



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  
8:00am-5:00pm  
Friday | By appointment only  
Closed for Lunch



**HEALTH CONNECTION**

## Ceviche-Stuffed Avocados

Dairy-Free, Egg-Free, Nut-Free, Soy-Free, Gluten-Free

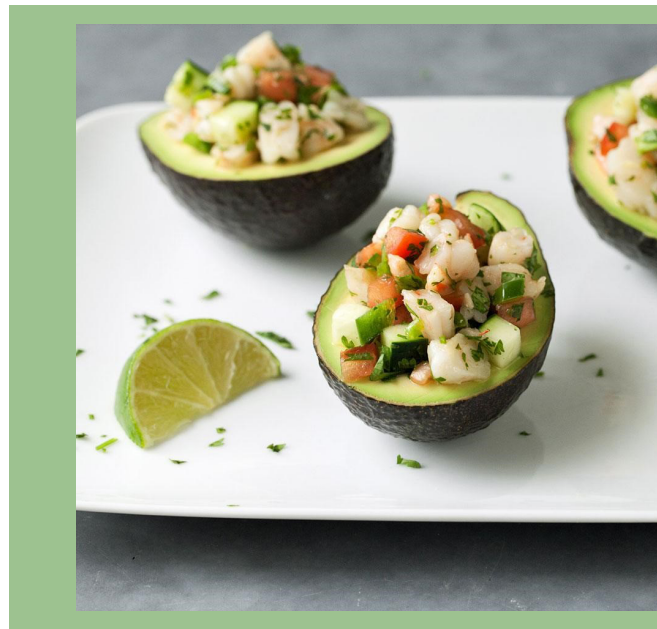
Prep: 20 mins. Ready In: 1 hr.

### INGREDIENTS

Juice of 2 lemons  
Juice of 2 limes  
1 teaspoon sugar  
6 ounces peeled cooked shrimp, chopped  
¼ cup chopped cucumber  
1 jalapeño, chopped  
¼ cup chopped tomato  
2 tablespoons chopped fresh cilantro  
1 tablespoon extra-virgin olive oil  
¼ teaspoon salt  
3 medium firm ripe avocados



By: Hilary Meyer  
EatingWell Recipe Contributor



Rather than serving this easy mock shrimp ceviche with chips or tortillas, cut some carbs and pile the citrusy seafood in fresh avocado bowls for a fun and healthy presentation.

### INSTRUCTIONS

- 1.- Combine lemon juice, lime juice and sugar in a medium nonreactive bowl and stir until the sugar is dissolved. Add shrimp and refrigerate for 45 minutes.
- 2.- Remove the shrimp from the bowl and discard liquid. Return the shrimp to the bowl and stir in cucumber, jalapeño, tomato, cilantro, oil and salt.
- 3.- Leaving the skin on, halve and pit the avocados. Top each avocado half with about ¼ cup of the shrimp mixture.

**Serving size:** 1 avocado half, ¼ cup ceviche  
**Per serving:** 223 calories; 17 g fat(2 g sat); 7 g fiber; 12 g carbohydrates; 9 g protein; 88 mcg folate; 54 mg cholesterol; 2 g sugars; 1 g added sugars; 270 IU vitamin A; 25 mg vitamin C; 37 mg calcium; 1 mg iron; 137 mg sodium; 626 mg potassium  
**Nutrition Bonus:** Vitamin C (42% daily value), Folate (22% dv)  
**Carbohydrate Servings:** 1  
**Exchanges:** 3½ fat, 1 lean protein

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

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

DR. STEVEN R. OLMOS INTERVIEW | GOOD MORNING SAN DIEGO | KUSI NEWS

## HEALTH ISSUES YOUR DENTIST CAN SPOT

Ginger Jeffries | April 6, 2018

Your dentist can do a lot more than just fix a cavity or brighten your teeth. A routine dental exam may reveal problems with your bones, heart, airway health or digestion because certain warning signs live inside your mouth.

And not only can routine dental check-ups reveal certain health problems, they may also prevent them. In fact, a study presented at an annual meeting of the American Heart Association found that people who received regular teeth cleanings and scrapings had a 24 percent lower risk of heart attack and 13 percent lower risk of stroke compared to people who didn't get such dental care.

**Dr. Steven Olmos** was in studio to go over the top 5 health problems your dentist can spot, and what you should do about the problem:

1. Airway disorder
2. Heart disease
3. Diabetes
4. Eating disorder
5. Nighttime Reflux

To watch the entire interview please visit us at: [www.tmjssleepsd.com/news/](http://www.tmjssleepsd.com/news/)

### UPCOMING SPEAKING ENGAGEMENTS

**STEVEN OLMOS, DDS**

DABCP, DABCDSM, DABDSM, DAIPM, FAAOP, FAACP, FICCMO, FADI, FIAO

July 12-14, 2018

BioResearch Annual Conference  
Milwaukee, WI USA

July 20-21, 2018

American Academy of Craniofacial Pain – Kansas City, MO USA

August 24, 2018

Canadian Dental Association  
Charlottetown, Prince Edward Island Canada





# RADIO SHOW



## BREATHE SLEEP HEAL LIVE

A radio show devoted to helping improve your quality of life! with Dr. Steven Olmos and the team at TMJ & Sleep Therapy Centre of San Diego. An educational program where you will learn about pain, sleep, health, nutrition and more!

