

**INSIDE THIS ISSUE**

Getting the Band Back Together	Page 1
Songs of the Summer in History	Page 2
Should You Stop Eating Raw Cookie Dough Right Now?	Page 2
Suffering From Jaw Pain? This Might Be Why!	Page 3
Paleo Balsamic Pork Chops	Page 3

**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.

**LOOKING FOR A SWEET TREAT TO BEAT THE HEAT?**



Join Castlebury Dental for our third annual summer snow cone patient appreciation day.

From 10 a.m. to 3 p.m. on July 23, Kona Ice will be at the office handing out complimentary snow cones to our patients.

**WE HOPE TO SEE YOU THERE.**



July 2018

**A BROWN FAMILY REUNION  
THE GANG HEADS TO UTAH**

**I'M THE OLDEST OF FIVE CHILDREN, SO IT'S VERY RARE FOR MY EXTENDED FAMILY TO ALL BE IN THE SAME PLACE AT THE SAME TIME.** Over the years, I can't tell you how many times we've tried to get everyone together, only for the plans to fall through at the last minute. That's why it was so special to take a trip to Utah last month for a Brown family reunion.



Even though I spent a few years in Utah, whenever I travel back, it feels like I'm seeing the landscape for the first time. Taking in the beauty of the Beehive State is always invigorating. On this trip, we hiked in the American Fork Canyon as one big family. It was the perfect hike for a group so large – not too tough for the kids, but with plenty of sights and opportunities for photos.

made it to the frame. I just had to stand and say cheese. Even before we saw the finished product, we knew that the photo would be special.

Despite all the fun we had during the trip, my favorite memory was the moment when we all got together for a family photo. It had been many years since our last one, so even lining everyone up felt special. Thankfully, I wasn't the one who had to make sure that everyone's face

And we're lucky to have taken the photo when we did. Not long after we were done, a torrential downpour began. I guess the weather in Utah this year has been as unpredictable as it has been in Idaho. I can't imagine how disappointed we would've been to spend years planning a get-together only to have the big culmination ruined by weather. Actually, come to think of it, I think we would've taken that photo in the middle of a tornado if we had to.



Once we got home, we compared that photo to the last one we had taken. It was amazing to see how much the kids had grown up between photos. In a sense, these photos will serve as time capsules for our family. Hopefully we'll add a few more to the collection in the coming decades.

Continued on page 3 ...



Music is always changing, but one thing's for certain: There will always be a "song of the summer" when the heat starts rolling in. To be crowned the *true* song of the season, a track must be everywhere, stuck in everyone's heads – whether they like it or not – and have a certain *je ne sais quoi* that makes it part and parcel of the warmer months. Here are two summer slammers (and three contemporary options) that typify this vital trend.

**1963: THE BEACH BOYS, 'I GET AROUND'**

There's a good reason that when Brian Wilson was asked whether there were any great summer songs that he *didn't* write, he answered "No, not really." Though there are certainly better jams from the Beach Boys' tangled, complicated career, "I Get Around," "Fun Fun Fun," and their other hits from the early '60s virtually wrote the blueprint for future songs of the summer. They're sunny, annoyingly catchy, and filled with youthful exuberance.

**SONGS OF THE SUMMER  
DOMINANT JAMS OF THE WARMER MONTHS**

**2003: BEYONCÉ, 'CRAZY IN LOVE'**

Even before she led Destiny's Child to international success and branched out on her own to become the de facto world queen of pop, it seemed Beyoncé was destined to change the musical landscape. Though she'd secured numerous smash hits before, "Crazy in Love" was, to many, the calling shot that signaled her eventual ascent to the throne. With her thrilling, powerful vocals backed by enormous horn samples and undeniable hypeman Jay-Z, it's arguably the apex of contemporary pop. NME even goes so far as to call it "the best song of the millennium."

**TODAY'S CONTENDERS**

This year's contenders seem to be slow out of the gate, making it difficult to declare the victor just yet, but there are some promising options. First, we have Drake's "Nice for What," which is riding high on the Billboard charts but isn't quite as sing-along friendly as others – though his "One Dance" dominated the summer of 2016. Other options include rap dynamo Cardi B's spicy "I Like It" – the perfect song to play at a summer cookout – or the boilerplate EDM uplift "The Middle" by Zedd, Maren Morris, and Grey – the perfect song to play over the loud speakers at Target.

**COOKIE DOUGH: IS IT REALLY BAD FOR YOU?**

We all do it. You make a batch of chocolate chip cookies and spoon yourself a sample of the dough. Then the kids clamor for a taste. By the time the first batch of cookies comes out of the oven, everyone's had their fill.

But is eating raw cookie dough, or even cake batter, a bad idea?

We've all heard about the dangers of eating raw cookie dough, but how many of us actually know someone who has gotten sick after eating it? Years ago, conventional wisdom suggested that the raw eggs in cookie dough harbored bacteria that would make you sick. Everyone seemed to worry about anything that had to do with raw eggs.

