

WELLNESS MINUTE

OCTOBER 2018

A HEALTHY MOUTH EVEN DURING HALLOWEEN!

EXERCISE OF THE MONTH

HALLOWEEN
EXERCISE

RECIPE OF THE MONTH

ALMOND FLOUR
PUMPKIN BREAD

A HEALTHY MOUTH EVEN DURING HALLOWEEN!

It's October and Halloween is right around the corner! This usually means more temptation, like candy bowls in the office, candy for Trick or Treaters, or treats for your kid's school parties or your own. If you're trying to avoid sweets, this season can be full of landmines to navigate!

Limiting sugar is important for maintaining a healthy mouth and overall health! Too much sugar can contribute to tooth decay and gum disease, as well as increase the risk of diabetes, obesity, heart disease, and other conditions. In today's article, we'll mostly focus on how it can affect oral health and what you can do to keep your teeth and gums healthy.

Taking good care of your mouth starts with basic oral hygiene (see the next article for basic tips). However, what you eat also has an important role to play in maintaining a healthy mouth!

Your teeth are protected by a coating called enamel. Eating and drinking foods that are high in sugar cause the bacteria in your mouth to produce acids. These acids can breakdown tooth enamel leading to cavities. Crevices and the gumline are areas that are especially vulnerable.

WHAT SHOULD YOU EAT AND WHAT SHOULD YOU AVOID?

Let's start with foods that promote oral health. These include:

- Cheese and yogurt provide calcium and protein that can help keep teeth strong and the beneficial bacteria in yogurt may crowd out the bad bacteria. Of course, plain yogurt is better than flavored or sweetened, which can be high in sugar.
- Leafy greens are very high in calcium, as well as vitamins and other minerals that are important to good health. Spinach and kale are particularly good options.
- Crunchy fruits and veggies like apples, carrots, and celery help produce extra saliva, which helps wash away bacteria and food particles. Almonds are another great choice because they are also crunchy and a good source of protein and calcium.
- Water and unsweetened tea are your best bet when it comes to fluids.

Here are the foods, drinks and candy that are best to avoid (if you do choose to indulge, rinse your mouth or brush your teeth as soon as possible afterwards):

- Sticky foods. Whether it's dry fruit or sticky candies like tootsie rolls or gummy bears, these are more likely to cause decay since they stick in between teeth and it takes longer for saliva to wash them away.
- Hard candy. Lollipops or other hard candy expose your mouth and teeth to sugar for much longer, which increases the risk of tooth decay.
- Avoid soda and other sugary drinks. Frequent contact with beverages that contain sugar increases the risk of tooth decay.

IF THE TEMPTATION IS HARD TO RESIST HERE ARE SOME HEALTHIER WAYS TO SATISFY YOUR SWEET TOOTH

- **If you do choose to indulge, eat candy with meals.** If you can't seem to avoid the Halloween candy bowl on your co-worker's desk, eat Halloween treats and other sugary foods with meals or shortly after as a dessert. Your saliva production increases during meals and, as mentioned previously, helps prevent decay.
- **Dark chocolate** - Some sweets are less harmful to your teeth than others and chocolate is probably the least harmful since it melts quickly compared to sticky or chewy candy. Choosing dark chocolate with 70% cacao or higher is the best since it is lower in sugar.
- **Candy bars with nuts** - the crunchiness of nuts can break up the stickiness and nuts have healthy fats, protein, and fiber. Overall quality still matters so look for healthier options like a Kind Bar.
- **Sugarless gum.** Look for sugarless gum sweetened with stevia or gum that has the American Dental Association (ADA) seal of approval. Chewing sugarless gum for 20 minutes after meals may help reduce tooth decay since it increases saliva, which helps wash out food particles and neutralizes the acid produced by bacteria.

ORAL HEALTH TIPS

Following a consistent oral hygiene routine can help you maintain strong teeth, fresh breath, healthy gums, and an attractive smile. Here's how:

- Drink fluoridated water and use fluoridated tooth paste.
- Brush your teeth twice per day with a soft-bristled toothbrush.
- Remember to replace your toothbrush every 3-4 months.
- Floss daily between teeth in order to remove plaque buildup. This is especially important for prevention of gum disease.
- Visit your dentist for an examination and professional cleaning twice per year.

Using the correct brushing technique is also important.

- Place the brush at a 45-degree angle to the gums and brush back and forth using small strokes.
- Be sure to brush all surfaces, including outer, inner, and the surface of molars. Use up and down strokes to brush the inner surface of front teeth.

