



On the  
Bright  
Side

New  
Year's  
Special  
Offer  
page 4



**Happy  
New Year!**

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January 2010

## Resolutions Kept, Not Broken

January is National Lose Weight, Feel Great Month. Most of us, at one time or another, have made weight loss or enhancing our body image (toning up, building muscle...) a goal. But this is not just "National Lose Weight Month". It is Lose Weight, Feel Great Month. So maybe this is the year we should do more than just resolve to lose weight. Let's vow to "feel better" overall!

### A Holistic Approach to Your Health and Wellness

Merriam-Webster's dictionary defines Holistic as "Relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts." Wellness is defined as "the quality or state of being in good health". Wellness IS holistic. Therefore it logically follows that

we cannot truly be "well" unless all components of wellness are attended to. When you look at it this way, it's easy to see why merely making a resolution to lose weight, may not stick.

For simplicity's sake, let's break down the components of wellness into three areas: **Physical** (Weight control/weight loss, exercise/strengthening, diet), **Mental/Emotional** (ability to cope with stress/express emotions appropriately/comfortably, ability to interact), and **Spiritual** (possessing meaning and direction). These components are closely linked and intertwined with each other. **Improvement in any one of these areas will likely impact the effectiveness of the others.**



(Continued on page 2) ▶

## Pass on the Salt - PLEASE!



Sodium is an important mineral that helps our nerves and muscles function properly, aids in the absorption of major nutrients, and helps maintain an adequate water and mineral balance. However, the average American consumes two teaspoons of salt a day. A half teaspoon is recommended for healthy adults. Even if you eliminate the saltshaker from your table — it's everywhere. Most of our sodium comes from junk food, so-called diet foods, packaged and processed foods and fast food and restaurant foods. And, some salty foods are not as they appear: Cheerios, for example, have more salt than Ruffles potato chips per serving.

Consuming too much salt can cause high blood pressure, heart disease, edema and kidney stones. Your body also needs more potassium to be able to deal with the excess salt.

Let's take a look how you can start reducing the amount of salt you consume in your food on a regular basis.

- Don't use salt when you are cooking (or just use a tiny amount). Add just a pinch when the food is on the table.

- Use no-sodium seasonings as well as herbs and spices to add lots of flavor without the salt.
- Buy low-sodium chicken broth and use it to cook with instead of the regular broth that's full of salt.
- Soy sauce has a lot of salt in it. Opt for a low-sodium version instead.
- Use fresh meats and produce when you cook. Fresh food has a lot more flavor and won't need as much salt
- Don't salt your pasta or rice water.
- Buy low or no-sodium versions of food
- Cut down on fast food and salty snacks. Grab some fresh fruit or veggies instead.
- Read the label. Pay attention to the amount of sodium that's included on the nutritional facts label. You'll be surprised how much sodium a can of condensed soup or even a slice of bread has.
- Rinse canned fish and vegetables to remove some of the salt.

By implementing just a few of these ideas, you can reduce your sodium intake by quite a bit. At the same time, make sure you drink at least eight glasses of water to help your body remove any excess salt that is in your system.

### ***(Resolutions Kept, Not Broken continued...)***

For instance, if you exercise regularly chances are you will be more relaxed, emotionally balanced and less stressed. If you are in a state of emotional well-being you might be more likely to be consistent in your exercise and eating habits. The message here is this: wellness is optimized when it is practiced holistically. When making your new year's resolution(s) this year try establishing goals in these 3 categories; physical, mental/emotional and spiritual.

#### **Physical**

Develop a consistent workout plan incorporating regular exercise into your life. The point is to stay active everyday. Try to kick any unhealthy eating habits. Foods high in fats and sugar not only affect your weight but also your health and energy levels.

#### **Mental/Emotional**

Relax your mind, body and soul. Even if you have a healthy diet, stress can cause illnesses to take you over and even possibly stop weight loss. Celebrate this month by de-stressing. What can you do?



**Get Organized!** (Remove your physical clutter and you'll eradicate your mental clutter, plus you'll feel energized)

**Set Boundaries!** Boundaries act as a filter to keep you safe from the hurtful behavior of others while allowing in the love and support you want.

**Take Time for Yourself!** Put together a list of all the things you love to do but haven't regularly made time to do. Prioritize your list and enter the top five to seven items into your daily calendar. You'll be more successful getting to these activities when you give them a time and place on your calendar.

