



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942



HEALTH CONNECTION



HOLIDAY HOURS:

Closed
December 21st - December 25th

Open
December 28th - 30th
9:00am-5:00pm

Closed for Lunch
12:00pm - 1:00pm

December 31st
9:00am-12:30pm

All of us at TMJ & Sleep Therapy Centre
of San Diego want to wish you

Happy Holiday's

thank you for being our patient

We would like to take this opportunity to let you know of some exciting and important announcements.

We are very happy to announce that Dr. Olmos has opened our newest Centre in Dubai, UAE alongside the London Sleep Centre. This is a very exciting collaboration with one of the top sleep physicians in London and they have already had several top dignitaries from the region come to be treated.

Dr. Olmos has also received his Tennessee dental physician license and is not only lecturing at the University of Tennessee, but he is working with top pediatric physicians in the area to bring sleep related breathing disorder treatment to local children that are not successful in using C-PAP. Remember, sleep apnea can be cured in children! If you are concerned about your child not sleeping well or having trouble in school, please call us for an appointment today!

Most of you should have been personally contacted, but for those that he was not able to reach, Dr. Chase Bennett has decided to move to Denver to focus solely on his practice there. We wish him well. Our founder, Dr. Steven Olmos will now be available to see you in San Diego as his schedule permits. We have rearranged his schedule to allow more time in San Diego to treat patients.

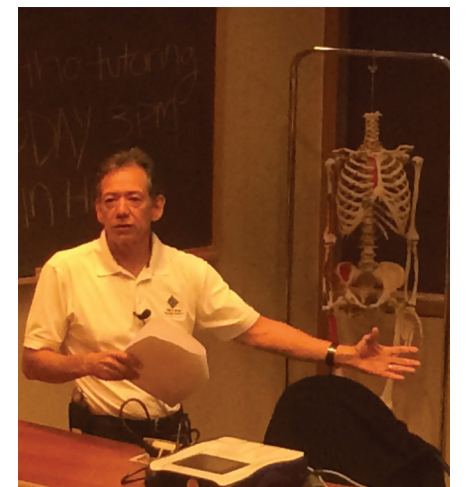
We are also so proud to announce that Dr. Olmos has received his Master of Excellence from the American Academy of Craniofacial Pain (AACP). The AACP is committed to the relief of craniofacial pain, temporomandibular disorders and sleep related breathing disorders and supporting the advancement of education, research and dissemination of knowledge and skills in these areas. Because of his skill and advancement of these areas, Dr. Olmos has also been voted President Elect of the AACP. Congratulations Dr. Olmos!

As the only American Academy of Dental Sleep Medicine accredited facility in San Diego, we are constantly striving to bring our community the highest level of care. With 36 Centres in 6 Countries our treatment is proven again and again. Please don't hesitate to call if you are having any problems and please let your friends and family know we are here to help!

WE GET AROUND!
Getting out and meeting people to educate and share how we can help adults & children with TMJ and chronic headache pain and sleep apnea.



Tia & Rachel from our Centre at the Kids Expo in October



Dr. Olmos lecturing at The University of Tennessee Health Science Center College of Dentistry

Best Wishes for Peace and Health this Holiday Season!

Are you in pain or feeling sleep deprived? TMJ & Sleep Therapy Centre of San Diego Can Help!

TMJ & Sleep Therapy Centre of San Diego bridges the gap between pain and sleep with diagnostics and treatment for adults and children. Our doctors are trained in the comorbid conditions of craniofacial pain and sleep related breathing disorders. TMJ & Sleep Therapy Centre of San Diego is the only American Academy of Dental Sleep Medicine Accredited Facility in San Diego.

SIMPLE PATIENT SCREENING:

Does adult or child wake with a sore jaw or unexplained head pain?

Does adult or child grind their teeth?

Does adult or child snore or wake up suddenly at night?

Is adult or child CPAP intolerant?



Ginger Apple Muffin Recipe



Best Wishes for Peace and Health this Holiday Season!



Looking for a new, quick-and-easy breakfast favorite? Try making these ginger apple muffins. In addition to tasting great, these anti-inflammatory muffins contain ginger a powerful medicinal spice and anti-inflammatory agent, which has been proven to help soothe pain!

Ingredients

- 2 cups shredded apple
- 2 cups all-purpose flour
- 2/3 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3 teaspoon ground cinnamon
- 1 1/2 teaspoon ground ginger
- 3/4 cup milk (unsweetened almond milk works well if you're a fan of it.)
- 1/2 cup ripe banana (mashed)
- 1/2 tablespoon orange juice (fresh-squeezed if available)
- 1 tablespoon apple cider vinegar
- 1/2 cup finely chopped candied (crystallized) ginger

Enjoy!

