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## RELAX A LITTLE

### WHY REST DAYS ARE GOOD FOR YOU!

February is the month when many of us give up on New Year's resolutions. We lose motivation, or life simply gets in the way. If you find yourself sitting on the couch more than you did in January, when you may have been actively pursuing your fitness goals, consider this permission to sit a little while longer: Rest days are good for you! Here's why.

Your body *needs* to move. Exercise has many benefits, but from a survival standpoint, exercise and movement



help your body perform daily functions with ease. But that's not when your body gets stronger. It's actually on the days you choose to rest that your muscles and joints improve as a result of your exercise.

Exercising creates tiny tears in your muscles. (Maybe that's why it burns so much!) In the regeneration process — aka your rest days — the muscle is built back stronger than it was before. That's why incorporating rest days into your workouts ensures you can climb up from 5 to 10 to 15 pounds for dumbbell curls or run more miles in a faster time than last week!

Beyond the improvement and fitness goals you have, rest days can also be essential to preventing injuries. Your body won't become overworked, and your muscles get the necessary respite they need. Fatigue won't set in as

quickly, and you will find that you can do more as you properly incorporate rest days into your schedule.

Fitting rest days into your daily routine is easier than you may think, but it sadly doesn't involve sitting on the couch for too long. You should always find a way to move at least once each day. If you want to try running, start out by running three days each week. On your "off" days, incorporate some yoga, go for a leisurely walk, or focus on your arms and shoulders. This gives your legs and core a break from running while you still get the benefits of movement. (Plus, on the days you run, you will get a break from yoga or weightlifting!)

It's okay if you haven't met your resolution goals just yet, but don't give up! Find a way to add more rest into your routine, and you just might be more invigorated than ever before.

## THE REAL REASON YOUR CHILD IS HYPERACTIVE

### HINT: IT COULD BE IN THEIR MOUTH!

Yes, Valentine's Day is this month, but guess what else happens in February? Okay, since you're not a dentist you'll probably never guess — it's National Children's Dental Health Month! This event is a big deal in my office, and it's special to me for two reasons.

1. I'm a mom, and my concern for my kids' health extends to all of the funny, cool, and spunky kids who come into my office for checkups and treatments.
2. Kids can have all kinds of oral health issues that most dentists and orthodontists don't always look for. During National Children's Dental Health Month, we get an opportunity to shine a light on those things.

No. 2 is a big one. Most dentists use National Children's Dental Health Month to talk about cavities and sugar consumption. That's important, of course, but cavities aren't the biggest problems kids face. There is a worldwide epidemic happening right under our noses - literally! Our children's jaws are not growing properly, and this leads to a smaller bone structure of the upper and lower jaw bone, resulting in, you guessed it - crowded teeth. That's why so many of our children now need braces where they didn't all need braces in the past. However, there are larger issues that small jaw bones present such as airway issues like obstructive sleep apnea and upper airway resistance! These are usually missed in the dental chair even when parents are struggling with the symptoms at home.

When you think of "sleep apnea," you probably picture a snoring grandfather or an adult falling asleep at the wheel because they've had trouble breathing all night. Both of those are accurate pictures, but in children the symptoms of obstructive sleep apnea

present quite differently.

Kids who are having trouble sleeping don't get quiet and drowsy — they get cranky and hyper! This isn't exclusively a symptom of sleep apnea (you'll also see it when you try to get a perfectly healthy toddler into a bath), but hyperactivity is a good indicator combined with other warning signs like:

- Emotional outbursts
- Sleepwalking
- Bedwetting
- Difficulty concentrating
- Rebelliousness or impulsiveness
- Headaches in the morning
- Slow or stunted growth

It's easy for a doctor to identify these symptoms as attention deficit hyperactivity disorder (ADHD). The next step after a diagnosis of ADHD should be to consult with a dentist trained in airway/sleep dentistry because if your child has obstructive sleep apnea or sleep disordered breathing, getting them treatment early can make a huge difference in their mood, physical health and quality of life.

I've seen this night and day difference first-hand in some of my favorite young patients. One child I'm helping used to be small and skinny when I first started seeing them. They were always really wiggly in the dentist's chair. Now that we're treating the child's sleep apnea with a combination of continuous positive airway pressure (CPAP) therapy and an oral appliance, they're much



calmer, and even had a growth spurt! Last time they came in they were taller, more muscular, and looked athletic — it's like their body was finally allowed to catch up with where it wanted to be.