#### **Spiritual**

Nothing gives us meaning and direction like our loved ones. Make it a goal to spend more quality time with them. They can keep you content and motivated. Remind them of your goals so that they can keep you on track. Perhaps your life change will persuade them to celebrate National Lose Weight, Feel Great Month as well.

**Good luck with your New Year's Goals,  
See you in February!**

## Welcome New Patients!

Phyllis L.  
Tina c.  
Luke L.  
Maria G.  
Susan R.  
Brandon H.  
David S.

Elizabeth I.  
Kelly T.  
Angelica Z.  
Olga B.  
Camille Z.  
Gary C.

## Thank You For Your Referrals!

Terry D.  
Anthony C.  
Robert B.  
George F.  
Ann-Marie A.  
Ed J.

Debbie T.  
Dan S.  
Olga C.  
Steven S.  
Jennifer H.  
Joan T.

## Congratulations to Doreen Bulkilvish!

*She was the winner of our Holiday Raffle. Her husband, Dave Bulkilvish, is pictured below with Dr. Reilly. (picking up the prize for his wife)*



## Recipe of the Month



### INGREDIENTS

- 2 pkg. (3.9 oz. each) JELL-O Chocolate Instant Pudding
- 2 cups cold milk 1 tub (8 oz.) Whipped Topping, such as Cool Whip (thawed and divided)
- 2 milk chocolate English toffee candy bars (1.4 oz. each) (chopped and divided)
- 1 OREO Pie Crust (6 oz.)
- 1 square Semi-Sweet Chocolate (melted)

## KRAFT - Candy Crunch Pudding Pie

### DIRECTIONS

1. BEAT pudding mixes and milk with whisk (about 2 minutes)
2. Stir in half the Whipped Topping and all but 3 Tbsp. of the candy (reserve).
3. POUR into crust.
4. TOP with remaining COOL WHIP and candy.
5. Drizzle with chocolate.
6. Serve chilled....decadent!!!

\*Recipe Courtesy KRAFT: <http://www.kraftfoods.com/kf/recipes/candy-crunch-pudding-pie-55123.aspx>

# Smile Secret

## IS YOUR FAMILY SHARING TOO MUCH?

Cold and Flu season is in full swing and Toothbrushes are a harbor for pesky germs to await!

Studies continue to show that toothbrushes can become heavily contaminated with oral microorganisms. And because most families store toothbrushes in a common storage space these Airborne bacteria can easily move from toothbrush to toothbrush -- resulting in colds and flu circling through your home. The germs and bacteria can be spread from toothbrush to toothbrush from direct skin contact, water splashing, and toothbrushes brushing against one another.

To help reduce or eliminate the spread of bacteria in your home we recommend you follow a few simple rules:

- **Place a cover over each toothbrush**
- **Shake all extra moisture from your toothbrush after use**
- **Store all toothbrushes in an upright position**
- **Wash your hands before and after brushing**
- **Soak unused toothbrushes in antiseptic mouthwash**
- **Rotate your toothbrush regularly**

Remember that the bathroom is commonly the most contaminated room in your home – Protect yourself by protecting your toothbrush!



Each of the clues below describe the name of a candy. Can you name them?

*Example: Galaxy would be a Milky Way.*

1. Sign of affection
2. Favorite day for working people
3. Can't hold on to anything
4. Famous swashbuckling trio
5. Sun explosions

## Trivia

Be the 1st person to answer the trivia question correctly and we will send you a \$25 American Express Gift Card. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com).

December Trivia Questions & Answers (in red):

1. Happiness to the Global Ecosystem (**Joy to the World**)
2. Small male percussionist (**Little Drummer Boy**)
3. I am pontificating of a colorless holiday (**I'm Dreaming of a White Christmas**)
4. Festoon the Corridors (**Deck the Halls**)
5. A Non-summer fairytale area (**Winter Wonderland**)
6. Oh holiday conifer (**O Christmas Tree**)
7. Ten plus two twenty-four hour periods of holiday festivity (**Twelve Days of Christmas**)

Ralph Reilly, DMD

# Happy New Year!

## It's Another New Year, Which Means New Beginnings...

Maybe you're looking forward to pursuing new relationships, or maybe a new job? Well, a new smile, one that's whiter, brighter and straighter can help you in your pursuits! We at Dr. Reilly's dental office would like to encourage you to get started...

# \$275

## Professional Teeth Whitening

*Take Home Treatment. Some restrictions may apply.  
Not valid with any other offer. Expires 01/31/10.*