Directions

1. Using a medium-sized bowl, whisk together the flour, sugar, baking powder, salt, ground cinnamon, and ground ginger.
2. Next, in a large bowl combine the remaining ingredients: the milk, shredded apple, mashed banana, apple cider vinegar, orange juice, and crystallized/candied ginger.
3. Then, stir in the flour mixture until both mixtures are evenly incorporated.
4. Next, lightly grease a 12-cup muffin tin and fill each cup 2/3 of the way full.
5. Bake at 400°F for 15 to 20 minutes or until fully cooked all the way through.

Foods and Dietary Suggestions to Fight Inflammation

• All fruits and vegetables

Eat raw or lightly cooked. Red and sweet potatoes are acceptable as long as they are consumed with a protein

• Fish

Shell fish are also a good option.

• Meat, chicken, eggs

Do the best you can to get lean cuts of regular meats, which are available at all supermarkets.

• Nuts

Raw almonds, cashews, walnuts, etc.

• Spices

Ginger, turmeric, garlic, dill, oregano, coriander, fennel, red chili pepper, basil, rosemary, kelp, etc.

• Oils and fats

It is best to use organic oils, extra virgin olive oil or coconut oil.

• Salad dressing

Extra virgin olive oil, balsamic vinegar (or lemon juice), mustard, and spices (Greek, Italian, ginger, dill, oregano, etc.; whatever suits your taste).

• Drink water or green tea.

• Alcohol

Red wine and stout beer are the best choices.

• Candy

Dark chocolate. Try to eat no more than 50-100 calories per day.

We clearly have many anti-inflammatory food options and so should not think that there will be nothing to eat on holiday festivities!

LIFESTYLE BEHAVIORS

THAT WILL HELP YOU FIGHT INFLAMMATION

DeFlaming is about reducing a "pro-inflammatory state" that has developed overtime within the body. Poor nutrition as a lifestyle that could generate chronic inflammation and referred to this as the diet-induced pro-inflammatory state. We now know that every meal will either promote or inhibit inflammation. If we are not taught to eat properly then we start to "flame up" dietarily when we are young and this continues as we age. Eventually, the combination of a pro-inflammatory diet, lack of exercise, lack of sleep, and stress will generate a magnified "pro-inflammatory state," which acts as the fertilizer needed to grow a chronic disease such as heart disease, or something less life-threatening like chronic fatigue and pain that leads to a poor quality of life.

DeFlaming is about pursuing healthy lifestyle changes instead of pursuing disease. DeFlaming is a lifestyle; it is not a quick fix or a short term crisis care intervention. Not surprisingly, the health benefits created by DeFlaming only last as long as one continues to DeFlame. DeFlaming should not be confused with the medical management of an acute inflammatory disease expression.

EXERCISE

Everyone should participate in regular exercise, and that means at least 5 days per week. The level of intensity is dependent on your level of fitness. Increase the intensity and/or duration as your fitness level improves. Remember though that it is best to err on the side of less intensity and duration - overtraining or excessive training can add to the chronic inflammatory state.

With the above in mind, you simply need to learn what your limits are and you need to learn how to push yourself enough to get a training effect. And this is widely different among individuals. For some a brisk walk will do it and for others it can be a great deal more intense....

References

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REMEMBER
Walking 1/2 hour to
1 hour a day is
sufficient for many
Just get moving!



SLEEP

A lack of sleep is known to be a generator inflammation. Research has demonstrated that we need 6 to 9 hours of sleep in a 24 hour period. Less than 6 hours or more than 9 hours of sleep is associated with increased pain. Less than 6 hours per night equates to sleep deprivation and has severe metabolic consequences.

Sleep loss CAUSES general body inflammation.
Sleep loss CAUSES overeating and weight gain.
Sleep loss CAUSES us to overeat comfort foods, and researchers have identified the brain region responsible for this behavior.

Get at least 6 hours of sleep during a 24 hour period!

STRESS

Almost everyone understands that stress is unhealthy and can lead to the expression of heart disease and other conditions. The reason why stress promotes disease is because it generates an inflammatory state, much the same as sleep deprivation, a lack of exercise, and a pro-inflammatory diet. Interesting, the fact that stress causes inflammation has been known for years (1-5). And to bring it back to nutrition, stress causes us to eat pro-inflammatory foods.

Stress management involves the management of stressful things in our lives that cause inflammation. Stress management is really about developing mental fitness.