If your child or the child of someone you know is displaying symptoms of sleep apnea, send them to our office sooner rather than later. When we catch sleep apnea early, we can treat it with less invasive methods and sometimes avoid surgery altogether. But if we catch it later, in a teenager for example, it takes a more drastic intervention to help them avoid a lifetime of sleeping with a CPAP machine.

Next month, I'll tell you a bit more about a patient I have who is in that situation, and what his treatment options look like. For now though, I want to leave you with this reminder: This National Children's Dental Health Month, watch for the signs of obstructive sleep apnea in the kids you love. If you see red flags, make an appointment with my office — we'll perform a thorough exam to either put your fears to bed or put the child you love on track for a healthier life.

To your great smiles and better health,

*-Dr. Michelle Weddle*



# EVEN THE PROS USE IT!

## WHY PHYSICAL THERAPY IS GOOD FOR EVERYONE

We laud professional athletes for their amazing feats of strength, but few of us actually know how much dedication goes into their record-breaking performances. For many, the little-known heroes behind these athletes are their physical therapists.

Professional athletes have been relying on physical therapists to help them recover from devastating injuries for decades, but these two athletes are proof of just how powerful physical therapy can be.

### Peyton Manning

Son of the great Archie Manning, Peyton Manning made himself a household name as the mind-bending quarterback of the Indianapolis Colts. He knew how to manipulate defenses with precision, leading the Colts to a 2008 Super Bowl championship. Sadly, just three years later, Manning was benched after sustaining a devastating

neck injury that required surgery to repair. His prognosis was grim, and few thought it would be possible for him to return to the NFL.

Manning sought the aid of a Denver-based physical therapist who helped him strengthen his back and shoulders and recover from his neck injury. After a year off from football, he was back on the gridiron. Manning stayed in Denver, joining the Broncos and leading the team to a Super Bowl championship in 2016 before his retirement — five years after his career was “over.”

### Kobe Bryant

The late Kobe Bryant was world famous for his accuracy and championship-caliber play on the basketball court. From winning five championships to being named the league’s MVP multiple times, Bryant is regarded as one of the best basketball players to ever step foot on the court. But he was able to



compete at such a high level thanks to Dr. Judy Seto, the Los Angeles Lakers’ physical therapist.

Bryant reportedly trusted Seto more than anyone. He went so far as to recruit her to travel with him to Beijing for the 2008 Summer Olympics where Team USA took home the gold in basketball. Seto helped the Lakers avoid virtually any injuries during the 2011-2012 season and guided Bryant through an ACL tear that could have been career-ending. Like Manning, Bryant recovered and continued to perform at a high level until he passed away in January 2020.

It’s not just pro athletes who can benefit from PT. Get started on your next chapter after a debilitating injury by reaching out to us today!

# THE SKINNY ON OILS

## WHAT TO USE AND WHAT TO AVOID

Cooking oils have experienced a renaissance in recent decades. Today, health experts point to oils as essential sources of key vitamins and nutrients. So, why did we ever give up oils in the first place? Well, not all oil is created equal! Some cooking oils are good for you while others should be enjoyed sparingly.

Worry in the grocery store no more! Here’s our comprehensive list of cooking oils and when and how to use them.

### The Top Oil: Extra-Virgin Olive Oil

This is simply the best cooking oil you can find. Extra-virgin olive oil contains pure oil from pressed olives, and many studies tout its heart and anti-inflammatory benefits and its antioxidant properties. When you use extra-virgin olive oil — as opposed to standard olive oil, which is processed with other oils — you’re only consuming olives and all of the great properties they possess. Use it to sauté, bake, and

stir-fry for a great-tasting meal with added perks. (Smoke point: 350-410 degrees F.)

