

It's time for a wake up call!

The health of our country is in serious jeopardy

Over the last 30 years we've stood by, watching our country's health steadily decline from lifestyle-related illness. We're adapting to a faster pace, less sleep, more social pressure, lower commercial food quality, increased sugar consumption, reduced "white space" and less movement.

As a health magazine reader you are already aware of the price we are paying: substantial rise in heart disease, obesity, cancer, diabetes, sleep apnea, anxiety, depression, addiction, asthma, acid reflux, osteoporosis, gut dysbiosis, dementia and autoimmune disorders like chronic fatigue and fibromyalgia.

Medicine has been trending toward treating one ailment at a time, never identifying the underlying the root cause. In all fairness to my respected medical colleagues, they are overrun with illness and so treating one condition at a time with magic pills, and a passing recommendation for a lifestyle change, has become a strategy for sheer survival.

Same in dentistry—we are busy rebuilding, removing or replacing teeth, treating the ramifications of disease—not the root cause.

To identify the root causes of a person's disease and facilitate lifestyle

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behavior. We as healers must slow-down and get extraordinarily curious. We can look at the body as a whole, examining what a person does to care for it, as well as what they do to injure it.

Let's get back to basics:

- How do we breathe?
- What do we routinely drink? Eat?
- What's the quantity and quantity of our sleep?
- How do we move our bodies?

- How do we manage our stresses?
- How do we treat our brains?
- To what toxins are we exposed?
- With what objectives do we regard medications (both prescribed and recreational... from our seemingly innocent caffeine addictions to the deadly opioid crisis)

We must face our issues squarely and seek help. We can confide in other adults (in and out of healthcare) that truly care us--they become our accountability partners. It's time to begin the journey to a new and improved YOU.

PS. If we are ever going de-escalate the craziness of our health crisis we need to start with children! Learning to raise extraordinarily healthy-habit kids is possible.



Dr. Susan Maples is a dentist in Holt. She is also a speaker, health educator and author of Blabbermouth. Learn more at drsusanmaples.com. or call (517) 694.0353.

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