



INSIDE THIS ISSUE

1. Staying Young at Heart and Sharp in Practice
2. How Water-Based Therapy Eases Chronic Pain's Grip
3. Quarterback-Quality Habits at Home
Spinach Artichoke Pizza
4. The Tiny Nutrient That Supercharges Your Brainpower



BEAT BRAIN FOG FAST

OMEGA-3S ARE YOUR MIND'S SECRET WEAPON

Ever wonder why some days your thinking feels sharp and effortless, while other days your mind feels foggy? Part of the answer might come down to nutrition. The brain may weigh only a few pounds, but it consumes a remarkable amount of energy and relies on specific nutrients to keep its billions of cells communicating smoothly. Among the most important of these nutrients are omega-3 fatty acids, which act as structural building blocks and chemical support systems for the brain at every stage of life.

The Brain's Need for Omega-3s

Omega-3s, especially docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), play essential roles in forming and maintaining healthy brain tissue. DHA is a major component of gray matter and contributes to the flexibility and integrity of neuronal membranes. Research

shows that during pregnancy and early childhood, DHA is selectively drawn into the developing brain, shaping cognitive and visual function long before we're old enough to think about nutrition.

Omega-3s and Cognitive Performance

The benefits of omega-3s continue well beyond early development. Studies have linked adequate levels of DHA and EPA to sharper memory, stronger learning ability, and improved overall cognitive performance. For example, adults with low dietary DHA have shown notable improvements in memory after supplementation, suggesting that even shortfalls in young, healthy individuals can impact brain function. Other research shows improvements in attention, mental stamina, and mood regulation, further demonstrating the wide-ranging cognitive value of omega-3 intake.

Omega-3s and Cognitive Decline

A growing body of research suggests that maintaining higher levels of omega-3s may help protect the brain as it ages. Reviews show associations between higher omega-3 intake and reduced risk of dementia or cognitive deterioration, with DHA appearing especially important. Additionally, newer trials suggest that omega-3 supplementation may enhance motivation and mental clarity in individuals experiencing inflammation-related mood or cognitive symptoms.

While omega-3s aren't necessarily magic, they are fundamental to building and maintaining a healthy, resilient brain. Regularly incorporating fatty fish, walnuts, flaxseeds, or chia seeds, or using supplements when needed, can support clarity, memory, and long-term brain health.

MOVEMENT, MEDICINE, AND MEANING

What Dancing, Public Speaking, and Teamwork Have in Common

Some calendar days feel like throwaway holidays. Others stop me in my tracks because they perfectly mirror what's happening in my life and practice right now. This spring, three of them do just that: **As Young As You Feel Day**, **Step Into the Spotlight Day**, and **International Women's Day**. Each one represents movement, growth, and the people who make my work possible.

The Science Behind Staying Young at Heart

When people ask how I stay sharp in such a demanding profession, they're often surprised by my answer: I *dance*. Dancing has a powerful effect on the brain, not just the body. It builds **neuroplasticity**, which is the brain's ability to adapt, learn, and stay flexible over time. By celebrating **As Young As You Feel Day**, dancing could be your secret to feeling renewed.

Unlike repetitive exercise, dancing requires constant decision-making, from remembering steps and navigating space to coordinating movement. This ongoing mind-body connection stimulates multiple areas of the brain simultaneously. Research has shown that individuals who dance regularly often demonstrate **improved cognitive processing speed and a "younger" functional brain age**.

From personal experience, I can attest to these benefits. When dancing is part of my routine, I feel more focused, mentally agile, and present. It serves as an effective (and undeniably fun) form of self-care that supports long-term brain health without the pressure of traditional fitness routines.

Stepping Into the Spotlight With Purpose

On April 8, **Step Into the Spotlight Day** highlights something many patients may not realize: I regularly speak at national and regional conferences. I speak publicly at least once a month, and sometimes nearly every weekend!

I focus on topics like pediatric airway health, TMJ, and sleep apnea for children and adults. Early on, public speaking felt intimidating. I worried I wasn't "ready." But every time, I'm reminded that these conferences offer the opportunity for **collaborative care**. I firmly believe the best patient outcomes

occur when professionals share expertise rather than operate in isolation.

This perspective has shaped how I approach public speaking. The goal is not to present myself as an authority on everything, but to **contribute my specialized knowledge to a broader, interdisciplinary conversation**, one that ultimately benefits patients.

Ensuring Care Always Comes First

While speaking engagements are essential to advancing education in our field, **patient care remains my top priority**. That continuity is made possible by **Dr. Censon, who is in the office on Wednesdays and Thursdays**.

Her presence ensures our patients receive the same thoughtful, attentive care they expect, whether I'm in the office or presenting elsewhere. If you haven't had the opportunity to meet her yet, I encourage you to schedule a visit and experience her compassionate approach firsthand.

Celebrating the Women Who Make It Work

We recently recognized **International Women's Day**, so I want to shine a light on the incredible women I work with every day. An all-women team powers our practice, and their compassion, strength, and dedication are the heartbeat of everything we do. I'm proud of the work we share, and deeply thankful for the trust our patients place in us.

As this season unfolds, I'm reminded that **growth** (whether mental, professional, or personal) comes from staying engaged, staying curious, and supporting one another every step of the way.

