

Health, Fitness & Beauty

Why you shouldn't brush off the dentist this year

(StatePoint) When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good

reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe



Photo Source: (c) Drazen Zigic / iStock via Getty Images Plus

anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through

its dental.com partnership, a new technology called Smart-Scan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, Smart-Scan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.

More information is available at cigna.com and cignadental.com.

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

Healthier habits on a budget

(Statepoint) This new year, creating healthier habits can be easy and affordable with proper planning. Whether you're resolving to improve your diet, relax your mind or give back to your community, you can use these tips from the team at Dollar General to help you meet your goals.

Food and Fitness

If you are looking to improve your physical health in the new year, begin by making slight changes to your eating and fitness habits to aid long-term consistency. For example, use healthier alternatives in your favorite meals. Dollar General's Better For You recipes provide healthier and affordable options for breakfast, lunch, dinner and even dessert. Additionally, consider

setting daily exercise goals, such as taking a morning walk or squeezing in a 30-minute strength training session during lunch. Workouts ;don't have to take a long time to increase your energy and stamina.

Nourishing the Mind

Taking steps to care for your mental health can help decrease stress and improve your mood. Proper rest each night is fundamental. Work toward maintaining a consistent sleep schedule that includes waking up and going to bed at the same time. Next, find an outlet to express daily thoughts, such as updating a journal each night before bed. Finally, create time to practice enjoyable hobbies such as a playing in a sports league, crafting or reading.

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How to get Vitamin D in the winter

By Dale Harris

During the winter, you shouldn't content yourself with the small amount of vitamin D you get from the sun. With most of the sun getting blocked by the weather conditions that the season brings, finding alternate sources is important to keep yourself healthy.

Vitamin D is a fat-soluble mineral that regulates calcium and phosphate in the body. We need this to help promote healthier bone growth in our body. Thanks to the sun, we get our daily dose without any problems.

When the sun's ultraviolet rays hit the skin, it activates a protein that promotes the production of vitamin D. During the winter, however, it's harder to get enough UVB to produce the vitamin with the clouds blocking most of them. However, the sun isn't

the only source of the nutrient, here are some ways how you get in the winter.

Take Vitamin D Supplements

There are two kinds of vitamin D supplements. Vitamin D2 comes from plants or fungi and Vitamin D3 that's found in animals. Both vitamin D2 and D3 improve the immune system, remedy fatigue and muscle pain, and help with depression.

For some people, taking vitamin D tablets is good enough. However, vitamin D3 is the only supplement most experts recommend for you to take. This is because vitamin D can't bind to tissues well and D2 has a higher concentration than D3.

Eat Vitamin D Rich Food

Another way for you to increase your vitamin D intake during the winter is to eat meals that promote production. What's great is that these

foods are easy to find during the winter.

There are many meals that can provide enough vitamin D during the winter days. Fatty fishes and seafood provide up 386 IU of vitamin D per serving, making it one of the richest natural sources. Eating mushrooms can be another source of this nutrient as they contain vitamin D2.

Using UV Lights

A UV-light lamp can become a good source of vitamin D in the winter. It can be a good substitute for the sun, and you can use them whenever and wherever you please. This is because they produce UV radiation that's like the ones given off by the sun.

This also means that they bring the same dangers that overexposure to the sun brings, though. Overexposure to radiation for a long time can lead to your skin burning. Remember that the average usage of a UV-light should be around 12 -15 minutes.

Source: Articlecity.com

Benefits of Chiropractic care

By Dale Harris

More than 20.4 percent of adults have some amount of chronic pain. That means millions of people across the country are going through life with aches and pains that won't go away.

If you're one of them, don't panic. There's always something you can do to try to improve your situation. And chiropractic adjustments are a great place to start. But if you've never had an adjustment, how can you know what to expect?

Here are some of the most common benefits of chiropractic care that you can experience for yourself.

1. May Help Relieve Pain

When your muscles are tight, they can pull your spine out of alignment. When this happens, it creates discomfort along your back, legs, arms, and neck. And in some cases, it can even cause headaches that make work difficult at best.

2. Improves Your Range of Motion

Regular adjustments help improve your range of motion and keep you flexible for longer. Over time, this can reduce your risk of injury and help you stay healthier.

3. Relieves Tension

Going to the chiropractor may help relieve some of the tension you're carrying around. After the adjustment, you'll be able to function more efficiently and won't have to deal with the tight muscles interrupting your daily routine.

4. May Reduce Inflammation

By reducing the inflammation in your muscles through chiropractic alignment, you can reduce those pain responses. Keep in mind that it's normal to feel a little tenderness after an adjustment.

5. Improves Your Sleep Quality

Your muscles will be able to relax and you'll be able to fall asleep more easily.

6. Each Adjustment is Design with You In Mind

No two adjustments are



the same. And before you receive any treatment, your chiropractor will assess your symptoms, your pain levels, and look for tightness in your muscles.

7. No Medications Needed

Your chiropractic adjustment involves realigning muscle tissue, ligaments, and bone to help you get the results you're looking for. There are no medications or drugs required.

8. Treats Multiple Areas at Once

By treating multiple areas at once, they can help you find relief faster than some other treatment options.

These are just some of the benefits of chiropractic care you can expect to see when you start your treatment. Since every adjustment is unique, you may find yourself seeing new or different benefits the more you go.

Source: Articlecity.com

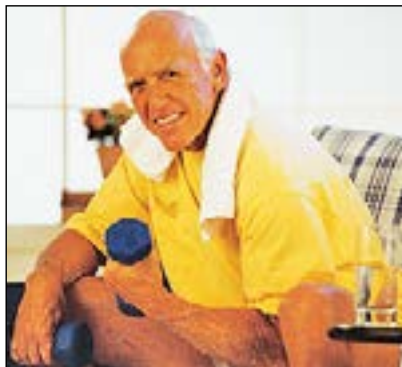
Lift weights to lose weight

Lifting weights and strength training is one of the healthiest fat burning-body transforming fitness systems you can do.

The more muscle mass you have, the more calories you will burn at rest. Developing more muscle is key to

losing fat. A pound of muscle burns about 10-20 calories a day while a pound of fat burns 5 calories. That means

any growth in your muscle tissue is going to help you burn more calories all day long.



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