HALLOWEEN EXERCISE

THIS WORKOUT IS GREAT FOR BEGINNERS AND ADVANCED EXERCISERS. IF YOU'RE A BEGINNER, DO ONE ROUND. IF YOU'RE EXPERIENCED, DO TWO ROUNDS. ALWAYS REMEMBER TO FOCUS ON CORRECT FORM AND INTENTIONAL MOVEMENT.



40

HIGH KNEES

(RUN IN PLACE
AND RAISE EACH
KNEE HIGH)

20

**WALKING
LUNGES**

20

SQUATS

20

STEP-UPS

(STEP ONTO A
STABLE BENCH,
DO NOT JUMP UP
OR DOWN)

10

**PUSH-UPS
OF CHOICE**

(BEGINNERS, DO
MODIFIED)

40

**JUMPING
JACKS**

10

UP DOWNS



Almond Flour Pumpkin Bread

- 2 cups almond flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. pumpkin pie spice
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. sea salt
- 3 eggs, lightly whisked
- ¼ cup coconut oil, melted
- ¼ cup pure maple syrup
- 1 (15 oz) can 100% pumpkin puree
- 1 cup chopped Halloween candy or chocolate chips, optional

For the cream cheese glaze:

- 3 oz ⅓-less fat cream cheese
- 2 Tbsp powdered sugar
- 1-2 Tbsp almond milk (or milk of choice)

We've gotten feedback from many of our readers that they'd like a gluten-free dessert. This pumpkin bread is not only gluten-free but is delicious for everyone! Try it even if you typically eat wheat flour! Here you go!

Serves: **12** • Prep Time: **20 minutes** • Cook Time: **50 minutes**

Directions

Preheat oven to 350° degrees F.

Oil a 9x5-inch loaf pan with extra coconut oil. In a large bowl, whisk together almond flour, baking powder, baking soda, pumpkin pie spice, cinnamon, nutmeg and salt. Set aside.

In a separate bowl, whisk together eggs, coconut oil, maple syrup and pumpkin puree and mix until well-combined. You may also use an electric mixer.

Pour the wet ingredients in with the dry ingredients, mixing until there are no clumps. Stir in candy or chocolate chips, if using.

Pour pumpkin mixture into the prepared 9x5-inch loaf pan and bake in the oven for 45 to 50 minutes, or until a toothpick inserted in the center comes out clean.

Let the pumpkin bread sit for 5 minutes then remove from pan and let cool completely on a wire rack.

To make the cream cheese glaze, place cream cheese in a small microwave-safe bowl and heat on high for 30 seconds until softened. Whisk in powdered sugar and almond milk, mixing until smooth and runny.

Drizzle cream cheese glaze over top of the bread, serve and enjoy!



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HEAR from our MEMBERS

About 6 months ago, I decided I was going to run my first half marathon. My training was going fine, but each day I would get more and more nervous for the race. And then I got runner's knee, which put me about a week behind in my training. I decided to schedule coaching sessions with the coaches from Wellness-Connect to help me better prepare for my upcoming race.

The coaches gave me advice on everything from diet to stretches I could do to help me for the race. Everything I learned from the coaches was extremely helpful. I ended up finishing the half marathon with a time of 2 hours and 16 minutes. I'm grateful for the advice given to me by the Wellness-Connect coaches!

Chelsee B. | OKLAHOMA CITY, OK

A year ago, almost, I started working with my company. In my previous role, I worked from home and I was able to carve out times during the day to work out, eat at home, and be able to take care of my health pretty well.

With the new job, came a lot of travel, working in the office daily, and a tougher job of eating well daily and exercising, due to a busy schedule.

Wellness Connect, its step tracking feature, and its point system has helped me maintain and monitor my workout habits, steps and nutrition. I have been motivated to do so, intrinsically, but also in order to get the needed points. Without the external markers of success, the road would have been a lot tougher.

With my new motivation, I have committed to started training for a half or full marathon again, having a few under my belt, but none in the last 18-24 months. My fitness journey has just begun!

Uros D. | BRADENTON, FL

I have found real success using the Wellness Connect Program! I am motivated to stay on my weekly workout schedule, which is 3 -4 times per week. I am also walking 2-3 miles each day as well for the Route 66 Team Step Challenge. In my recent physical exam, I had lost 10 lbs. and showed a five percent drop in body fat since last year. This is generating a much higher energy level for me both at work and home. It really feels so good to slip into a dress or slacks that had seemed tight previously.

The results for staying in shape have been very rewarding and eating healthy food through the Wellness-Connect coaching is also real benefit and I am thankful the company has signed us up for this program.

Grace R. | PLANO, TX