To your great smiles and better health,



Where Movement Meets Buoyancy

Aquatic Therapy Brings Relief to Those Who Need It Most

Chronic pain can be debilitating. After months of dealing with pain and discomfort, it starts to feel like there's no relief available. Traditional physical therapy or massages may provide temporary aid, but before long, the lingering pain returns. It doesn't matter whether a prior injury, arthritis, or an unknown cause spurred it on. Once you start to experience the long-term symptoms of chronic pain, such as fatigue or mental health decline, you become even more desperate for help, but where can you turn when all of the usual solutions come up short? The answer you've been looking for may require you to get a little wet!

Aquatic therapy is a growing trend in the physical therapy world, and it's proven to be incredibly beneficial for those facing chronic pain that won't fade. Exercise is a great way to improve your overall health and get relief from persistent conditions. Still, those facing intense, chronic pain may not have the capability or capacity to head to the local gym for a quick workout. Aquatic therapy reduces these challenges thanks to water's natural buoyancy. You don't have to worry about extreme pressure on your joints, which allows you to complete strength and stretching exercises that wouldn't be possible on dry land.



Exercising in the water offers additional benefits you may not be aware of. Performing simple movements in the water will strengthen your muscles to a greater level because they have to work harder against the water's density and resistance. That strength helps ease the pain of chronic conditions. Furthermore, spending time in water will make you feel better mentally. It can be relaxing and elevate your mood, even when you're pushing your body to its limits.

But aquatic therapy isn't as simple as hopping in your local pool and swimming laps. Ideally, you'll work with a physical therapist who directs each exercise and ensures you maintain the proper form to get the most out of your effort. Just like regular physical therapy, you get a program tailored to your needs. Every action you take in the water can ease specific symptoms and help you achieve your short-term and long-term goals. There will likely be adjustments as the process progresses, but hopefully, you will feel relief quickly.

If you aren't a strong swimmer or don't know how to swim at all, you can still participate in aquatic therapy. Most aquatic therapy exercises take place in water that is waist or chest-deep. Specific exercises depend on the location and level of pain, but some of the most common include water walking, leg raises, and water cycling.

After learning how beneficial aquatic therapy can be for those struggling with chronic pain, you may be wondering if it's right for you. While certain variables and factors matter, most people medically diagnosed with specific conditions such as fibromyalgia, osteoarthritis, lower back pain, muscle spasm, and peripheral neuropathy may see improvements in managing their pain. And in some cases, aquatic therapy can benefit those recovering from a traumatic brain injury or stroke. Check with your doctor or physical therapist to see if aquatic therapy may be the solution you've been looking for.

At times, chronic pain can make you feel limited in your own life and keep you from enjoying your favorite hobbies or even spending time with loved ones during flare-ups. Aquatic therapy isn't a magical solution that will render you pain-free, but it may provide some real relief.

Goal Line Gains *Tom Brady's Game Plan for a Long, Healthy Life*

What if the secret to a 23-year NFL career wasn't superhuman genes, but a set of habits and routines anyone could do at home? Tom Brady, one of the most accomplished quarterbacks of all time, has mastered longevity. The former football star credits proper sleep, plant-based nutrition, and regimented training for his athletic prowess. Get ready to "set-hut" your way to better health, just like Number 12.

Super Bowl Sleep

Proper sleep is essential to a long, healthy life, and this pro athlete takes his snoozing seriously. Tom gets about nine hours of shut-eye each night and has a focused evening routine. He transformed his room into the ultimate arena for



rest, keeping it cool, quiet, and dark. His bedtime is always 9 p.m., and he puts down all his digital devices a half hour before his head hits the pillow.

Goal Line Greens

Brady's diet is primarily plant-based, with 80% of his meals being vegan or vegetarian, and the remaining 20% focusing on lean proteins. The football star knows that plants score big on the nutrients, minerals, and vitamins that are crucial for good health. But you don't have to skip meat altogether to eat like a quarterback. Focus on whole foods and make sure to include veggies on your plate. He also starts his day by drinking water, aiming to consume at least half of his body weight in water throughout the day. He calls hydration the ultimate "amplifier" of his routine.

Playbook Performance

Structured exercise and recovery don't just get you ready to make a touchdown; they are key for longevity and muscle quality, especially as we age. Tom starts early with a preworkout, followed by a strength and conditioning routine. To help his body recover, he does a post-workout routine and enjoys using a roller for 20 seconds on any sore or tight areas of his body. Maintaining muscle mass relies on a balance of training and recovery.

Even if you're not dreaming of a Super Bowl win, you can take a page from Tom Brady's playbook on living a long, healthy life.



SPINACH ARTICHOKE PIZZA

DIRECTIONS

1. Thaw dough according to package directions and let it rise for 2 hours.
2. Preheat oven to 450 F.
3. Coat a 10-inch cast-iron skillet with non-stick spray, then gently stretch dough to fit.
4. Spread garlic herb cheese evenly across the entire dough layer.
5. Sprinkle mozzarella and Gruyere cheeses evenly over dough, reserving a small amount of each.
6. As the topping, scatter chopped artichoke hearts, followed by a layer of torn spinach leaves, and then the reserved cheeses. Add black pepper to taste.
7. Bake for 15-18 minutes, until the edges are golden brown and crisp.

INGREDIENTS

- 1 loaf frozen bread dough
- 2 tbsp garlic herb spreadable cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded Gruyere cheese
- 7 oz artichoke hearts, chopped
- Several handfuls of fresh spinach
- Pepper, to taste

Inspired by [BlueBowlRecipes.com](https://www.bluebowlrecipes.com)

TAKE A BREAK!



When it's March again, but you still haven't gotten over last March

