

ALL GOOD MEDICINE

THE NEWSLETTER OF THE GOLDEN HEALTH
AND WELLNESS ALLIANCE

FALL 2009



BACK TO SCHOOL ISSUE!

- Golden Health and Wellness Alliance 2nd Annual Health fair September 26th—check out the insert inside!
- Come visit us at The Golden Farmer's Market August 22nd and Whole Foods Market September 12th!
- Check out our new website! <http://goldenhealthwellness.com>

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Rediscovering Ourselves in Our Routines

Kaycie Rosen, ND—Golden Naturopathic Clinic, LLC

Welcome Autumn! As we get back into work, school, and the bustle fall inevitably seems to bring, this is a wonderful time to bring some intention into how we use our time. Summer is often a part of the year when our time is relatively unstructured: family vacations, summer break, and outdoor pursuits come to the forefront while work can slip into the background. When we lived in Alaska, summertime meant 24 hours of light; we hiked, fished, kayaked, and played every evening into the wee hours. While this was a fantastically fun way to spend the summer, by the time fall arrived we were so exhausted we needed to sleep for a month! The structure of work and school were a welcome change.

Although our seasons aren't so extreme here, coming back into the routine of the fall and winter months can be somewhat

of a relief. This is the perfect time to re-evaluate how our time is structured. This enables us to make sure that each day's routine supports who we want to be and how we want to live. Look at your schedule and make sure it includes everything that is important to you. Take a close look at how each hour is spent in a day, and pay attention to the "off" (ie not at work) hours. How many of those hours are spent watching television, playing on the computer, etc.? Scheduling non-work activities—like exercise, playtime with loved ones, meditation, and mealtime—will ensure that work and our other time commitments will feel balanced rather than overwhelming.

This issue of *All Good Medicine* is dedicated to making the most of the fall season and back to school time. Enjoy!

When Should We Expect the Tooth Fairy?

Nancy Gill, DDS

Around this time of year, our office always has an increase in appointments for children. Busy parents want a full check up in preparation of school days ahead. One of the most common questions that is asked concerns the eruption and exfoliation of permanent and baby teeth. (Eruption is defined as visual sign of a tooth "poking" through the gum

and "exfoliation" is when a tooth becomes loose and can then "fall" out) Parents want to know, "What is normal?" and "Should I be concerned?"

First, it is always best, when in doubt, to ask your family dentist if there is or is not a problem. This will serve as a general guide as to what to expect. A good rule

Please see *Tooth Fairy* on Page 7

Getting Our Eyes Ready for School

Kelley Jackson Condon, OD—Table Mountain Vision

School is just around the corner and parents are shopping for pencils and paper, making appointments for physicals and immunizations. Make sure that a visit to your optometrist is on the list. A comprehensive eye exam for students is very necessary yet is often overlooked. Many children have vision problems that remain undiagnosed or misdiagnosed as a learning disorder.

One of the most important things you can do to help your child succeed in school is to take them for a comprehensive eye exam. A comprehensive eye exam is necessary to detect problems that a vision screening may miss. Eye coordination, lazy eye, and near and farsightedness are just a few.

A screening can give parents a false sense of security. Most screening facilities lack equipment to test children under 4 years

old. Amblyopia (poor site in one eye or “lazy eye”) is often missed if the eyes are aligned but is usually picked up when the eyes are crossed.

50% of children identified as needing professional eye care ever get that care. Of those that do receive care, the average time between the screening and the examination is 18 months.

The American Optometric Association recommends a child’s first exam at around 6 month of age. At age three and if no problems are found, again before starting school. Every year after that as children grow quickly and their vision can change just as quickly.

Children should be ready to learn – visually. So make an appointment for your children with your local optometrist before school starts. We want the classroom experience to be positive for all children.

“Many children have vision problems that remain undiagnosed or misdiagnosed as a learning disorder.”

A Regular Exercise Program Can Delay Aging!

Julie Maiers, PT, DPT and Allison Schatz Hildreth PT, DPT—Slrona Physical Therapy

A recent study showing that maintaining aerobic fitness through middle age could delay biological aging by 12 years underscores the benefits of incorporating even a modest exercise program into one's daily routine. The study, published in the British Journal of Sports Medicine (March 11, 2008), shows aerobic exercise improves the body's oxygen consumption and its ability to generate energy, which in turn, leads to the slowing and possible reversal of the inevitable

decline of our body's many functions. This study is relevant because it shows a direct correlation between regular exercise and longer life expectancy.

Exercise Recommendations:

How Often?
30 minutes daily or 15 minutes 2x/day

How Intense?

3-6 METs or 150 Kcal/day energy expenditure

Examples:

walking 2.5 mph is 3 METS
 walking 3.5 mph (brisk) is 4 METS
 walking 4.0 mph is 5 METS
 walking 4.5 mph is > 6 METS



Quick and Simple Relaxation

Diane Powers and Cheryl McEachran—Golden Pilates



Time for a
little R&R...