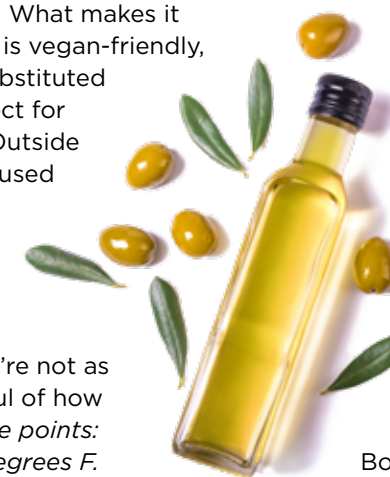
### Good for Regular Use: Coconut, Olive, and Canola

Olive oil can be a good substitute in a pinch, but don’t expect all the benefits that come with the extra-virgin type. However, of all the oils, coconut gets a lot of love these days! What makes it so great? Coconut oil is vegan-friendly, and since it can be substituted 1:1 for butter, it’s perfect for use in baked goods. Outside the kitchen, it can be used as a substitute for shaving cream, hair treatments, and aloe vera! While canola oil does have some great properties, they’re not as plentiful, so be mindful of how much you use! (Smoke points: Olive oil is 350-410 degrees F.

Coconut oil is 350 degrees F. Canola oil is 400 degrees F.)

### Only Use When Needed: Vegetable

We’re not going to bash vegetable oil, but studies have shown that it just doesn’t have enough benefits to outweigh some of the concerns. In particular, experts point to oils like sunflower, corn, and soybean as containing too much omega-6, which is dangerous for the heart. Instead, opt for other choices and only use vegetable oils when needed. (Smoke point: 450 degrees F.)



As a final reminder, the key to using cooking oil is the same as any other food group. Use oil in moderation, and you’ll reap the benefits without the downsides of extra fat. Bon appétit!

# THE FOUNTAIN OF YOUTH

## COULD BE THE KEY TO THE COVID-19 VACCINE

Vaccines have been the light at the end of this long, dark tunnel we call the COVID-19 pandemic, but scientists don’t yet have a full picture of the virus or its treatments. In an effort to better understand the coronavirus, researchers are looking at how medical professionals can better treat our most vulnerable populations or prevent them from ever contracting COVID-19.

Experts have long feared that a COVID-19 vaccine may not help the older adults who need it most, as these individuals are often more at risk of contracting the disease and having a weakened immune system. However, some researchers hypothesize that anti-aging medications may boost the effectiveness of the vaccine for older adults, and there are some promising results from early studies.



One study published in Nature found that a drug that limited the creation of the protein mTOR lengthened the lifespan of fruit flies and mice. Anti-aging expert Jan Mannick explains that

researchers think mTOR may contribute to failing immune systems in humans, so blocking the production of this protein could drastically improve the success rate of a COVID-19 vaccine in older adults.

As promising as these results and many other studies are, medical experts are quick to remind the public that more research is needed to understand the possible link between anti-aging medications and their effects on the efficacy of a COVID-19 vaccine in older adults. These medications include treatments that indirectly affect aging like some diabetes medication.

The good news is that you don’t have to wait for researchers to find a “miracle pill” to boost your immunity. Incorporate natural remedies into your routine instead! Eat plenty of fruits, vegetables, and other foods rich in vitamin D that boost your immune system — like salmon, mushrooms, and greens — and remember to drink plenty of water. While you’re at it, wear sunscreen to prevent the sun from aging your skin prematurely and increasing your chance of having other health issues. It’s important to stay optimistic and do what we can with what we know now while researchers work toward an effective vaccine.

## TAKE A BREAK!



## STRAWBERRY KISSED ALMOND BUTTER MUFFINS

Inspired by AmbitiousKitchen.com

### INGREDIENTS

- 1 cup ripe bananas, mashed
- 3/4 cup natural creamy almond butter (can substitute creamy peanut butter)
- 2 large eggs
- 1/4 cup pure maple syrup (or honey)
- 1 tsp vanilla extract
- 1 cup oat flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup strawberry fruit spread, divided (we recommend Bonne Maman INTENSE)

### DIRECTIONS

1. Preheat oven to 350 F.
2. Line a 12-cup muffin tin with liners and spray with nonstick cooking spray.
3. In a large bowl, mix bananas, almond butter, eggs, maple syrup, and vanilla extract.
4. Stir in oat flour, baking powder, and salt until smooth.
5. Evenly divide batter into liners. Add 1 tsp strawberry fruit spread to the top of each muffin.
6. Use a butter knife to gently swirl the spread into the batter.
7. Bake for 22-27 minutes until a toothpick comes out clean.
8. Transfer muffins to wire rack to cool and enjoy!