As it turns out, raw eggs are surprisingly safe. If the eggs are properly handled and stored, chances are they won't make you sick, even if consumed raw. The danger of salmonella poisoning is negligible. The danger, instead, comes from raw flour. Dry flour, as it sits in your kitchen cabinet, can harbor harmful bacteria, including *E. coli*. Research by both the U.S. Food and Drug Administration (FDA) and the

Centers for Disease Control and Prevention (CDC) has confirmed the dangers present in flour. Both organizations have investigated illnesses across the country that have been traced to raw flour.

What makes flour problematic? The flour you buy in the supermarket is minimally treated from the moment the grain is harvested to the moment you add it to your favorite cookie recipe. Bacteria in the wheat field can travel all the way to your home.

The FDA recommends you avoid eating raw dough or batter and use proper kitchen hygiene – wash your hands, utensils, and work surfaces before and after contact with raw flour. Wait until the cookies are fully baked and cooled before enjoying their amazingness.

If you or your kids really love cookie dough – never fear! There are many recipes available online for flourless (as well as eggless) cookie dough. These recipes are great for anyone with food allergies and anyone who loves to indulge in raw cookie dough but doesn't want the risk. Check them out!

**UNDER PRESSURE**

**WHAT YOU CAN DO ABOUT JAW PAIN**

Did you know the average strength of a human jaw can produce a bite of 162 pounds per square inch (psi)? This is enough to scratch pure iron, but it's nothing compared to the power of some bites in the animal kingdom. The strongest bite on Earth belongs to the Nile crocodile of sub-Saharan Africa, at 5,000 psi. You definitely don't want to get on this croc's bad side.

Our jaw is designed to help us bite and tear food, but some meals are a little tougher on your jaw than others. Some of the most difficult foods to eat, in terms of jaw pressure, are things like nuts (especially walnuts), popcorn (due to the kernels), and raw fruits or vegetables, which put extra pressure on the incisors. Even softer foods can wear out your jaw. Well-done steak and caramel candy require extra chewing, and therefore extra jaw pressure.

Eating a lot of food that's hard on your jaw can lead to pain, but if you experience chronic jaw pain, it might not be caused by your diet. Jaw pain can be brought on by a number of problems, including the following:

**TEETH GRINDING**

A lot of people grind their teeth due to stress, but you can also grind your teeth in your sleep without realizing it. Grinding in your sleep is often a sign of a sleep disorder like sleep apnea.

**UNTREATED CAVITY**

If you fail to get a cavity treated right away, the damage can work its way beneath your enamel and down the pulp of your tooth. Most people with major cavities aren't able to determine which tooth is the problem because the pain radiates throughout their jaw.

**BAD BITE**

If your teeth aren't lined up right, you can end up with an overbite or an underbite. A bad bite can get in the way of your ability to chew, wearing out your jaw muscles and leading to pain.

A lot of the time, your dentist can help you determine the cause of your jaw pain. If you suffer from an aching jaw, be sure to mention it during your next appointment. We'd be happy to help you find the reason *and* the solution for your pain.

**SIMON W  
CAVITY FREE KID**



**MASON L  
CAVITY FREE KID**



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The lesson I took away from the trip is the importance of spending time with your family. As we grow older and life gets busier, it's all too easy for us to put our extended family on the backburner. That's especially true in the age of social media, when it's easy to speak with – and even see the faces of – your relatives, no matter where they happen to be. While this technology is great, it's no substitute for getting everyone together in person.

I get that it's not always a snap to put together a reunion like this. But the more work it takes and the more false starts you overcome, the better you'll feel when the reunion happens. So many times over the course of our trip, a family member would say, "It's been so long," or "Finally." Hearing comments like these makes all the planning and wrangling more than worth it.

Before I go this month, I want to take a moment to celebrate our military and law enforcement personnel. We've just celebrated Memorial Day, and the Fourth of July is right around the corner. These holidays celebrate our history, but we wouldn't have it without the sacrifices of our military members and public service workers. We're blessed to live in the greatest country in the world. Thank you for all you do to give us that honor.

*-Dr. Brown*

**PALEO BALSAMIC PORK CHOPS**

Inspired by paleoleap.com



This flavorful take on pork chops is the perfect centerpiece for your meal. You can serve the chops alongside a simple salad, charred asparagus, or any other summer veggies you want.

**INGREDIENTS**

- 4 boneless pork chops
- 1/4 cup balsamic vinegar
- 3 tablespoons raw honey
- 2 cloves garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon fresh thyme
- Salt and freshly ground pepper, to taste

**INSTRUCTIONS**

1. Heat oven to 400 F.
2. Generously season pork chops with salt and pepper.
3. In a saucepan, combine balsamic vinegar, honey, garlic, red pepper flakes, and thyme.
4. Bring to a boil, reduce heat, and simmer gently for 5–6 minutes.
5. On high heat in an oven-safe saute pan or skillet, sear the pork chops for 1–2 minutes on each side.
6. Brush chops with half of glaze and transfer to oven.
7. Roast 6–8 minutes.
8. Remove from oven and brush with another coat of glaze. Let cool 5–10 minutes and serve.