Action: breathe in through the nose in a very relaxed manner, bring your tongue up to the top of your mouth and make a “snake” hiss sound during the exhale. Repeat six to ten times.

Crossover - Takes three to five minutes, but feels like a 60 minute nap!

The transition from the relaxed feeling of summer to organizing fall schedules and appointments in addition to getting your kids ready for school can be stressful. Below are two quick and easy exercises one can do to relieve that stress and rejuvenate your body.

Snake Breath – Especially good to do when felling anxious or edgy!

Action: This exercise can be done either sitting or lying down with knees bent and feet flat. Cross right knee over left, hold your arms out straight and cross right hand over left, turn palms towards each other and interlace fingers, bring hands under and through arms then up and underneath the chin. Close eyes and gently breathe in and out.

Recipe Corner: Kids' Favorite!

Chef Lilly Allison Steirer—Bella Cuisine Personal Chef Service

Take a kid favorite, Mac n' Cheese and enhance it with one of Autumn's choice nutritionally packed treats- Winter Squash. The orange, bright color of Butternut Squash completes the package beautifully. This is a great dish to make ahead as well. Cut it into pieces and freeze individually for a quick dinner on a busy night.

Butternut Squash Macaroni & Cheese

2 lbs butternut squash, cut in half and deseeded
1 lb elbow macaroni, whole wheat or brown rice
3 tbs butter
3 tbs flour or sweet rice flour
3 cups milk
2 1/2 cups shredded sharp cheese
1 pinch of nutmeg
1 pinch of salt & pepper
1/2 cup grated parmesan cheese
1/2 cup breadcrumbs



Yum!

Please See Recipe Corner on Page 7

2ND ANNUAL!

FREE!

GOLDEN HEALTH & WELLNESS COMMUNITY FAIR

SATURDAY, SEPTEMBER 26TH, 10AM-2PM

GOLDEN PILATES STUDIO

10TH & WASHINGTON, GOLDEN, CO

*Helping to educate the community on Health, Wellness
and Preventative care for the entire Family.*

Events include:

- interactive cooking demonstrations;
- dance movement;
- mini needleless acupuncture treatments;
- Pilates reformer machine demos;
- healthy body jeopardy game;
- natural home remedies;
- Twister;
- body composition fitness tests;
- eye test charts;
- body readings;
- free chair massage;
- and more!

Participants:

Golden Pilates; Dr. Nancy E. Gill, DDS; Golden Bodyworker; Mountain Lifestylrs Chiropractic & Acupuncture Center, PC; Table Mountain Vision; Golden Cliffs Chiropractic; Golden Naturopathic Clinic, LLC; Sirona Physical Therapy; Cindy Haxel Acupuncture; Knowing Body; Bella Cuisine Cuisine Personal Chef Service; Infinite Fitness; The Fitness Movement

The first 100 attendants will receive a gift bag of goodies for healthy living!

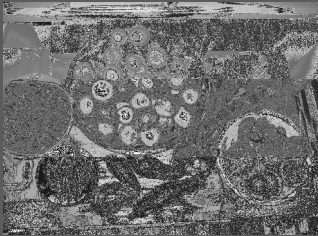
For more information on the event, please contact Lilly Steirer
303.453.9505 or bellacuisine@gmail.com

**GOLDEN HEALTH AND WELLNESS ASSOCIATION
HEALTH FAIR 2009 COLORING CONTEST!**

WHAT MAKES YOU FEEL HEALTHY?

**BRING YOUR ENTRY TO THE HEALTH FAIR ON SEPTEMBER
26TH TO RECEIVE A PRIZE!**

“Walking 30 minutes daily at 3-4mph would decrease the number of cardiovascular deaths per year by 30%”



Enjoy the fruits of the harvest!

Aging From Page 2

Benefits of Exercise – A small sample of the many benefits:

Reduce the risk of Cardiovascular Disease (CVD) & atherosclerosis.

Walking 30 mins daily at 3-4 mph would decrease the number of CVD deaths per year by 30% (284,886 deaths/year).

Reduce the risk of Diabetes (Type 2) by 58% in persons at high risk.

Reduce risk of Stroke by 24% walking 2.5 hours per week as compared to non-exercisers. Further reduced the risk of Stroke by 46% walking 5 hours per week as compared to non-

-exercisers.

Reduce risk of breast cancer by 20% in White & African-American women who regularly exercise for 7-15 MET/week/year compared to inactive females.

Reduced risk of mortality with patients who have been diagnosed with breast cancer by 25% compared to sedentary individuals. Further reduced risk by 50% if walked 3-8 hours per week.

