

## Little aches and pains can lead to bigger stresses and strains...

There are often simple, effective, and non-invasive solutions to correcting postural and muscular imbalances. Using a variety of joint and soft tissue techniques, along with appropriate ergonomic and exercise prescription, you can experience a better quality of life at home, at work, and at play!

**Amelia Fratnik, B.Sc., D.C., ART**

**Doctor of Chiropractic,  
Certified Active Release Technique provider**



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### Why is Self-Care Important to My Well-Being?

If you want to be effective in either your personal or professional life, take a look at how you manage your self-care.

Most of us lead busy lives and experience the pressure of responsibilities encroaching on every hour of our day. As a result, we often adopt the mindset that “with so much to do, something has to go”. For many, it is self-care that loses the battle.

What is self-care? It is essentially the conscious effort put forth to actively and purposely do something that energizes you. Self-care means you are making yourself a priority and treating yourself like you have value. Attending to your self-care will likely increase your resilience and give you a position of personal power regardless of the challenges you are facing.

There are many ways to enhance your self-care. It can be as simple as getting enough rest/sleep, eating a balanced meal or creating personal time for a favorite activity. Maintaining healthy relationships through clear communication, respect and balanced responsibilities can contribute to self-care.

Getting back into a hobby can be wonderful for self-care. Creating art, woodworking, scrapbooking, knitting etc, will make you feel happier. That is because doing things with your hands triggers a pleasure reaction and a feel-good state in your brain. Once involved in a hobby, people lose track of time and purely enjoy the process and the moment. Hobbies induce a state of relaxation called “flow”, even when acquiring new skills or problem solving.

Include a dose of self-care to your daily routine and you are likely to notice an improvement to your overall well being and your effectiveness.

**youngdentistry**  
SMILE CARE

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**Q:** My teeth feel nice after a professional cleaning, but am I really healthier for it?

**A:** At Young Dentistry most of our day is spent battling invisible enemies. Some might say people like us should be institutionalized. But before you call the authorities, please hear me out. The enemies we are after are microscopic bacteria, and they are living in the dental plaque and tartar that gets removed at your cleaning. These single-celled jerks produce foul smelling byproducts and acids that can damage teeth. On top of that, your body's natural defense system knows they are trouble and reacts with inflammation wherever your gums are contacting bacterial plaque. Have you ever had gums that were puffy, red or bled when you flossed or brushed normally? You, my friend, have experienced gingivitis (aka inflamed gums). Short periods of gingivitis are not going to hurt you, but when it exists for weeks or (gasp!) months it can damage the bone that supports the roots of your teeth. This is called periodontitis (aka gum disease). Can we all agree that more bone is better than less? Bone loss can create gum recession or deep pockets between the gums and the teeth which then can collect more plaque. Lots of bone loss can increase the risk of not having any teeth left. Surely, you say, like my hair after a bad cut, it will grow back? Wellll... let's talk about that next column.