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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners, rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

**HAVE A TICKLE IN YOUR THROAT?
2 STRANGE COLD REMEDIES FOR THE WINTER SEASON**

The cruel winds of winter swirl just outside your window, leaving traces of frost on each pane. You stoke the fire and curl up in the velvet armchair nearby, eager to finally start that Agatha Christie novel. But as you stir your tea and pull on a pair of wool socks, you feel a slight tickle in the back of your throat. Frantic, you reach for your trusty onion necklace and blare Pandora's jazz station.

Yes, it's as strange as it sounds. Among the countless cold remedies in the world, there are some that involve an extra-large helping of lizard soup and others that require a supply of powdered frog skin. But most of the time, these superstitions do little or nothing to combat your infections. Take these two sock remedies, for instance.

A DIRTY LARD SCARF

Some home-remedy enthusiasts encourage their infected friends to grease their necks with chicken fat or lard. After their skin is sufficiently coated, the afflicted then wrap their necks with dirty socks. Warm and a little sticky, the sick were supposed to sweat out their germs.

BUT DOES IT WORK?

Probably not. This remedy supposedly surfaced in England before drugs and vaccines helped eliminate contagious illnesses like strep throat and diphtheria. While sweating does help rid the body of unwanted bacteria and germs, the dirty sock adornment served more as a reminder for the

healthy to steer clear of their feverish neighbors. But hey, at least the scarf will keep you warm during a bout of the shivers!

YOU'RE HOT THEN YOU'RE COLD

This holistic approach supposedly clears nasal congestion for a restful night's sleep. Simply soak your feet in warm water until they're hot and pink. While you're sitting, let a pair of socks rest in a bowl of ice water. Wring them out, then pull them over your warm feet. Immediately add another layer of dry socks and hop into bed!

BUT DOES IT WORK?

Maybe! This approach is a standard practice in hydrotherapy. Your body is surprised by the sudden change in temperature and increases its circulation rate. This could help clear your nasal passages and jump-start your immune system. Licensed acupuncturist Anne Carruth described her experience with this method on PortlandNaturalHealth.net. For her, the treatment "nips a sore throat in the bud" and has helped her "get over lingering cold and flu symptoms."

In the end, whether you're experimenting with socks or just taking another dose of Nyquil, it's important to fight your cold when it arrives. Get adequate sleep, drink plenty of fluids, and warm up a bowl of chicken noodle soup. Your body will thank you!



January 2018

**THE GIFT OF GIVING BACK
A CHRISTMAS UNLIKE ANY OTHER**

THE HOLIDAYS ARE ALWAYS A SPECIAL TIME FOR OUR FAMILY. We use them as an opportunity to reflect on the year that passed while also preparing for the upcoming one. This year, we were able to top off the holidays with one heck of a surprise for the girls.

The final item in the box was an itinerary for an upcoming mission trip to Costa Rica. Once everyone figured out what was going on, the excitement was palpable. We've never been to Costa Rica, and our last mission trip as a family still brings back great memories. That journey was to Mexico, and everyone loved the experience. I have no doubt that this one will be even more incredible.



Every year, we do our best to make the holidays feel special and surprising. Most of the credit goes to my wife, Becca. She never fails to put a creative spin on Christmas morning. With a gift for everyone in the family picked out, we needed to come up with a way to present it.

When the kids woke up on Christmas morning, there was a huge box set apart from the other gifts. This present was for the entire family. When the kids opened it, they found a seemingly random assortment of items. There were Frisbees, jump ropes, a Spanish/English dictionary, and a few other things. With each item they pulled from the box, curiosity increased. What did all of this stuff have in common? Did Mom and Dad just clear off a shelf at a store and throw it all in one box? Nestled underneath the rest of the gifts in the box was the answer.

Our eldest daughter, Melissa, is still on her mission, so she wasn't able to be there in person to open the box with our other children. She was able to Skype us, though, making the day even more magical. She returns on Feb. 2, and she'll be heading to Costa Rica with us. That little detail might have been the most exciting part for her siblings.



Seeing the girls so thrilled to have an opportunity to give back was the best present of all for Becca and me. We've always tried to teach them the value of helping others. During the trip, I'll be doing some dental stuff along with team members from Castlebury Dental. The kids will have a chance to get firsthand experience of another culture while having fun with the local children. That's what the jump ropes and Frisbees are for!

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YOUR READING LIST FOR 2018

Can you believe 2017 is behind us? Elections, weather, and just about everything on the news left us feeling uncertain. We could all use a dose of optimism in the new year. Here are some books that celebrate the triumph of the human spirit, even in the most challenging situations.

FINDING FORREST

When an actor tries their hand at other creative mediums, the results are varied, but the buzz about Tom Hanks' new book, "Uncommon Type," has been largely positive. His literary debut is a collection of 17 short stories, all featuring, in some way, a typewriter. At their heart, though, the stories are about human relationships, and Hanks manages to inject his most memorable character's charm into his writing. As NPR reviewer Heller McAlpin puts it, "In a world where the news is unrelentingly bleak and much fiction tends toward the dystopian, postapocalyptic, dark, or edgy, this is a gentler, sweeter kind of storytelling than we've come to expect."