Reduce resting blood pressure, which decreases the stress on the heart and cardiovascular system.

Reduce risk of osteoporosis.

Reduce risk of depression.

Eating Seasonally: Winter Squash

Chef Lilly Allison Steirer—Bella Cuisine Personal Chef Service

Winter Squash—Acorn, Butternut, Kobocha, Spaghetti Squash, Pumpkins and many more varieties are ready to be enjoyed by the time the leaves start changing color. The beauty of these vine-grown fruits are they store well throughout the winter and are incredibly versatile to cook with.

To Select and Store:

Winter Squash is fully developed when the outer skin is hard and the seeds have developed. When selecting be sure to find a squash that does not have cuts or deep bruises. This could open the fleshy center to air and cause premature decay. Similar to a Jack-o-Lantern, which only has a few days before it is shriveled and gross. Keep in mind that some Squash are lumpy and ugly on the outside such as a Kobocha, but cutting into them reveals delicious fruit that is packed with vitamins. To store the squash, keep in a cool, dark place throughout the winter.

To Enjoy:

Squash is not typically enjoyed raw, but

rather its natural sugar comes out when it is cooked. The easiest way to prepare it is to cut it in half or in quarters, scoop out the seeds and roast the vegetable in a pre-heated oven at about 400 degrees until a butter knife gently gives into the innards. Another, delicious method is to cut the squash into large pieces, scrape out the seeds and membranes, peel each piece and cut into chunks. Some squash have thin enough skin that a strong vegetable peeler will work, but in most cases a knife will be more effective. These chunks can be roasted, added into soup or steamed.

Why we love squash:

Squash can be baked into pies, gratins, soups, and more. It is a diverse vegetable packed with beta-carotene, Vitamins A, C, and some B's with a healthy dose of fiber. So whether it is in dessert or dinner, experiment and enjoy the fruit that the Season has to offer.

Extra Tip:

Just as pumpkin seeds are washed and roasted to snack on... the same thing can be done with Winter Squash seeds!

Tooth Fairy From Page 1



Take good care of those teeth!

of thumb is that lower teeth usually develop before it's upper counterpart. For example, the lower center tooth (called the central incisor) is usually the first baby tooth to erupt, the second is the upper central. Although the average age is 6 months for the lower central tooth to erupt, it's possible for this tooth to be present at birth (called a natal tooth). This is a

special situation and should be discussed with your dentist. And of course, if it's a little later than 6 months, usually this isn't a concern. Your child should have 20 teeth by around the age of 2. Again, if there appears to be something odd or different, consult with your family dentist.

Permanent teeth follow the same rule: lowers usually before uppers. The first tooth to exfoliate is the lower central. This happens around 6 years of age. It is followed by the upper. Many parents don't realize that the last baby tooth doesn't exfoliate until the ages of 11-12. It is a back baby molar so it often goes unnoticed. Your child will use their baby teeth for around 12 years, so it is important to take good care of these teeth!

Recipe Corner from Page 3

Preheat oven to 400. Place Butternut Squash on a baking sheet and roast for 25-35 minutes until tender. Check by gently sliding a butter knife into the flesh. If there is resistance, continue baking until tender. Set aside to cool.

Bring at least 5 quarts of water to a boil. Add a generous scoop of salt. Boil the elbow macaroni just until *al dente*. In a large saucepan, melt the butter over medium heat, add in the flour, whisk rapidly to create a roux. Warm the milk in a separate skillet or in the microwave until it is just starting to steam, but not to boiling. Pour in the warm milk slowly to create a béchamel sauce. Whisk consistently until the sauce is thickened and creamy. Add in 3 cups of the shredded cheese, nutmeg and salt & pepper.

Scoop out the butternut squash flesh and blend in a food processor (or a blender, but it will take a bit longer). Add in some of the béchamel sauce and blend until smooth. Continue adding the white sauce until it reaches your desired smoothness.

Fold in the squash-cheese sauce with cooked & well-drained pasta. Pour into a large oven safe baking dish and top with the remaining cheeses and breadcrumbs. Dollop with butter if feeling extravagant. Preheat oven to 375. Bake for 20 minutes. If you choose to chill the Macaroni and Cheese, cover with foil and bake for 35-45 minutes from a defrosted stage.

Simple Mac N' Cheese can be extra yummy and nutrition packed by adding Winter Squash!

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Chef Lilly Allison- Bella Cuisine Personal Chef Creating

beautiful meals customized for you with a focus on special diets & healthy choices. For more recipes visit <http://bellacuisine.blogspot.com> for more information www.bellacuisine.org 303.453.9505

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The Golden Health and Wellness Alliance is a group of professionals offering health and wellness services to the Golden community. Through teamwork, integrity, and trust, we work to achieve our twofold mission of mutual support for each other and service to the community.

