



The Moon Gardens' Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

Stressing Out Our Teeth

Let's look at the correlation of our teeth and nutrition. Why teeth you ask? Well simply because teeth are our tools for eating! And, as we well know, eating is the delicious way we attain nutrients! And if you're like us here at Moon Gardens, then you also enjoy eating. However, unmanaged stress increases the amount of plaque on our teeth.

Take note the next time you are feeling stressed. Does it feel like there is more plaque build-up than usual occurring on the surface of your teeth?

We got to get our plaque build-up under control because this can lead to gingivitis. This is when your gums are swollen and tender, and sometimes they even bleed. If this worsens, gum tissue can pull away from your teeth, thereby allowing bacteria to destroy the bone supporting your teeth.

Because we are not freaked enough at this point, it's also worth mentioning that scientists have started to link plaque build-up to conditions such as heart disease and diabetes. The correlation has yet to be determined, but what we do know is that stress management can help in the prevention and management of all these conditions.

Take care of your teeth!

First and foremost, it's important to practice good dental hygiene. The recommendations consist of brushing twice a day and flossing once per day.

Secondly, let's start managing our stress. Our body will give us all sorts of physical feedback to let us know what is going on within it. Plaque is just one of the many forms of physical feedback that lets us know we need to practice better dental hygiene, or our stress is out of control.

If you currently are not a regular flosser, set a realistic goal and pick one night this week that you will floss. Put a note on your bathroom mirror to remind you to make this happen. Build upon this amount; you got to start somewhere and one day is better than none.

Throughout this newsletter, we provide more tips we hope will aid you in stress management.

Bust Out Diabetes

One way to prevent and manage diabetes is to make short bursts of exercise a part of your daily routine!

Examine your morning time. When you can you add a small burst of exercise in?

- While brushing your teeth, do a set of calf-raises.
- While waiting for the coffee to brew, do a set of squats.
- Make it a routine that you do a set jumping jacks with the keiki when they wake up.

Try Something New

This month make an appointment with yourself to try a new type of physical activity. Put what you will do and when you will do it in your calendar. This is a helpful action for you to make it happen!

If you like it, you have a new activity to incorporate into your healthy living that provides you both stress relief and movement!



Start Managing Stress

There are many ways to manage daily stressors, and what works for one may not work for another. Here are some tips. Pick ones that resonate with you.

Dance: Sign up for a class you never took. Or check out YouTube for a dance you'd like to give a try.

Comedy: Check out internet sites that will send you a daily joke. Listen to a comedian on your way home from work. Laugh at yourself.

Hobbies: What do you really enjoy that you have not done for a long time? Make it happen!

Good Reading Material: Stop reading the stuff that brings you down.

Prayer: Be actively engaged in your faith-based community.

Meditation: Create silence in the day to settle the busyness in your mind.

Breathe: Practice relaxing, breathing exercises.

Simplify: Do not over commit. Get rid of things you do not need.

Art: The act of coloring has been shown to be quite relaxing.

Tips for Making Cooking Happen

Eating foods that we prepare is beneficial for our health as we have control over the ingredients used. Here are some tips to make this happen:

- Have a cooking buddy...you make one soup they make another and then you trade a bit for a bit.
- Have a work lunch buddy, one day they bring the lunch for the both of you and the next day you bring the lunch for the both of you.
- Whenever you have a few extra minutes, chop away. Having things chopped and prepped in the fridge will make it much easier when you're getting ready to put a meal together.
- Eggs for dinner work well for a quick meal. Consider scrambling up some eggs with veggies and brown rice.

Sesame Dressing

Recipe by: moongardens.org

Ingredients

1/2 cup plus 2 Tablespoons Olive Oil
2 Tablespoons sesame oil
1/4 cup seasoned rice vinegar
2 Tablespoons Soy Sauce
1 Tablespoon Toasted Sesame Seeds
1 Tablespoon (or less sugar)



Directions

Pour ingredients into a mixing bowl, and mix together with a whisk or fork. Or you could pour ingredients into a jar, and shake it up.

Get Creative

- We encourage you to start with less sugar. For example, try starting with a 1/2 Tablespoon of sugar and mix it and taste. If you need more sugar add in a little at a time.
- Experiment with different types of sesame seeds.

For any comments or suggested ingredients for upcoming recipes, please email us at info@moongardens.org

"The time to relax is when you don't have time for it." ~Sydney J. Harris