Be sure to listen to Breathe. Sleep. Heal. Live every Saturday at 11:00am where you will hear from the experts at TMJ & Sleep Therapy Centre of San Diego. Explore our website to learn more about treatments for Chronic Pain and Sleep Breathing disorders.

### DID YOU MISS THE LAST SHOW



NO WORRIES, YOU CAN FIND ALL  
OF THE PREVIEW RADIO SHOWS AT  
[www.TMJSleepSD.com/news/](http://www.TMJSleepSD.com/news/)

### DON'T KEEP US A SECRET

Should you have any friends or family who could also benefit from the radio show feel free to pass this newsletter to anyone you wish!

**SATURDAY**  
**11:00 AM**  
AM 1240 KNSN  
[www.kbriteradio.com](http://www.kbriteradio.com)

## DIDN'T SLEEP MUCH LAST NIGHT? HERE'S HOW TO GET THROUGH THE DAY

These tips will help you survive the day when you're running on empty.



#### SIT BY A WINDOW OR STEP OUTSIDE

"Nature is one of our most underutilized self-soothers both physiological and psychologically," notes Winters. "Connecting with nature and being in fresh air can make you feel more awake. Also, getting some natural sunlight helps maintain circadian rhythms, which will help get your sleep schedule back on track." She added that while blue wavelength light — like that emitted by our phones and computers — can mimic natural light, actually being in nature can reduce your heart rate, stress levels and mentally invigorate you.

#### RESIST SUGAR, CARBS AND PROCESSED FOODS

Your tired body will crave an easily digestible and quick high, but with that high comes a gnarly crash, warned registered dietician, Maya Feller. "Skip the ultra-processed foods and beverages," she advises. "They may sound good in the moment, but will likely provide a rush of unsustainable energy that may leave you more tired and hungry. It's a cycle that your already tired body does not need."

#### PRIORITIZE BALANCED MEALS AND SNACKS

You should eat balanced meals every day, but doing so becomes doubly important on days when you're completely wiped. "Create meals that supply all of the macronutrients from whole and minimally processed sources," says Feller. "A great lunch would be a serving of fish — or really any protein of your choice — with a heaping side of greens topped with nuts and seeds." An optimal afternoon snack, she adds, could be a slice of traditional dark pumpnickel bread topped with avocado and hummus. "The lunch is providing lean protein along with a boost of phytonutrients from the greens; the snack is providing a fiber-rich whole grain with plant-based fats and vitamins and minerals," she explains.

#### DON'T SKIP MEALS

On that note: don't forget to eat altogether. It may slip your already groggy mind, so create an alert on your phone if you have to. "Skipping meals leads to glucose dips and increased moodiness," notes Feller. Spare your officemate and family the extra dose of crankiness and carve out time to chow down.

#### POWER NAP, IF YOU MUST

"A power nap can be of value when there is an occasional interruption from the normal schedule of sleep," says **Dr. Steven Olmos**, who is board-certified in [dental sleep medicine]. "The greatest pressure to sleep is 4 a.m. and 4 p.m., so if you are feeling an afternoon dip in energy, a quick nap can restore the body fatigue that is felt with the previous night's interrupted sleep." A power nap is simply 20-minutes of uninterrupted, comfortable sleep — no more, no less.

#### STAY ACTIVE

It may seem counterintuitive to hit the gym when you're already low on energy, but all three experts say that staying active can keep you alert. "Starting the day with your blood pumping is the best formula for energy for the day. Exercise increases your core metabolic rate and will sustain for hours after you stop exercising," notes Dr. Olmos. Winters adds, "It can be a walk or dancing around — just make sure to move your body. It's a bonus if you get your fitness on outside."

#### CAFFEINE IS OK, BUT DON'T OVERDO IT

"Go easy on the caffeine," Feller warns. "Yes, it will give you a boost, but for those that are sensitive to the side effects, having too much can lead to the decreased desire for food, the jitters and difficulty sleeping." Coffee or tea should be your moderated caffeine of choice, she says, adding that you should stay far away from sugar-doused energy drinks because "the additives are more harmful than helpful."

#### PRESS PAUSE ON BIG PROJECTS OR DECISIONS

The quote 'Don't push off what you can do today until tomorrow' does not apply when you're sleep deprived. "If you pulled an all-nighter or have an enormous sleep debt, think twice about making any big decisions or engaging in high level thought processes, like analyzing, evaluating and planning," said Winters. "Sleep deprivation not only slows your cognitive speed, but also decreases constructive thinking skills and logical reasoning." So refine your to-do list, push off non-priority tasks until tomorrow, and allow yourself an easier day.