

YOUR DENTIST CAN SAVE YOUR LIFE

Let's eat for the healthy of it: Part II

By Dr. Gabrielle Cannick

Ah, the fresh produce of summer is a true blessing bringing wonderful health benefits. The seasons may change but let's resolve to keep it going.

In our last feature we discussed the benefits of the **Mediterranean Diet** – recognized by nutritional experts as our best option for eating healthy and a proven way to improve our health, vitality, and appearance. And yes, help us maintain a healthy weight!

The true Mediterranean diet means focusing on eating fresh, seasonal, and when possible locally available foods. Emphasizing quality of food over quantity. Steering clear of packaged food. Eating more fresh vegetables, fruits, beans (excellent), and using olive oil for cooking in place of saturated fats.

You may be asking yourself: do I really want to do this?

For you and your family's sake consider the facts.

On-going studies confirm the positive



Dr. Gabrielle F. Cannick

impact of the Mediterranean diet on our health. A Greek study followed 22,000 persons, the first large scale study of its kind, comparing the Mediterranean diet to our American or

“Western diet” that millions of us consume every day. Those adhering closest to the Mediterranean way saw an **increased lifespan, with a 25% reduction in heart disease!**

Research confirms the Mediterranean diet surpasses the western diet in lowering risk factors for certain diseases that today plague Americans. We're talking about **heart health, healthier weight, cholesterol levels, blood pressure, helping to prevent depression, certain types of cancer, and even Alzheimer's.**

And of special note, the

Mediterranean diet can help prevent Type 2 diabetes. In case you are not aware, Type 2 is at epidemic levels among our children, due in large measure to obesity. Currently it is estimated that 15–20% of America's teens 12–18 are overweight!


Science is confirming that the Mediterranean diet can slow the aging process and promote longevity.

Transitioning from a western diet of packaged foods and “fast-food” to eating closer to the Mediterranean style is easy. It does not require supplements, nor does it mean you cannot eat specific foods like currently fashionable diet plans and nutrition fads.

In my next feature I will discuss quick and easy strategies to help you eat the Mediterranean way. Let's do this together. Shed weight, look our best, feel a whole lot better and stay healthy! Call us if you would like to discuss this. Our practice is not only

about your oral health but your overall health and well-being. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

 **THE MARKET THEATRE COMPANY**

Heathers THE MUSICAL

**"A ROWDY GUILTY PLEASURE."
- THE NEW YORK TIMES**

WHAT'S YOUR DAMAGE?

RECOMMENDED FOR AGES 13+

SPONSORED BY **Groucho's Dell**

JULY 19 - AUGUST 4
WWW.THEMARKETANDERSON.ORG



For a better night's sleep

Snoring and Obstructive Sleep Apnea can be treated safely and effectively with the EMA® oral appliance



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space. This custom-made oral appliance is only available through dental professionals.

Ask your dentist if EMA is right for you.

\$500 off of a custom Sleep Appliance

Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC
3905 Liberty Highway, Anderson, SC, 29621
Call 864-224-0809 or visit www.grandoaksdental.com