



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942
619-466-2774 | www.TMJSleepSD.com

HOURS:
Open | Mon - Thur
9:00am-5:00pm
Friday | By appointment only
Closed for Lunch



HEALTH

CONNECTION

Zucchini Noodles With Pistachio Pesto

(GLUTEN FREE & VEGAN)

Servings: 6 **Cook Time:** 20 mins

INGREDIENTS

5-6 zucchini, peeled and very thinly sliced
1 clove garlic
1/2 cup + 3 Tbsp. shelled pistachios
1-2 Tbsp. lemon juice
Zest of 1 lemon
1/4 tsp. salt
2 cups parsley or 1 cup cilantro and 1 cup parsley
1/2 cup olive oil



Pistachio pesto with zucchini noodles, a quick, delicious and a super healthy choice instead of pasta.

INSTRUCTIONS

- 1.- Place the zucchini in a large bowl.
- 2.- Combine the garlic, 1/2 cup of pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated. Add the olive oil with the food processor running and process until well combined.
- 3.- Mix the pistachio pesto with the zucchini.
- 4.- To serve, chop the remaining pistachios and sprinkle over the top. (Note: You can also top with a little lemon zest, a drizzle of olive oil, and a pinch of sea salt.)

Author: piloncillovainilla.com

Welcome 2018!

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

American Academy of Dental Sleep Medicine Accredited Facility
Craniofacial Pain ♦ Headaches ♦ TMJ Disorders ♦ Obstructive Sleep Apnea

TMJ & Sleep Therapy Centre of San Diego wish you the best for this year and we would like to WELCOME OUR NEWEST MEMBERS OF THE TEAM!



"My dear San Diego family. Like to share with you the latest addition to our family. Daran was born 8 pounds and 20 inches. Both mom and baby are doing great!"

-Dr. Farshid Ariz

Karie Sorensen – Accounting

Karie has 15 years of accounting experience, and in her spare time she likes to relax, spend time with family & friends, crafts, decorate & shop.



Veronica Ledesma – Office Manager



Veronica is originally from a small town called Gilroy, CA., the Garlic Capitol of the world! She began her Healthcare Career at a young age. Today she nearly has 20 years of experience in the Healthcare Industry. Veronica has spent the last several years working as an educator in a college sharing her knowledge with students. Her solid healthcare experience and passion for helping others will ensure that you receive excellent customer service as a patient at TMJ & Sleep Therapy Centre of San Diego. In her spare time, Veronica enjoys spending time with her three children and taking family trips.



Pediatric Obstructive Sleep Apnea (OSA)

TMJ & Sleep Therapy Centre of San Diego

The American Academy of Pediatrics since 2012 has established practice guidelines that state: "All children/adolescents should be screened for snoring. Polysomnography should be performed in children/adolescents with snoring and symptoms/signs of OSAS." [Obstructive Sleep Apnea Symptoms]



Symptoms:

1. Mouth-breathing
2. Snoring
3. Tossing and turning during sleep
4. Gasping or choking during sleep
5. Mood swings (explosive), excessively tired, sad
6. Bed-wetting, sleep-walking,
7. Diminished growth, hormonal, metabolic problems
8. Cognitive, behavioral, metabolic, cardiovascular and endocrine effects, which have long-term effects throughout life.
9. Chronic headaches and facial pain. 1 in 6 children have TMD symptoms
10. 25% of children diagnosed with ADHD problems have OSA that result in learning difficulties and behavior problems the consequence of chronic fragmented sleep.

Sleep-disordered breathing in the first five years of life is associated with a 40 to 60% greater chance of special educational needs by age 8.

What to look for:

1. Retrognathic mandible
2. Open mouth posture (mouth breathing)
3. Cranial distortion (specifically midface deficiency).
4. Dolichocephalic (long face)
5. Bruxism
6. Forward head posture
7. Crossbite
8. Crowded teeth
9. Narrow palate
10. Tongue tie
11. Obesity



Flu Season

We are now in cold and flu season and reliance on medications to get us through have consequences for us and our children. Medicines are necessary and we are thankful. They do not make us healthy. The analogy of poisonous substances with beneficial side effects is probably more accurate. Flu's can turn into pneumonia and have serious consequences for the whole family.

Prevention is the key.

Our immune system starts with our nose. The purpose of the nose is to filter, warm and moisten air before it enters our body. Each nasal breath draws a gas (Nitric Oxide) from our sinuses and carries it into our lungs. Nitric Oxide is our natural immune protection against respiratory infection as it kills virus, bacteria and fungus. It also lowers our blood pressure by dilating the blood vessels in the extremities.

The nose can be blocked by the soft tissue that swells when we eat things that the body finds irritating. So, our wonderful carbohydrate holiday meals and sweets contribute to blockage of the nose. This results in mouth breathing, and without the protective mechanisms described we become prone to respiratory infections. That and the fact that in colder times of year we are often more confined to the indoors.

A product that is healthy (improves the function of our immune system), and washes away irritants and kills virus, bacteria, and fungus would be ideal.

Xlear, is a product that is can do all of the above. It is hyperosmotic saline, which means that it is naturally hydrating to the nasal tissue and does not cause irritation or "rebound" as anti-histamines, decongestants, or steroids. It shrinks the swollen tissue so more air can pass and mixing with our natural protection Nitric Oxide. It contains Xylitol (a sugar substitute), that has been used for many years in dentistry to reduce cavities and gum disease. It kills these infectious agents so, therefore is the perfect prevention and is safe for the whole family.

A few squirts a day will keep the doctor away for the whole family.

This gives more time to enjoy our family and friends.

Sincerely,

Steven R. Olmos, D.D.S.

VISIT US AT www.TMJSleepSD.com