OVERCOME A HARROWING YEAR

Few have done more to earn the title of modern-day hero than Scott Kelly, who has served as a military fighter pilot, an engineer, an astronaut, and now, an author. "Endurance" is Kelly's memoir, and it recounts the year he spent on the International Space Station. From sharing everyday space adventures to letting us in on the physical toll space takes on the body, Kelly helps us understand what it's really like to be in the great unknown. If you're looking for inspiration in the new

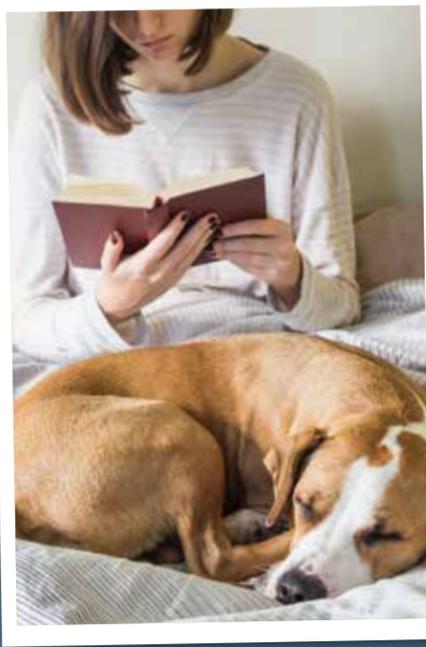
year, reading about Kelly's harrowing year of challenges will surely give you the courage to overcome your own.

IF YOU LOVED THE 'DIVERGENT' SERIES

Veronica Roth brings us a new sci-fi/fantasy series with "Carve the Mark." Roth whisks us to a planet where each person has a "currentgift," a special power they develop. But for heroes Cyra and Akos, currentgifts are more of a curse. The two must work to overcome their distinctly different pasts and unite to save their world – or die trying.

WHEN YOU NEED A HERO

School is tough, and no one knows it better than George Heffley. In installment 12 of the "Diary of a Wimpy Kid" series, titled "The Getaway," Jeff Kinney takes us on a tropical vacation with the Heffleys as they attempt to escape the cold weather and frenzy of the holidays. But the island isn't the relaxing sanctuary it's supposed to be. The suggested reading age is 8-12 years old, but this book would make an excellent listen for the whole family during a road trip of your own.



GET YOUR KIDS TO EAT HEALTHIER THAN EVER

Do your kids get enough nutrients in their diet? If they're like most kids, the answer is probably no. You want your children to eat more vegetables and less processed junk, but that's easier said than done. Getting the average kid to chow down on a serving of broccoli is a chore.

Food manufacturers have built an entire industry around our kids' penchant for sugary cereal and fast food. However, a diet of processed foods can lead to a host of problems, including hindered brain development and even behavioral issues. A study in the American Journal of Public Health found links between poor diet and the development of depression in kids and teens.

So, how can you encourage your kids to eat healthier foods? One way is through presentation. A mound of plain old veggies is unappealing, whether you're 10 years old or 40. The solution is to think of vegetables as an ingredient rather than as a stand-alone dish.

Take lasagna, for instance. You can easily modify this beloved Italian dish. Instead of using lasagna noodles, slice zucchini into thin, noodle-like strips and layer them as you would typical pasta. The same can be done for other pasta dishes. Zucchini noodles made with a spiralizer – also known as "zoodles" – make a mean substitute for spaghetti. Pair them with your favorite marinara sauce or toss them in a slightly less decadent, but still delicious, alfredo.

Vegetables can also be incorporated into other foods your children already know and love. Did you know you can make brownies with avocado and black beans? Slipping in a few healthier ingredients here and there can deliver the nutrients your kids need to power through a busy school week.



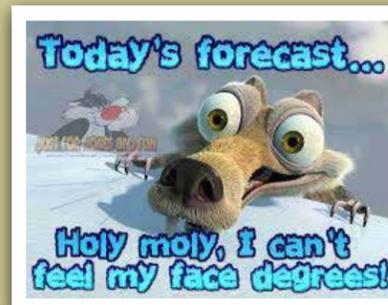
If you want to foster long-lasting healthy eating habits, the best thing you can do is offer your child some agency. For example, saying to your child, "You can have the cauliflower or the broccoli. It's up to you!" empowers them to make their own decision based on their preferences. Psychologists and social scientists, including the famed Dr. Maria Montessori, argue that when kids feel in charge of a decision, they are more likely to embrace the ability to choose, even if it's between two kinds of vegetables.

Ultimately, as a parent, you are in control of your child's diet. Help them explore new foods and foster a positive culinary environment. Your kids will develop a taste for healthy eating in no time!

CAVITY-FREE KID



HAVE A LAUGH



Continued from cover ...

As we gear up for 2018, giving back will be a focus for the entire year, not just during our mission trip. I think it's a noble goal to leave the world a better place than you found it. I have a few other goals for the year, and to make sure I stick to them, I've been rewriting them every day. That way

they stay on my mind. Too often, our lives get busy and we lose track of what we would like to accomplish. I've found that simply taking one minute to remember my goals gives me the fuel to pursue them.

No matter your goals for the year, I hope you'll be able to devote some time to working toward them. I hope you had a wonderful holiday season with your loved ones.

Happy 2018!

-Dr. Brown



SLOW COOKER RASPBERRY WHITE HOT CHOCOLATE

Looking for a way to prepare a warm treat for the kids while they're out building snowmen? Break out the slow cooker and enjoy the best hot cocoa you've ever had!

Ingredients

- 1 cup white chocolate chips
- 14 ounces sweetened condensed milk
- 2 cups heavy cream, divided
- 3 cups milk (any variety will do)
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla
- 4 tablespoons raspberry liqueur or syrup

Directions

1. In a slow cooker, combine white chocolate chips, condensed milk, 1 cup cream, and milk. Cover and heat on low about 2 hours.
2. In a large bowl, mix remaining 1 cup cream, powdered sugar, and vanilla.
3. Using a hand or stand mixer, whip until stiff peaks form.
4. Serve mugs of hot chocolate with about 1 tablespoon of raspberry liqueur or syrup to taste and a dollop of whipped cream.

Recipe inspired by SlowCookerGourmet.net