by brief periods (30 seconds to a few minutes) of high-intensity exercise, followed by periods of low- or moderate-intensity exercise. However, what makes these workouts truly remarkable is just how much they can benefit people in every age group.

According to Mayo Clinic research, HIIT workouts provide unique benefits to the body on a cellular level. The brief, vigorous exercises actually increase your metabolism and improve the health of mitochondria, the powerhouses that create energy within the cells. By energizing your cells, you can actually reverse the decline in muscle health that



occurs as people age. Energizing cells through HIIT benefits everyone, but these workouts can be of particular benefit to those over age 65. Seniors experience diminishing returns on energy produced by their bodies at a cellular level, and HIIT has been shown to reverse that process even in advanced age.

HIIT workouts also have many other advantages for people of all ages. The exercises don't necessarily require any equipment, and you can even see results from adding high-intensity intervals to daily walks. Those with health conditions, such as diabetes and heart disease, can still participate in HIIT. In fact, Healthline reports that HIIT workouts can reduce heart rate, blood pressure, and blood sugar. However, the biggest draw to HIIT exercises is just how much of a timesaver they are. A few minutes of high-intensity movement can be just as beneficial as roughly 45 minutes of moderate-intensity exercise.

You can incorporate HIIT exercises into whatever activities you enjoy, such as walking, cardio exercises, and strength training. If you're affected by weak joints, you can incorporate HIIT into lower impact exercises, such as swimming or cycling. If you want to feel energized while doing the things you love, then HIIT just might be something you want to try. Just remember to keep a steady pace and don't overdo it!

FOODS FOR A FASTER RECOVERY

THE NUTRIENTS YOU NEED DURING PHYSICAL THERAPY

Attending your physical therapy appointments and doing your at-home exercises as instructed by your PT are crucial parts of your recovery process. However, they're not the only important steps you should take. What you eat can affect how quickly and well you heal just as much as your dedication to your exercises. By incorporating a few of these foods into your diet, you can heal faster and come back stronger than ever before.

Omega-3 Fatty Acids

There are three phases to the healing process: inflammation, proliferation, and remodeling. While you might think that inflammation is a bad thing, it's actually a normal and necessary part of healing. That said, you should still try to reduce inflammation, as it can be harmful in excess. Foods containing omega-3 fatty acids do wonders to control inflammation. Plus, our bodies can't make omega-3 fatty acids naturally, so we have to get them from what we consume. Foods that are rich in omega-3 fatty acids include



fatty fish, olive oil, avocados, pecans, walnuts, and almonds.

Antioxidant-Rich Fruits and Vegetables

Along with omega-3 fatty acids, the antioxidants from fruits and vegetables can also go a long way in reducing inflammation. Broccoli contains vitamins A, C, and K, as well as folic acid and several different minerals. (**Pro Tip:** Cook your broccoli to maximize these nutrients!) Citrus fruits and peppers have high levels of vitamin C, and peppers have high levels of beta-carotene as well. Additionally, turmeric and garlic work wonders during the healing process.

Protein-Rich Meats, Nuts, and Dairy Products

When it comes to the proliferation and remodeling stages of healing, healthy sources of protein are the way to go. Lean meats like poultry and fish are easy sources of protein, but if you don't eat meat, you can also get protein from beans, eggs, nuts, and dairy products. Protein-rich foods will help heal muscles and bones and prevent muscle atrophy. It's incredible what the body can do with just a few intentionally consumed superfoods!

TAKE A BREAK!



EASY STUFFED SWEET POTATOES

Inspired by EatingWell.com

INGREDIENTS

- 4 medium sweet potatoes
- 1 15-oz can black beans, drained and rinsed
- 2 medium tomatoes, diced
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp coriander
- 3/4 tsp salt
- 1/4 cup sour cream
- 1/4 cup fresh cilantro, chopped

DIRECTIONS

1. With a fork, prick each sweet potato a few times. Microwave the potatoes on high 12-15 minutes, or until cooked through.
2. In a microwave-safe bowl, combine the beans, tomatoes, olive oil, cumin, coriander, and salt. When the potatoes are done, microwave the mixture on high for 2-3 minutes.
3. Cool potatoes slightly, then cut each potato open lengthwise. Pull the halves apart to create space to spoon the warm bean salsa inside.
4. Add a scoop of sour cream to each potato, garnish with cilantro, and serve!